

Ashton May Invitational
University of Wisconsin - La Crosse
Veterans Memorial Stadium | La Crosse, WI

Men 110 Meter Hurdles

• • Friday 4/3/2026 - 12:30 PM • •

D3 Record: 13.60 (2025) Jamir Brown - Rowan
Facility: 13.56 (2017) Nate Pozolinski - UW-Milwaukee

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

Ln	Name	Yr	School	Seed
Heat 1 of 4 Prelims				
2	Stolte, Jace	SO	Eau Claire	16.47
3	Yanke, Bryant	SR	La Crosse	15.48
4	Criter, Ethan	JR	Milwaukee	16.44
5	Postler, Blake	SO	Eau Claire	14.36
6	Scholbe, Matt	SR	Oshkosh	15.68
7	Poelma, Aaron	SO	La Crosse	NT
8	Backeberg, Trent	FR	La Crosse	NT
Heat 2 of 4 Prelims				
2	Schroeder, Luke	SR	La Crosse	NT
3	Smith, Bryce	JR	Oshkosh	15.70
4	Seaberg, Nolan	SR	La Crosse	16.33
5	Nolan, Charlie	SR	Oshkosh	14.54
6	Boyer, Trevor	FR	Milwaukee	15.43
7	Key, Eli	SO	Stout	16.47
8	McKeown, Kole	JR	Eau Claire	NT
Heat 3 of 4 Prelims				
1	Thao, Chenue	FR	Stout	NT
2	Bjorklund, Zach	FR	Eau Claire	NT
3	Reeve, Jamie	SO	Eau Claire	16.16
4	Driscoll, Malachy	SO	Stout	14.77
5	Botz, Tyler	SO	Eau Claire	15.16
6	Zachgo, Nolan	SR	Stout	15.71
7	Ryan, Logan	JR	Stout	NT
8	Powell, Cody	SO	Stout	18.13
Heat 4 of 4 Prelims				
1	Feldmann, Brody	FR	Stout	NT
2	Hackbarth, Jacob	FR	Eau Claire	NT
3	Campbell, Jack	SR	Eau Claire	16.03
4	Jackson, Kyle	JR	Unattached	15.75
5	Thompson, Christian	SO	Oshkosh	14.86
6	Vlasak, Brendan	FR	Milwaukee	15.00
7	Boettner, Nate	FR	Eau Claire	NT
8	Nienhuis, Vince	FR	Oshkosh	NT

Women 100 Meter Hurdles

• • Friday 4/3/2026 - 12:45 PM • •

D3 Record: 13.54 (2025) Ariyanna Garceau - UMass Boston
Facility: 13.42 (2024) Natalie Block - UW-Milwaukee

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

Ln	Name	Yr	School	Seed
Heat 1 of 4 Prelims				
1	Hook, Catie	SO	Eau Claire	16.55
2	Hackenmueller, Noelle	SR	La Crosse	16.86
3	Volk, Kallie	JR	Milwaukee	14.68
4	Szepieniec, Anna	JR	Milwaukee	13.75
5	Hansen, Becca	JR	Stout	15.52
6	Toshner, Lydia	FR	Winona State	15.45
7	Richter, Stella	SO	Winona State	14.70
8	Lichtenwalner, Isabel	FR	Stout	NT
9	Gantner, Miranda	FR	Stout	NT
Heat 2 of 4 Prelims				
1	Simpson, Elizabeth	SO	N. Michigan	17.14
2	Ridgway, Emma	FR	La Crosse	NT
3	Dimler, Lauren	SR	Eau Claire	15.38
4	Dick, Michaela	JR	Eau Claire	15.69
5	Grosse, Amber	SR	La Crosse	14.66
6	Raths, Kaylie	SR	Stout	14.20
7	Lamers, Brooklyn	SO	Eau Claire	14.93
8	Eaton, Annabelle	SO	Eau Claire	16.51
9	Fitzgerald, Britt	FR	Eau Claire	NT
Heat 3 of 4 Prelims				
1	Van Schyndel, Maya	FR	Oshkosh	NT
2	Meeteer, Kara	FR	Milwaukee	19.08
3	Crosby, Brooke	SR	Milwaukee	14.42
4	Thoreson, Madeline	SO	La Crosse	15.75
5	Urbick, Lexi	FR	Winona State	14.62
6	Liebers, Megan	JR	Stout	15.05
7	Zonca, Eva	JR	N. Michigan	15.24
8	Braun, Audrey	SR	La Crosse	16.42
9	Idris, Amina	FR	Eau Claire	NT
Heat 4 of 4 Prelims				
1	Norton, Sophie	FR	Eau Claire	NT
2	Creelius, Willow	FR	Oshkosh	NT
3	Nowakowski, Natasha	JR	N. Michigan	15.99
4	Gerrits, Amber	FR	Winona State	14.55
5	Phillips, Lily	FR	N. Michigan	15.21
6	Thorson, Macy	FR	Winona State	15.13
7	Roberts, Lilly	SR	Stout	14.48
8	Lainhart, Gabi	FR	N. Michigan	NT
9	Ziemke, Marley	SO	Eau Claire	16.38
10	LaFontant, Amaya	FR	Oshkosh	NT

Men 100 Meter Dash

• • Friday 4/3/2026 - 1:05 PM • •

D3 Record: 10.05 (2025) Sam Blaskowski - UW-La Crosse
Facility: 10.05 (2025) Sam Blaskowski - UW-La Crosse

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

Ln	Name	Yr	School	Seed
Heat 1 of 2 Prelims				
1	Moore, Gavin	FR	Eau Claire	NT
2	Lindholm, Martin	FR	La Crosse	NT
3	Schulz, Jackson	SO	Eau Claire	10.71
4	John, James	SO	Stout	10.86
5	Jones, Eddie	SO	Oshkosh	10.54
6	Kennedy, Henry	SO	Oshkosh	11.05
7	Smith, Ryder	SR	La Crosse	10.74
8	Templeton, Reilly	FR	Eau Claire	NT
9	Oppold, Caeden	FR	La Crosse	NT
10	Burau, Bruce	FR	Eau Claire	NT
Heat 2 of 2 Prelims				
1	Odom, Nick	JR	Eau Claire	NT
2	Gallun, Landon	FR	La Crosse	NT
3	Luebke, Nicholas	SR	Eau Claire	10.81
4	Jankuski, Connor	SR	Eau Claire	10.83
5	Milas, Nolan	JR	Oshkosh	10.59
6	Maurud, Evan	SO	La Crosse	10.60
7	Scardina, Matt	FR	Milwaukee	11.15
8	Arndt, Kaden	FR	Oshkosh	NT
9	Preimesberger, Owen	FR	La Crosse	NT
10	Groskopf, Aiden	SO	Eau Claire	11.24

Women 100 Meter Dash

• • Friday 4/3/2026 - 1:10 PM • •

D3 Record: 11.23 (2025) Lauren Jarrett - UW-La Crosse
Facility: 11.38 (2011) Dezerea Bryant - Milw. Bradley Tech HS

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

Ln	Name	Yr	School	Seed
Heat 1 of 5 Prelims				
1	Lynch, Ashley	FR	Winona State	NT
2	Riley, Mia	FR	Oshkosh	NT
3	Kakes, Allyson	JR	Eau Claire	11.87
4	Durango, Makayla	JR	Stout	12.29
5	Thomson, Jocelyn	SO	La Crosse	12.73
6	Gamache, Lilly	JR	Stout	12.28
7	de Souza, Mikayla	FR	N. Michigan	12.80
8	Woods, Maya	FR	N. Michigan	NT
9	Loney, Ava	FR	Eau Claire	NT
Heat 2 of 5 Prelims				
1	Navin, Olivia	SO	La Crosse	NT
2	Hofacker, Lydia	FR	Oshkosh	NT
3	DellAngelo, Macyn	FR	N. Michigan	13.21
4	Molling, Taylor	JR	La Crosse	12.25
5	Evtimov, Victoria	SO	Milwaukee	12.07
6	Birch, Karissa	SO	Winona State	12.59
7	Wissbroecker, MacKenZ	SO	Winona State	12.33
8	Thorson, Macy	FR	Winona State	NT
9	Kosmatka, Paige	FR	Stout	NT

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Heat 3 of 5 (Women 100 Meter Dash)

1	Kraege, Izy	FR Eau Claire	NT
2	Truckey, Baux	SO N. Michigan	NT
3	Faulkner, Tashay	FR N. Michigan	12.42
4	Irel, Esme	JR Stout	12.55
5	Kakes, Kylie	SO Eau Claire	13.25
6	Burns, Katie	SR Milwaukee	12.10
7	Roloff, Isabel	SR Milwaukee	12.20
8	Zemke, Megan	SO La Crosse	NT
9	Hafner, Faith	FR Winona State	NT

Heat 4 of 5 Prelims

2	McIntyre, Marley	FR La Crosse	NT
3	Thimmesch, Taylor	SO Milwaukee	12.50
4	Wepking, Lilly	SO Milwaukee	12.46
5	Refinski, Angelica	SR Milwaukee	12.14
6	Marr, Megan	JR Winona State	13.31
7	Schueler, Hope	JR Eau Claire	12.19
8	Johnson, Jozie	FR Eau Claire	NT
9	Algrem, Wren	FR Eau Claire	NT

Heat 5 of 5 Prelims

2	Happe, Elia	FR Eau Claire	NT
3	Evans, Maya	SR La Crosse	12.47
4	Hecker, Maddie	JR La Crosse	12.48
5	Steinbach, Sasha	SO Winona State	12.15
6	Casella, Caitlyn	SO Winona State	12.17
7	Bergh, Rachel	SR Unattached	13.90
8	Dittrich, Cecelia	FR Winona State	NT
9	Eckerman, Brie	JR La Crosse	NT

Men 5000 Meter Run

• • Friday 4/3/2026 - 1:30 PM • •

D3 Record: 13:41.96 (2025) Chasen Hunt - Lynchburg
Facility: 13:52.43 (2006) Andrew Carlson - Team USA/ASICS

Ln	Name	Yr	School	Seed
Section 1 of 1 Finals				
1	Perez, Will	JR	Milwaukee	16:37.56
2	Lewis, Brady	JR	Unattached	15:43.00
3	Dietsch, Zachary	FR	Oshkosh	16:03.60
4	Moore, Isaac	FR	Unattached	16:30.00
5	Nehls, Aaron	FR	Oshkosh	15:46.15
6	Blascyk, Sam	SO	Milwaukee	16:36.05
7	Sosnowski, Aidan	JR	Milwaukee	15:26.27
8	Moss, Zach	SO	Milwaukee	15:34.44

Women 5000 Meter Run

• • Friday 4/3/2026 - 1:50 PM • •

D3 Record: 15:37.00 (2023) Kassie Parker - Loras
Facility: 16:31.17 (2013) Christy Cazzola - UW-Oshkosh

Ln	Name	Yr	School	Seed
Section 1 of 1 Finals				
1	Hoger, Hallie	SR	Milwaukee	18:15.44
2	Gallagher, Anna	SR	Milwaukee	18:20.91
3	Potter, Sophia	SR	N. Michigan	17:24.13
4	Zapuchlak, Lydia	JR	Viterbo	NT
5	Young, Kelsey	FR	Winona State	17:41.27
6	Switalski, Isabella	SO	Milwaukee	18:40.00
7	Kline, Grace	JR	Milwaukee	18:38.35
8	Szymanski, Madi	SR	N. Michigan	17:20.65
9	Agren, Madalyn	SO	N. Michigan	18:23.35
10	Anderson, Kylie	SR	Winona State	17:02.31
11	McCarthy, Kelly	SO	Winona State	18:57.13
12	Rusch, Stella	SO	Winona State	17:25.86
13	Choponis, Ashley	FR	N. Michigan	18:11.14
14	Reynolds, Casey	SO	Viterbo	NT

Men 4x100 Meter Relay

• • Friday 4/3/2026 - 2:15 PM • •

D3 Record: 39.53 (2025) UW-La Crosse
Smith, Blaskowski, Maurud, Hemmerich-Hartman
Facility: 39.53 (2025)
Smith, Blaskowski, Maurud, Hemmerich-Hartman

Ln	Team	Relay	Seed
Section 1 of 1 Finals			
5	UWST	Stout	41.59
	Driscoll, Malachy SO	John, James SO	
	Grams, Jonny JR	Pederson, Braedon JR	
6	UWST	Stout B	41.70
	Key, Eli SO	Lindner, Nolyn FR	
	Zachgo, Nolan SR	Blade, Conner FR	

Women 4x100 Meter Relay

• • Friday 4/3/2026 - 2:20 PM • •

D3 Record: 45.20 (2025) UW-La Crosse
J Yang, A Reiland, M Zak, L Jarrett
Facility: 45.66 (2025)
J Yang, A Reiland, M Zak, L Jarrett

Ln	Team	Relay	Seed
Section 1 of 1 Finals			
5	MILW	Milwaukee	46.13
	Burns, Katie SR	Roloff, Isabel SR	
	Refinski, Angelica SR	Evtimov, Victoria SO	
6	UWST	Stout	47.03
	Tvedt, Corrina JR	Gamache, Lilly JR	
	Irel, Esme JR	Durango, Makayla JR	

Men 1500 Meter Run

• • Friday 4/3/2026 - 2:25 PM • •

D3 Record: 3:40.06 (2023) Ryan Wilson - MIT
Facility: 3:44.25 (2019) Zach Lee - UW-Platteville

Pacer: Klaus - 2:02 @ 800m

Ln	Name	Yr	School	Seed
Section 1 of 3 Finals				
1	Klaus, Owen		Unattached	NT
2	Heintz, Parker	JR	La Crosse	3:56.87
3	Schoemann, Cael	SR	La Crosse	3:49.77
4	Altergott, Chase	FR	La Crosse	3:53.59
5	Lasee, Xavier	SR	Oshkosh	4:00.65
6	Layton, Owen	SO	La Crosse	3:58.22
7	Castellanos, Nico	SO	La Crosse	3:53.85
8	Valcich, Cameron	SO	Eau Claire	4:01.56
9	Wong, Addison	FR	Eau Claire	4:00.17
10	Zywicki, Jayden	SR	La Crosse	3:48.85
11	Manning, Aidan	SR	La Crosse	3:51.22
12	Dolan, Connor		Wisconsin Runner	4:00.00
13	Bendickson, Aidan	FR	Unattached	4:02.00
14	Bremmer, Cole	SO	Eau Claire	4:03.34
15	Kundert, Noah	SO	Eau Claire	3:59.63
16	Jakubic, Aiden	FR	La Crosse	3:56.66
Section 2 of 3 Finals				
1	Mohamed, Yahye	FR	Stout	4:07.23
2	Nelson, Jack	SO	Eau Claire	4:04.63
3	Aide, Mason	JR	Stout	4:07.61
4	Bilben, Nate	JR	Eau Claire	4:05.19
5	Dayment, Niko	FR	Stout	4:10.00
6	Van Antwerp, Julian	JR	Stout	4:08.87
7	Barnes, Ian	SR	Eau Claire	4:05.43
8	Koele, Owen	FR	Oshkosh	4:07.69
9	Gorman, Thomas	FR	Unattached	4:07.21
10	Thaler, Andrew	SO	Eau Claire	4:06.23
11	Arndt, Alex	SO	Oshkosh	4:04.20
12	Nehmzow, John	FR	Stout	4:08.90
13	Szymik, Riley	SO	Oshkosh	4:05.02
14	Anderson, Lucas	FR	Stout	4:04.48
15	Longworth, Dylan	JR	Milwaukee	4:05.00
16	Stitzer, Nick	JR	Stout	4:05.52
17	Strait, Walter	FR	Stout	4:09.74

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Section 3 of 3 (Men 1500 Meter Run)

1	Anderson, Dalton	FR Stout	4:21.00
2	Huber, Joe	SO Stout	4:15.89
3	Buckley, Benjamin	FR Unattached	4:21.00
4	Ellerman, Josh	FR Stout	4:20.30
5	Patterson, Blake	FR Stout	4:15.41
6	Deibert, Tucker	SO Unattached	5:21.31
7	Burmeister, Alexander	SO Stout	4:11.93
8	Bassett, Miles	FR Eau Claire	4:12.57
9	Fisher, Westin	SO Stout	4:20.00
10	Wanezek, Jack	FR Eau Claire	4:16.56
11	Karel, Lukas	SR Unattached	4:18.40
12	Chartrand, Alex	SO Stout	4:20.06
13	Proteau, Paul	JR Oshkosh	4:14.27
14	Moore, Isaac	FR Unattached	4:25.00
15	Cimino, Peter	FR Stout	4:21.00
16	Olson, Jack	Unattached	4:22.00
17	McNally, Kyle	SR Unattached	4:10.00
18	Dwyer, Cole	FR Eau Claire	4:16.66

Women 1500 Meter Run

• Friday 4/3/2026 - 2:45 PM •

D3 Record: 4:13.69 (2021) Emily Pomainville - SUNY Geneseo
Facility: 4:17.22 (2013) Christy Cazzola - UW-Oshkosh

Pacer: Rabe - 2:28 @ 800m

Ln	Name	Yr School	Seed
Section 1 of 3 Finals			
1	Rabe, Sierra	Unattached	NT
2	Sato, Bryn	SR La Crosse	4:50.52
3	Twarling, Madison	SO La Crosse	4:41.40
4	Jillson, Nora	FR La Crosse	4:47.81
5	Taylor, Janiyah	FR Milwaukee	4:41.37
6	Wagner, Ryann	SR Eau Claire	4:45.42
7	Hooker, Bella	SO Eau Claire	4:39.63
8	Elliott, Annika	JR La Crosse	4:42.47
9	Talabac, Mara	SR Winona State	4:48.74
10	Duty, Joelle	FR La Crosse	4:48.82
11	DeBruyn, Ella	SO N. Michigan	4:35.03
12	Lasiowski, Claudia	JR Stout	4:40.01
13	Feitl, Gwen	SR Oshkosh	4:51.85
14	Harke, Sam	JR Winona State	4:39.75
15	Stockton, Kylie	SR La Crosse	4:48.96
16	Tiry, Natasha	FR La Crosse	4:48.26
17	Mitchell, Lehna	FR Oshkosh	4:42.17
18	Luebke, Brooklyn	SR La Crosse	4:41.06
19	Karls, Evelyn	FR Oshkosh	4:52.89
20	Dee, Sydney	FR La Crosse	4:54.27
21	Terwedo, Lexi	JR Winona State	4:49.79

Section 2 of 3 Finals

1	Morrell, Paige	JR Eau Claire	5:02.32
2	Catania, Jamie	SR Oshkosh	4:56.88
3	Van Der Wegen, Allison	JR Oshkosh	5:00.99
4	Peterson, Elsie	SO Eau Claire	5:07.16
5	Burns, Kaleigh	SO La Crosse	4:59.84
6	Anderson, Paige	SR N. Michigan	4:57.39
7	Marchewka, Brooke	FR Eau Claire	4:55.38
8	Tocco, Eileen	SR Milwaukee	4:57.75
9	Guenther, Lily	SO Eau Claire	4:58.29
10	Dix, MacKenzie	JR Oshkosh	5:01.18
11	Anderson, Jorie	SO Stout	5:03.84
12	Gregorich, Rachel	FR Eau Claire	4:54.30
13	Flanagan, Rohan	SO Milwaukee	5:07.75
14	Geisler, Erin	FR La Crosse	4:55.50
15	Kapaun, Arlie	JR Stout	5:04.00
16	Korpi, Lola	SO N. Michigan	5:02.73
17	Garcia, Adriana	SO Oshkosh	5:05.00
18	Jaeger, Claire	FR La Crosse	5:05.00
19	Lehman, Madison	SO Eau Claire	5:07.07
20	Donahue, Alena	JR Eau Claire	4:57.06

Section 3 of 3 Finals

1	Soto, Athena	FR Oshkosh	5:13.73
2	Langworthy, Kate	SR N. Michigan	5:39.58
3	Groothoff, Ashley	FR Oshkosh	5:32.91
4	Oberg, Rylan	SO Milwaukee	5:16.58
5	McGinty, Teagan	SO Stout	5:31.95
6	Jesse, Annie	FR Oshkosh	5:29.67
7	Jacklitch, Madison	JR Stout	5:25.84
8	Johnson, Piper	FR Oshkosh	5:18.90
9	Christopherson, Addie	SO Stout	5:12.90
10	Peters, Logan	FR Eau Claire	5:11.18
11	McElroy, Callie	FR Eau Claire	5:11.58
12	Yunk, Clare	FR Stout	5:45.00
13	Fisher, Emily	SO Stout	5:15.82
14	Smith, Alexys	FR Stout	5:12.63
15	Hucke, Rylee	FR Oshkosh	5:39.24
16	Smith, Elliott	SR N. Michigan	5:25.26
17	Gudahl, Carys	FR Stout	5:35.01
18	Kulpa, Bre	FR Eau Claire	5:23.86
19	Sadlack, Cora	JR Stout	5:08.24

Men 400 Meter Dash

• Friday 4/3/2026 - 3:25 PM •

D3 Record: 44.66 (2004) Andrew Rock - UW-La Crosse
Facility: 45.73 (2003) Andrew Rock - UW-La Crosse

Ln	Name	Yr School	Seed
Section 1 of 3 Finals			
1	Miller, Mason	FR Eau Claire	51.20
2	Blade, Conner	FR Stout	50.51
3	Kerner, Eli	FR Oshkosh	50.31
4	Lindner, Nolyn	FR Stout	49.64
5	Clendenning, Izaak	JR Eau Claire	49.04
6	Cull, Harrison	JR Eau Claire	49.26
7	Wait, Fischer	FR Eau Claire	50.04
8	Henkel, Isaac	FR La Crosse	50.33
9	Heiman, Tyler	FR La Crosse	50.58
10	Ihde, Zackery	SR Stout	51.30

Section 2 of 3 Finals

1	Dahlie, Tyler	FR Milwaukee	52.51
2	Jackson, Kyle	JR Unattached	52.00
3	Seaberg, Nolan	SR La Crosse	51.81
4	Backeberg, Trent	FR La Crosse	51.50
5	Templeton, Patrick	SR Unattached	51.30
6	Carter, Jacob	FR Eau Claire	51.39
7	Eickhoff, Jacob	JR Eau Claire	51.63
8	Scott, Logan	JR Stout	51.90
9	Sutton, Jacob	FR Stout	52.49

Section 3 of 3 Finals

4	Boyer, Trevor	FR Milwaukee	53.50
5	Houdek, Noah	FR Eau Claire	53.28
6	Semerjian, Ryan	SO Stout	53.43

Women 400 Meter Dash

• Friday 4/3/2026 - 3:40 PM •

D3 Record: 52.81 (2017) Wadeline Jonathas - UMass Boston
Facility: 53.34 (2023) Shereen Vallabouy - Winona State

Ln	Name	Yr School	Seed
Section 1 of 2 Finals			
1	Casella, Caitlyn	SO Winona State	59.02
2	Kern, Grace	JR La Crosse	58.20
3	Birch, Karissa	SO Winona State	57.84
4	Evtimov, Victoria	SO Milwaukee	57.37
5	Grabarski, Kylee	SR Eau Claire	54.65
6	Larson, Alyssa	SR Winona State	56.61
7	Truckey, Baux	SO N. Michigan	57.50
8	Tvedt, Corrina	JR Stout	58.08
9	Thomas, Alli	JR La Crosse	58.78
10	Jex, Lauren	SR Eau Claire	59.59
Section 2 of 2 Finals			
2	Bergh, Rachel	SR Unattached	1:05.62
3	Kuhlman, Reese	SO Winona State	1:01.97
4	Casey, Danielle	FR Eau Claire	1:01.04
5	McNeal, Gretchen	SR La Crosse	1:00.21
6	Ferguson, Sophia	FR La Crosse	1:00.99
7	Budworth, Ava	FR Stout	1:01.60
8	Nagel, Jadence	FR Winona State	1:02.64
9	Lemos, Brooke	SO N. Michigan	1:06.41

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Men 800 Meter Run

• • Friday 4/3/2026 - 3:50 PM • •

D3 Record: 1:47.34 (2006) Nick Symmonds - Willamette
Facility: 1:48.26 (1997) Karl Paranya - Haverford

Ln	Name	Yr	School	Seed
Section 1 of 2 Finals				
1	Guenther, Evan	SR	Eau Claire	1:56.06
2	Osmanski, Zach	SR	Unattached	1:59.00
3	Green, Silas	SR	Stout	1:54.20
4	Beeksma, Luke	FR	Oshkosh	1:56.43
5	Henkel, Isaac	FR	La Crosse	1:55.92
6	Breed, Jett	JR	Oshkosh	1:56.24
7	Watson, Zac	FR	Oshkosh	1:59.07
8	Heiman, Tyler	FR	La Crosse	1:52.42

Section 2 of 2 Finals

1	Anderson, Brennon	FR	Eau Claire	2:04.67
2	White, Arlo	FR	Wisconsin TC	2:00.00
3	Hite, Jacob	FR	Oshkosh	2:02.14
4	Bendickson, Aidan	FR	Unattached	2:01.00
5	Moore, Isaac	FR	Unattached	2:08.00
6	Jablonski, Lucas	FR	Stout	2:04.42
7	Schulte, Nick	JR	Stout	2:00.94
8	Apa, Aidan	FR	Stout	2:08.00
9	Helms, Ike	FR	Eau Claire	2:00.80

Women 800 Meter Run

• • Friday 4/3/2026 - 4:00 PM • •

D3 Record: 2:00.62 (2017) Emily Richards - Ohio Northern
Facility: 2:00.03 (2022) Roisin Willis - Stevens Point HS

Ln	Name	Yr	School	Seed
Section 1 of 2 Finals				
1	DeBruyn, Ella	SO	N. Michigan	2:18.00
2	Ripley, Lauren	FR	Milwaukee	2:21.59
3	Hoffman, Megan	FR	Oshkosh	2:19.83
4	Wegand, Lauren	FR	Unattached	2:20.00
5	Schmitz, Ally	SR	Milwaukee	2:17.74
6	Helm, Rachel	SR	Milwaukee	2:13.03
7	Harper, Beverly	SR	N. Michigan	2:12.95
8	Anders, Jenna	JR	Winona State	2:16.58
9	Mac, Lana	JR	N. Michigan	2:17.54

Section 2 of 2 Finals

1	Tieskoetter, Josie	SO	Winona State	2:25.53
2	Hemann, Caroline	JR	Winona State	NT
3	Modjeski, Leah	FR	Oshkosh	2:32.28
4	Dockendorf, Mady	SO	Winona State	2:26.37
5	Sommerville, Bailey	FR	Winona State	2:34.76
6	Ruiz-Ruiz, Yasmin	FR	Winona State	2:22.64
7	Barkley, Adalyn	FR	Winona State	2:23.85

Men 400 Meter Hurdles

• • Friday 4/3/2026 - 4:15 PM • •

D3 Record: 48.64 (1977) Edwin Moses - Morehouse
Facility: 50.20 (2003) Derek Toshner - UW-La Crosse

Ln	Name	Yr	School	Seed
Section 1 of 2 Finals				
2	Zachgo, Nolan	SR	Stout	55.13
3	Hicks, Logan	FR	La Crosse	53.40
4	Berger, Daylan	SR	Eau Claire	52.40
5	Postler, Blake	SO	Eau Claire	52.04
6	Patenaude, Finn	JR	La Crosse	52.08
7	Nyquist, Zach	SO	La Crosse	53.39
8	Driscoll, Malachy	SO	Stout	55.00
9	Pease, Cameron	SO	Eau Claire	56.27

Section 2 of 2 Finals

4	Yanke, Bryant	SR	La Crosse	NT
5	Johannsen, Nathan	JR	Eau Claire	56.70
6	Key, Eli	SO	Stout	1:01.27

Women 400 Meter Hurdles

• • Friday 4/3/2026 - 4:25 PM • •

D3 Record: 57.85 (2024) Ren Brown - Chicago
Facility: 58.33 (2024) Erin Dowd - Unattached

Ln	Name	Yr	School	Seed
Section 1 of 3 Finals				
1	Liebers, Megan	JR	Stout	1:05.15
2	Kruse, McKenzie	SO	Eau Claire	1:02.95
3	Raths, Kaylie	SR	Stout	1:02.44
4	Roberts, Lilly	SR	Stout	1:01.97
5	Dimler, Lauren	SR	Eau Claire	1:01.72
6	Phillips, Lily	FR	N. Michigan	1:01.74
7	Dick, Michaela	JR	Eau Claire	1:02.10
8	Cinnamo, Mya	JR	Eau Claire	1:02.61
9	Spagnola, Tori	SR	Milwaukee	1:03.71
10	Crosby, Brooke	SR	Milwaukee	1:05.93

Section 2 of 3 Finals

2	Gerrits, Amber	FR	Winona State	NT
3	Ryskoski, Ariana	SO	Winona State	1:09.65
4	Eaton, Annabelle	SO	Eau Claire	1:07.00
5	Richter, Stella	SO	Winona State	1:06.62
6	Woods, Maya	FR	N. Michigan	1:06.91
7	Idris, Amina	FR	Eau Claire	1:09.00
8	Johnston, Megan	JR	Stout	1:09.71
9	Rogers, Taylor	SO	N. Michigan	NT

Section 3 of 3 Finals

4	Toshner, Lydia	FR	Winona State	NT
5	Hofacker, Lydia	FR	Oshkosh	NT
6	Urbick, Lexi	FR	Winona State	NT

Men 200 Meter Dash

• • Friday 4/3/2026 - 4:40 PM • •

D3 Record: 20.25 (2023) Cheickna Traore - Ramapo
Facility: 20.43 (2018) Kung fu Kenny - Rice Lake HS

Declarations OPEN after 4x100m Relay @ 2:25pm
Declarations CLOSE after 400m @ 3:50pm
If you do not declare, you will NOT be seeded into the event
NO EXCEPTIONS

Name	Yr	School	Seed	
1	Maurud, Evan	SO	La Crosse	21.55
2	Jankuski, Connor	SR	Eau Claire	21.74
3	Templeton, Reilly	FR	Eau Claire	21.78
4	Bauschelt, Ty	FR	Milwaukee	21.88
5	Gallun, Landon	FR	La Crosse	21.94
6	Odom, Nick	JR	Eau Claire	21.98
7	Luebke, Nicholas	SR	Eau Claire	22.00
8	John, James	SO	Stout	22.02
9	Weaver, Mason	JR	Milwaukee	22.05
10	Schulz, Jackson	SO	Eau Claire	22.14
11	Kennedy, Henry	SO	Oshkosh	22.16
12	Lindholm, Martin	FR	La Crosse	22.18
13	Preimesberger, Owen	FR	La Crosse	22.21
14	Pederson, Braedon	JR	Stout	22.25
15	Buford, Anthony	SO	Milwaukee	22.31
16	Smith, Ryder	SR	La Crosse	22.32
17	Scardina, Matt	FR	Milwaukee	22.33
18	Grams, Jonny	JR	Stout	22.51
19	Oppold, Caeden	FR	La Crosse	22.52
20	Groskopf, Aiden	SO	Eau Claire	22.53
21	Lindner, Nolyn	FR	Stout	22.80
22	Arndt, Kaden	FR	Oshkosh	22.99
23	Blade, Conner	FR	Stout	23.01
24	Kerner, Eli	FR	Oshkosh	23.08
25	Cyracus, Keith	FR	Oshkosh	23.11
26	Burau, Bruce	FR	Eau Claire	23.12
27	Weber, Gabe		Unattached	23.30
28	Jackson, Kyle	JR	Unattached	23.40
29	Ihde, Zackery	SR	Stout	23.53
30	Vlasak, Brendan	FR	Milwaukee	23.59
31	Moore, Gavin	FR	Eau Claire	23.61
32	Criter, Ethan	JR	Milwaukee	23.63
33	Thao, Chenue	FR	Stout	25.77

Women 200 Meter Dash

• • Friday 4/3/2026 - 4:50 PM • •

D3 Record: 23.29 (2018) Wadeline Jonathas - UMass Boston
Facility: 23.01 (2011) Dezerea Bryant - Milw. Bradley Tech HS

Declarations OPEN after 4x100m Relay @ 2:25pm
Declarations CLOSE after 400m @ 3:50pm
If you do not declare, you will NOT be seeded into the event
NO EXCEPTIONS

Name	Yr	School	Seed	
1	Kakes, Allyson	JR	Eau Claire	24.13
2	Burns, Katie	SR	Milwaukee	24.15
3	Evtimov, Victoria	SO	Milwaukee	24.71
4	Schueller, Hope	JR	Eau Claire	25.26
5	Refinski, Angelica	SR	Milwaukee	25.38

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Event 17 ... (Women 200 Meter Dash)

6	Steinbach, Sasha	SO Winona State	25.41
7	Eckerman, Brie	JR La Crosse	25.54
8	Durango, Makayla	JR Stout	25.57
9	Gamache, Lilly	JR Stout	25.59
10	Thimmesch, Taylor	SO Milwaukee	25.67
11	Roloff, Isabel	SR Milwaukee	25.70
12	Miller, Jenna	SR La Crosse	25.78
13	Irel, Esme	JR Stout	25.86
14	Hafner, Faith	FR Winona State	25.92
15	Volk, Kallie	JR Milwaukee	25.94
16	Levenhagen, Nevia	FR Milwaukee	26.00
17	Grosse, Amber	SR La Crosse	26.02
18	Fitzgerald, Britt	FR Eau Claire	26.09
19	Loney, Ava	FR Eau Claire	26.23
20	Wepking, Lilly	SO Milwaukee	26.35
21	Happe, Elia	FR Eau Claire	26.40
22	Zemke, Megan	SO La Crosse	26.44
23	Algrem, Wren	FR Eau Claire	26.52
24	Brown, Nyla	SO Oshkosh	26.64
25	Simmons, Alexandria	JR Milwaukee	26.64
26	Woodward, Macy	SR Milwaukee	26.75
27	Thoreson, Madeline	SO La Crosse	26.92
28	Doornink, Noelle	FR La Crosse	26.97
29	Hook, Catie	SO Eau Claire	27.03
30	Navin, Olivia	SO La Crosse	27.03
31	Budworth, Ava	FR Stout	27.06
32	Hanger, Mia	FR La Crosse	27.11
33	Lamers, Brooklyn	SO Eau Claire	27.17
34	Marr, Megan	JR Winona State	27.21
35	Van Schyndel, Maya	FR Oshkosh	27.22
36	Braun, Audrey	SR La Crosse	27.27
37	Wickus, Lauren	FR Milwaukee	27.28
38	Meeteer, Kara	FR Milwaukee	27.31
39	Kraege, Izy	FR Eau Claire	27.35
40	Kosmatka, Paige	FR Stout	27.37
41	Smalls, Amara	JR Oshkosh	27.40
42	Ziemke, Marley	SO Eau Claire	27.41
43	Kakes, Kylie	SO Eau Claire	27.44
44	Norton, Sophie	FR Eau Claire	27.53
45	Gustafson, Karlynn	FR Stout	27.57
46	DellAngelo, Macyn	FR N. Michigan	27.77
47	Crecelius, Willow	FR Oshkosh	27.86
48	Hackenmueller, Noelle	SR La Crosse	28.28
49	Lichtenwalner, Isabel	FR Stout	28.67
50	Bergh, Rachel	SR Unattached	29.55
51	Ridgway, Emma	FR La Crosse	NT
52	Borst, Carly	FR La Crosse	NT

Men 3000 Meter Steeplechase

• • Friday 4/3/2026 - 5:05 PM • •

D3 Record: 8:38.55 (2024) Christian Patzka - UW-Whitewater
Facility: 8:43.93 (1986) James Gathje - St. John's

Ln Name Yr School Seed

Section 1 of 1 Finals

1	Meza-Melendez, Mateo	SR Stout	NT
2	Karel, Lukas	SR Unattached	10:15.00
3	Majerus, Jonah	FR Eau Claire	NT
4	Watson, Zac	FR Oshkosh	NT
5	Larkin, Noah	FR Eau Claire	NT

Women 3000 Meter Steeplechase

• • Friday 4/3/2026 - 5:25 PM • •

D3 Record: 9:57.39 (2019) Annie Rodenfels - Centre
Facility: 9:56.51 (2004) Rasa Michniovaite - Unattached

Ln Name Yr School Seed

Section 1 of 1 Finals

1	VanLente, Dani	JR N. Michigan	11:19.02
2	Osmanski, Madeline	SO Oshkosh	12:56.56
3	Voit, Ella	SO Winona State	10:46.99
4	Hoffman, Bryanna	JR Stout	12:11.46
5	Meyer, Emily	FR Winona State	NT
6	Gilles, Meredith	FR La Crosse	NT
7	Galaszewski, Ella	SR Oshkosh	12:34.54
8	Anderson, Paige	SR N. Michigan	12:14.58
9	Wallace, Celia	SO N. Michigan	11:41.21
10	Miller, Sami	FR La Crosse	NT
11	Damman, Paige	SO La Crosse	11:57.11
12	Heilman, Olivia	SO La Crosse	11:52.84
13	VanSweden, Anya	SO N. Michigan	11:36.94

Men 4x400 Meter Relay

• • Friday 4/3/2026 - 5:55 PM • •

D3 Record: 3:06.52 (2025) Bethel
J Parent, J Thomsen, V Lelinga, G Nelson
Facility: 3:08.04 (2004)
J Deterville, T Marcinek, E Svestka, A Rock

Ln Team Relay Seed

Section 1 of 1 Finals

3	UWEC	Eau Claire B	3:10.96
	Wanezek, Jack FR	Bilben, Nate JR	
	Wong, Addison FR	Kundert, Noah SO	
4	UWST	Stout	3:23.00
	Powell, Cody SO	Scott, Logan JR	
	Sutton, Jacob FR	Semerjian, Ryan SO	
5	UWLC	La Crosse	3:07.39
	Heiman, Tyler FR	Henkel, Isaac FR	
	Seaberg, Nolan SR	Backeberg, Trent FR	
	Kiehne, Jayce FR		
6	UWO	Oshkosh	3:10.56
	Breed, Jett JR	Beeksmas, Luke FR	
	Koele, Owen FR	Watson, Zac FR	
7	UWEC	Eau Claire	3:10.96
	Carter, Jacob FR	Eickhoff, Jacob JR	
	Johannsen, Nathan JR	Pease, Cameron SO	
8	UWEC	Eau Claire C	3:10.96
	Helms, Ike FR	Bremmer, Cole SO	
	Anderson, Brennon FR	Dwyer, Cole FR	

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Women 4x400 Meter Relay

• • Friday 4/3/2026 - 6:00 PM • •

D3 Record: 3:34.32 (2023) Wheaton (Mass.)
T Donoghue, V Smith, J Bromell, A James
Facility: 3:42.15 (2018)
A Frazier, E Jones, A Rolles, K Jones

Ln	Team	Relay	Seed
Section 1 of 1 Finals			
1	UWLC	La Crosse C	4:05.00
	McNeal, Gretchen SR	Thomson, Jocelyn SO	
	Stockton, Kylie SR	Zalewski, Julia SO	
2	UWLC	La Crosse B	4:04.00
	Doornink, Noelle FR	Ferguson, Sophia FR	
	McIntyre, Marley FR	Hanger, Mia FR	
3	NOMI	N. Michigan	4:04.00
	Korpi, Lola SO	Mac, Lana JR	
	Lemos, Brooke SO	Harper, Beverly SR	
4	UWO	Oshkosh	3:46.67
	Hoffman, Megan FR	Garcia, Adriana SO	
	Soto, Athena FR	Karls, Evelyn FR	
5	UWLC	La Crosse	3:43.83
	Molling, Taylor JR	Thomas, Alli JR	
	Kern, Grace JR	Hecker, Maddie JR	
6	UWEC	Eau Claire	3:45.60
	Kruse, McKenzie SO	Cinnamo, Mya JR	
	Casey, Danielle FR	Dick, Michaela JR	
7	WIST	Winona State	3:52.26
	Birch, Karissa SO	Barkley, Adalyn FR	
	Anders, Jenna JR	Larson, Alyssa SR	
	Casella, Caitlyn SO		
8	UWST	Stout	4:18.00
	Gantner, Miranda FR	Gustafson, Karlynn FR	
	Hansen, Becca JR	Johnston, Megan JR	
9	UWEC	Eau Claire B	3:45.60
	Hooker, Bella SO	Morrell, Paige JR	
	Peters, Logan FR	Jex, Lauren SR	
10	UWO	Oshkosh B	3:46.67
	Groothoff, Ashley FR	Hucke, Rylee FR	
	Johnson, Piper FR	Jesse, Annie FR	

Women Pole Vault

• • Friday 4/3/2026 - 1:00 PM • •

D3 Record: 4.31m (2018) Katherine Pitman - Ithaca
Facility: 4.22m (2009) Rianna Galleart - Unattached
2.87, 3.02, 3.17, 3.32, 3.47, 3.62, 3.77, 3.87, 3.92, +5cm

Pos	Name	Yr	School	Seed
Flight 1 of 1 Finals				
1	Kanitz, Haley	SR	Oshkosh	3.55m
2	Tumminaro, Alyssa	FR	N. Michigan	3.43m
3	Shafron, Emily	SR	La Crosse	3.75m
4	Soriaga, Hailey	SO	Milwaukee	3.93m
5	Champion, Mack	JR	Stout	3.61m
6	Gantner, Miranda	FR	Stout	3.22m
7	Brennan, Tia	JR	Milwaukee	3.47m
8	Sorensen, Raegan	SR	Stout	4.00m
9	Myers, Zoe	FR	Stout	3.52m
10	Roloff, Isabel	SR	Milwaukee	3.64m
11	Johnson, Emma	SR	Milwaukee	3.83m
12	Herriot, Sophie	JR	La Crosse	3.85m
13	Hewitt, Sienna	FR	Milwaukee	3.30m
14	VanCalster, Amanda	SO	La Crosse	3.73m
15	De Leo Lopez, Araceli	SR	La Crosse	4.00m
16	Clark, Emerson	JR	Oshkosh	3.40m
17	Bergeron, Jackie	SO	La Crosse	3.88m
18	DeMaria, Nora	FR	La Crosse	3.60m
19	Wintermute, Nina	JR	Eau Claire	3.50m
20	Waddell, Nora	FR	La Crosse	3.90m
21	Smith, Kati	SO	N. Michigan	3.66m
22	Meyer, Brianna	FR	Oshkosh	3.35m
23	Johnson, Emma	SO	Eau Claire	3.40m
24	Patterson, Gabby	SO	La Crosse	3.58m
25	Vandegriff, Alayna	SO	N. Michigan	3.36m
26	Wolff, Madi	SO	Stout	3.37m
27	Laughbaum, Ella	SR	Milwaukee	3.62m
28	Horgan, Sloan	JR	Stout	3.23m
29	Habberstad, Maddy	JR	La Crosse	4.10m
30	Austin, Abby	FR	Eau Claire	3.07m
31	Zastrow, Leah	SR	Stout	4.15m

Men Pole Vault

• • Friday 4/3/2026 - 2:00 PM • •

D3 Record: 5.60m (2018) Luke Winder - North Central
Facility: 5.40m (2018) Dan Evers - Monmouth
3.95, 4.10, 4.25, 4.40, 4.55, 4.70, 4.85, 4.95, 5.00, +5cm

Pos	Name	Yr	School	Seed
Flight 1 of 1 Finals				
1	Babineau, Mitchell	FR	Stout	4.17m
2	Knox, Sam	JR	Stout	4.95m
3	Petrowitz, Mason	JR	Stout	4.50m
4	Lange, Gaven	SR	La Crosse	4.95m
5	Gilbertsen, Noah	SO	Milwaukee	4.55m
6	Lagana, Evan	FR	Eau Claire	4.63m
7	Thomas, Bradyn	FR	Milwaukee	4.70m
8	Boyer, Trevor	FR	Milwaukee	4.30m
9	Baumann, Ashton	FR	La Crosse	NH
10	Volz, Michael	JR	Stout	4.04m
11	Smock, Sawyer	FR	Stout	4.18m
12	Brunner, Josh	FR	La Crosse	5.00m
13	Boyle, Connor	SO	La Crosse	5.10m
14	Botsch, Johnny	SO	Eau Claire	5.06m
15	Neis, Liam	FR	Eau Claire	4.34m
16	Cain, Evan	FR	Stout	4.00m
17	Krystosek, Braden	JR	Stout	4.95m
18	Robey, Triton	JR	Stout	4.62m
19	Wagner, Alex	SO	La Crosse	4.90m
20	Boyette, Josh	JR	Stout	4.50m
21	Brisette, Ethan	FR	La Crosse	NH
22	St. Clair, Christian	FR	Oshkosh	4.85m
23	Tordsen, Jake		Unattached	4.50m

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Women High Jump

• • Friday 4/3/2026 - 1:00 PM • •

D3 Record: 1.83m (2013) Liz Evans - Rose-Hulman
Facility: 1.80m (1986) Michele Reidi - UW-Stevens Point

1.38, 1.43, 1.48, 1.53, 1.58, 1.63, 1.68, 1.71, +3cm

Pos	Name	Yr	School	Seed
Flight 1 of 1 Finals				
1	Norton, Sophie	FR	Eau Claire	1.42m
2	Hook, Catie	SO	Eau Claire	1.44m
3	Simmons, Alexandria	JR	Milwaukee	1.64m
4	Heyroth, Olivia	FR	La Crosse	1.55m
5	Rogers, Taylor	SO	N. Michigan	1.53m
6	Footit, Aimee	SR	Oshkosh	1.55m
7	Hinckley, Haylie	FR	Eau Claire	NH
8	Bender, Izzy	SO	La Crosse	1.64m
9	Nowakowski, Natasha	JR	N. Michigan	1.54m
10	Ziemke, Marley	SO	Eau Claire	1.33m
11	Dehlinger, Ellie	FR	Oshkosh	1.35m
12	Fitzgerald, Britt	FR	Eau Claire	1.43m
13	Wickus, Lauren	FR	Milwaukee	1.55m
14	Dimler, Lauren	SR	Eau Claire	1.55m
15	Flannery, Marissa	FR	Stout	1.53m
16	Gluch, Erin	FR	La Crosse	1.58m
17	Meeteer, Kara	FR	Milwaukee	1.60m
18	Woodward, Macy	SR	Milwaukee	1.65m
19	Zonca, Eva	JR	N. Michigan	1.56m
20	VanZeeland, Olivia	SR	Milwaukee	1.80m
21	Szepieniec, Anna	JR	Milwaukee	1.60m
22	LeGeault, Julia	FR	Eau Claire	1.54m
23	Draheim, Alyssa	JR	Eau Claire	1.59m
24	Friese, Mady	SR	La Crosse	1.56m
25	Simpson, Elizabeth	SO	N. Michigan	1.50m
26	Ptak, Meadow	SO	N. Michigan	1.42m
27	Hedman, Chloe	FR	Milwaukee	1.53m
28	McCullum, Madison	JR	La Crosse	1.67m
29	Eaton, Annabelle	SO	Eau Claire	1.45m
30	Bunke, Shae	SO	Stout	1.43m
31	Hansen, Ainsley	JR	La Crosse	1.70m
32	Fratzke, Chloe	FR	Winona State	1.60m
33	Lamers, Brooklyn	SO	Eau Claire	1.61m
34	Bertrang, Laura	JR	Eau Claire	1.71m
35	Schmoll, Ella	FR	Stout	1.43m
36	Brooks, Eva	FR	Winona State	1.70m
37	Smolinski, Paige	FR	Oshkosh	1.45m
38	Sandry, Kaylynn	FR	Stout	1.40m
39	Hellekant, Anja	SO	Stout	1.49m
40	Untz, Delaney	SO	Winona State	1.53m

Men High Jump

• • Friday 4/3/2026 - 2:00 PM • •

D3 Record: 2.24m (1985) Kym Orr - Fredonia
Facility: 2.21m (2014) Wally Ellenson - Minnesota

1.71, 1.76, 1.81, 1.86, 1.91, 1.96, 2.01, 2.06, 2.09, +3cm

Pos	Name	Yr	School	Seed
Flight 1 of 1 Finals				
1	Hackbarth, Jacob	FR	Eau Claire	1.80m
2	Reeve, Jamie	SO	Eau Claire	1.71m
3	Eldredge, Mitchell	JR	La Crosse	2.08m
4	Ewens, Matthew	SR	Oshkosh	1.99m
5	Hibbler, Josiah	FR	Oshkosh	2.01m
6	Powell, Cody	SO	Stout	1.82m
7	Bjorklund, Zach	FR	Eau Claire	1.75m
8	Orlikowski, Leo	SO	Eau Claire	2.00m
9	Binstock, Matthew	FR	Stout	2.00m
10	Miller, Terell	FR	Eau Claire	1.91m
11	Rupakus, Ethan	JR	Stout	1.95m
12	Campbell, Jack	SR	Eau Claire	1.92m
13	Dahlie, Tyler	FR	Milwaukee	2.00m
14	Stolte, Jace	SO	Eau Claire	1.95m
15	Scholbe, Matt	SR	Oshkosh	1.87m
16	Thompson, Christian	SO	Oshkosh	2.05m
17	Roe, Brad	SR	Eau Claire	2.00m
18	Flood Elyafi, Noah	SR	Stout	1.95m
19	Kroeger, Ethan	SO	Stout	1.85m
20	Cyracus, Kendrick	SR	Oshkosh	1.88m
21	McKeown, Kole	JR	Eau Claire	1.84m

Women Long Jump

• • Friday 4/3/2026 - 12:00 PM • •

D3 Record: 6.49m (2012) Skye Morrison - Wartburg
Facility: 6.22m (2013) Melissa Norville - Illinois College

Pos	Name	Yr	School	Seed
Flight 1 of 2 Finals				
1	Kreul, Megan	FR	Winona State	5.33m
2	Kent, Hailie	SR	La Crosse	5.23m
3	Riley, Mia	FR	Oshkosh	5.06m
4	Johnson, Jozie	FR	Eau Claire	4.99m
5	Bushbeck, Meghan	FR	Eau Claire	5.11m
6	Gumila, Jade	FR	Oshkosh	ND
7	Jaenicke, Isabelle	SO	Stout	5.35m
8	Clark, Emerson	JR	Oshkosh	5.10m
9	de Souza, Mikayla	FR	N. Michigan	4.95m
10	Hansen, Becca	JR	Stout	5.37m
11	Krista, Ava	FR	Winona State	5.15m
12	Brown, Grace	JR	Eau Claire	5.29m
13	Bunke, Shae	SO	Stout	4.13m

Flight 2 of 2 Finals

1	Halverson, Rachel	SO	La Crosse	5.56m
2	Davies, Ashley	JR	La Crosse	5.63m
3	Foley, Ava	SR	La Crosse	5.61m
4	Levenhagen, Nevja	FR	Milwaukee	6.18m
5	Powell, Adaline	SR	Milwaukee	5.45m
6	Blum, Josie	JR	La Crosse	5.52m
7	Wickus, Lauren	FR	Milwaukee	5.62m
8	Thaler, Anna	SO	Eau Claire	5.68m
9	Miller, Jenna	SR	La Crosse	5.78m
10	Wissbroecker, MacKenZ	SO	Winona State	6.31m
11	Richgels, Jenna	FR	La Crosse	5.57m
12	Dittrich, Cecelia	FR	Winona State	5.38m
13	Schueler, Ella	FR	Winona State	5.92m

Men Long Jump

• • Friday 4/3/2026 - 12:00 PM • •

D3 Record: 8.04m (2025) Joshua Rivers - UW-Oshkosh
Facility: 7.92m (2018) George Alexandris - Montclair State

Pos	Name	Yr	School	Seed
Flight 1 of 1 Finals				
1	Maggit, Alexander	JR	Milwaukee	6.78m
2	Mayer, Kolvin	FR	Stout	6.48m
3	Griffin, Kyril	SO	Milwaukee	6.84m
4	Pederson, Braedon	JR	Stout	6.85m
5	Buford, Anthony	SO	Milwaukee	7.51m
6	Schmidt, Triton	SR	La Crosse	7.26m
7	Grams, Jonny	JR	Stout	6.55m
8	Cyracus, Keith	FR	Oshkosh	6.79m
9	Ellis, Brett	FR	Eau Claire	6.03m
10	Dortch, Patrik	SO	Stout	6.40m
11	Wiedmeyer, Frank	FR	Milwaukee	6.34m
12	Stupinean, Allen	FR	La Crosse	6.86m
13	Maidment, Tim	SR	Milwaukee	6.78m

Women Triple Jump

• • Friday 4/3/2026 - 2:00 PM • •

D3 Record: 13.43m (2024) Victoria Kadiri - Johns Hopkins
Facility: 13.78m (2008) Shani Marks - Unattached

Pos	Name	Yr	School	Seed
Flight 1 of 2 Finals				
1	Lainhart, Gabi	FR	N. Michigan	10.30m
2	Powell, Adaline	SR	Milwaukee	11.49m
3	Gumila, Jade	FR	Oshkosh	10.71m
4	Geason, Megan	FR	Oshkosh	11.00m
5	Rasmussen, Maddy	JR	N. Michigan	10.31m
6	Sok, Jade	JR	Milwaukee	10.82m
7	Jaenicke, Isabelle	SO	Stout	11.38m
8	Schinke, Allison	FR	N. Michigan	10.44m
9	Kreul, Megan	FR	Winona State	11.47m

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Flight 2 of 2 (Women Triple Jump)

1	Hackel, Jaden	SO La Crosse	11.78m
2	Barrett, Samantha	SR La Crosse	12.06m
3	Vandegriff, Alayna	SO N. Michigan	11.84m
4	Schueler, Ella	FR Winona State	12.37m
5	Levenhagen, Nevja	FR Milwaukee	11.72m
6	Szepieniec, Anna	JR Milwaukee	12.45m
7	Volk, Kallie	JR Milwaukee	11.65m
8	Krista, Ava	FR Winona State	11.59m
9	Blaskowski, Emily	JR La Crosse	11.77m

Men Triple Jump

• • Friday 4/3/2026 - 2:00 PM • •

D3 Record: 16.58m (1989) Jan Cado - North Central
Facility: 15.89m (2018) Luther Newburn - Benedictine

Pos Name	Yr School	Seed
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Flight 1 of 1 Finals

1	Dortch, Patrik	SO Stout	14.38m
2	Olu-Akintomide, Olu	FR Milwaukee	13.56m
3	Crumbaker, Christian	SO La Crosse	14.63m
4	Olsen, Gabe	JR La Crosse	14.85m
5	Flood Elyafi, Noah	SR Stout	13.99m
6	Nkwogu, David	FR Oshkosh	14.46m
7	Wallace, Christian	FR Oshkosh	14.38m
8	Dahlie, Tyler	FR Milwaukee	14.05m
9	Binstock, Matthew	FR Stout	14.27m
10	Mayer, Kolvin	FR Stout	13.53m

Women Discus Throw

• • Friday 4/3/2026 - 12:00 PM • •

D3 Record: 55.02m (1992) Kristen Kuehl - Concordia Moorhead
Facility: 57.33m (2008) Jenny Larson - Unattached

Pos Name	Yr School	Seed
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Flight 1 of 2 Finals

1	Kejo, Amaria	FR Eau Claire	ND
2	Robbins, Abi	FR Eau Claire	ND
3	Behnke, Kristin	FR Eau Claire	ND
4	Derr, Penelope	FR Eau Claire	ND
5	Fank, Catherine	FR Stout	ND
6	Kessenich, Chloe	FR La Crosse	ND
7	Martin, Ellie	FR Eau Claire	ND
8	Sprink, Jordan	FR N. Michigan	31.75m
9	Stiehl, Mikayla	JR Stout	32.60m
10	Sponsler, Stella	JR N. Michigan	28.18m
11	Bahe, Izzy	FR Eau Claire	ND
12	Pemberton, Chloe	SO Stout	25.98m
13	LaFontant, Amaya	FR Oshkosh	ND
14	Goldstein, Ruby	FR Oshkosh	ND
15	Mack, Ava	FR Stout	ND

Flight 2 of 2 Finals

1	Manz, Brooklyn	JR Oshkosh	37.13m
2	Thurston, Kendall	JR Eau Claire	38.12m
3	Schmidt, Grace	SO Stout	39.28m
4	Little, Alizabeth	SR N. Michigan	39.69m
5	Moseler, Addy	SO La Crosse	37.44m
6	Delene, Lydia	SO La Crosse	40.72m
7	Bilello, Kaelyn	SO Oshkosh	34.09m
8	Huelskamp, Carly	SO Oshkosh	36.10m
9	Richards, Morgan	SO La Crosse	35.85m
10	Noggle, Alana	SO Oshkosh	39.52m
11	Behnke, Kayla	SR Eau Claire	47.42m
12	Thelen, Caterina	JR N. Michigan	38.99m
13	Masloroff, Abi	SR Oshkosh	37.32m
14	Roden, Jady	SO La Crosse	42.60m
15	Lund, Danielle	SO N. Michigan	42.03m

Men Discus Throw

• • Friday 4/3/2026 - 2:00 PM • •

D3 Record: 62.00m (2013) Carter Comito - Whitworth
Facility: 60.38m (2013) Carter Comito - Whitworth

Pos Name	Yr School	Seed
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Flight 1 of 2 Finals

1	Knutson, Craig	FR Eau Claire	ND
2	Bendixen, Cameron	SR Oshkosh	40.92m
3	Rottier, Garrett	SO Eau Claire	39.33m
4	Nolan, Charlie	SR Oshkosh	37.81m
5	Sheets, Elliott	FR Stout	ND
6	Peterson, Evan	SO Eau Claire	ND
7	Dietel, Jacob	SO Stout	37.27m
8	Gavinski, Tommy	FR Stout	ND
9	Spencer, Malachi	FR Eau Claire	ND
10	Inman, Brynner	FR Oshkosh	ND
11	Penney, Connor	FR Eau Claire	ND
12	Justinger, Anthony	FR Eau Claire	ND
13	Smith, Caleb	FR Eau Claire	ND
14	Gotham, Andrew	FR Stout	ND
15	Adetunji, Ola	FR Eau Claire	ND

Flight 2 of 2 Finals

1	Rashke, Karter	SR Stout	41.58m
2	Wellhoefer, Jack	SO Oshkosh	41.86m
3	Baker, John	SO Stout	41.44m
4	Fritsch, Gavin	SR Oshkosh	52.92m
5	Stankiewicz, Gage	SR Eau Claire	51.84m
6	Benson, Joel	La Crosse	49.50m
7	Staryszak, Anthony	SR La Crosse	50.73m
8	Isom, Isaiah	SR Oshkosh	48.90m
9	Borgerding, Braden	JR Stout	41.37m
10	BohlMantilla, Marcus	JR Stout	46.19m
11	Beck, Adam	SR Eau Claire	41.13m
12	Maude, Kieran	SR Oshkosh	45.80m
13	Johnson, Soren	SR Eau Claire	52.48m
14	Hale, Bryce	JR Oshkosh	44.73m

Women Shot Put

• • Friday 4/3/2026 - 4:00 PM • •

D3 Record: 16.80m (2025) Alexis Boykin - MIT
Facility: 16.80m (2008) Robyn Jarocki - Unattached

Pos Name	Yr School	Seed
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Flight 1 of 2 Finals

1	Bilello, Kaelyn	SO Oshkosh	10.61m
2	Robbins, Abi	FR Eau Claire	10.32m
3	Derr, Penelope	FR Eau Claire	9.92m
4	Bloch, Dana	JR Stout	9.81m
5	Pierce, Alyssa	FR La Crosse	11.74m
6	Sprink, Jordan	FR N. Michigan	10.96m
7	LaFontant, Amaya	FR Oshkosh	10.28m
8	Martin, Ellie	FR Eau Claire	11.23m
9	Graf, Shayna	SO La Crosse	12.00m
10	Mack, Ava	FR Stout	10.79m
11	Masloroff, Abi	SR Oshkosh	11.65m
12	Goldstein, Ruby	FR Oshkosh	10.71m
13	Noggle, Alana	SO Oshkosh	11.86m
14	Bahe, Izzy	FR Eau Claire	10.47m

Flight 2 of 2 Finals

1	Behnke, Kayla	SR Eau Claire	13.49m
2	Huelskamp, Carly	SO Oshkosh	12.56m
3	Webster, Ava	SR Eau Claire	13.55m
4	Behnke, Kristin	FR Eau Claire	12.96m
5	Lund, Danielle	SO N. Michigan	12.91m
6	Little, Alizabeth	SR N. Michigan	12.36m
7	Harvey, Teiolla	SR N. Michigan	12.58m
8	Kejo, Amaria	FR Eau Claire	12.96m
9	Fank, Catherine	FR Stout	12.13m
10	Thurston, Kendall	JR Eau Claire	12.13m
11	Schmidt, Grace	SO Stout	12.19m
12	Manz, Brooklyn	JR Oshkosh	13.05m
13	Wellsmith, Lincoln	SR Stout	13.21m

Men Shot Put

• • Friday 4/3/2026 - 4:00 PM • •

D3 Record: 21.05m (2013) Paul Davis - McMurry
Facility: 20.50m (1992) Terry Strouf - NYAC

Pos Name	Yr School	Seed
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Flight 1 of 2 Finals

1	Beck, Adam	SR Eau Claire	14.99m
2	Inman, Brynner	FR Oshkosh	13.38m
3	Gavinski, Tommy	FR Stout	12.85m
4	Powers, Logan	SR La Crosse	10.92m
5	Gotham, Andrew	FR Stout	13.89m
6	Wellhoefer, Jack	SO Oshkosh	15.55m
7	Knutson, Craig	FR Eau Claire	14.56m
8	Staryszak, Anthony	SR La Crosse	14.03m
9	Smith, Caleb	FR Eau Claire	14.61m
10	Penney, Connor	FR Eau Claire	15.53m
11	Dietel, Jacob	SO Stout	14.75m
12	Hale, Bryce	JR Oshkosh	12.53m
13	Justinger, Anthony	FR Eau Claire	13.44m
14	Sheets, Elliott	FR Stout	10.59m

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Flight 2 of 2 (Men Shot Put)

1	Prats, Spencer	SR	La Crosse	16.57m
2	Stankiewicz, Gage	SR	Eau Claire	18.81m
3	Spencer, Malachi	FR	Eau Claire	15.66m
4	Isom, Isaiah	SR	Oshkosh	17.34m
5	Lanoux, Joey	SR	Stout	16.12m
6	Youngworth, Ben	JR	La Crosse	17.14m
7	Bendixen, Cameron	SR	Oshkosh	16.49m
8	Baker, John	SO	Stout	15.80m
9	Maude, Kieran	SR	Oshkosh	16.35m
10	Gardner, Jake	SO	La Crosse	16.74m
11	Johnson, Soren	SR	Eau Claire	16.72m
12	Rashke, Karter	SR	Stout	18.06m
13	Fritsch, Gavin	SR	Oshkosh	15.88m
14	Rottier, Garrett	SO	Eau Claire	16.00m

Women Javelin Throw

• • Friday 4/3/2026 - 12:00 PM • •

D3 Record: 55.99m (2002) Christina Scherwin - Moravian
Facility: 47.60m (2014) Beth Stam - George Fox

Pos Name	Yr School	Seed
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Flight 1 of 2 Finals

1	Thoreson, Madeline	SO	La Crosse	29.18m
2	Lichtenwalner, Isabel	FR	Stout	ND
3	Richards, Morgan	SO	La Crosse	ND
4	Grabarski, Kylee	SR	Eau Claire	29.00m
5	Zonca, Eva	JR	N. Michigan	20.58m
6	Casey, Danielle	FR	Eau Claire	ND
7	Anderson, Jillian	FR	La Crosse	ND
8	Simpson, Elizabeth	SO	N. Michigan	18.23m
9	Hansen, Becca	JR	Stout	26.59m
10	Braun, Audrey	SR	La Crosse	ND

Flight 2 of 2 Finals

1	Staub, Chloe	SR	St. Thomas	47.41m
2	Bertrang, Laura	JR	Eau Claire	44.90m
3	Grosse, Amber	SR	La Crosse	35.49m
4	Puls, Ella	JR	La Crosse	39.65m
5	Harvey, Teiolla	SR	N. Michigan	40.86m
6	Horgan, Sloan	JR	Stout	30.31m
7	Hackenmueller, Noelle	SR	La Crosse	34.32m
8	Nowakowski, Natasha	JR	N. Michigan	31.62m
9	Sorensen, Raegan	SR	Stout	41.71m
10	Volk, Kallie	JR	Milwaukee	36.99m

Men Javelin Throw

• • Friday 4/3/2026 - 1:30 PM • •

D3 Record: 75.55m (2013) Tim VanLiew - Rutgers-Camden
Facility: 75.54m (2013) Tim VanLiew - Rutgers-Camden

Pos Name	Yr School	Seed
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Flight 1 of 2 Finals

1	Powell, Cody	SO	Stout	40.67m
2	Stumo, Sam	JR	Eau Claire	ND
3	Campbell, Jack	SR	Eau Claire	43.46m
4	McKeown, Kole	JR	Eau Claire	ND
5	Nienhuis, Vince	FR	Oshkosh	ND
6	Ewens, Matthew	SR	Oshkosh	40.97m
7	Pease, Cameron	SO	Eau Claire	ND
8	Volz, Michael	JR	Stout	ND
9	Hackbarth, Jacob	FR	Eau Claire	ND

Flight 2 of 2 Finals

1	Eichmann, Andrew	SO	St. Thomas	53.26m
2	Lawrence, Nate		La Crosse	60.10m
3	BohlMantilla, Marcus	JR	Stout	49.78m
4	Reeve, Jamie	SO	Eau Claire	45.54m
5	Krystosek, Braden	JR	Stout	48.32m
6	Stolte, Jace	SO	Eau Claire	44.12m
7	Borgerding, Braden	JR	Stout	46.31m
8	Smith, Bryce	JR	Oshkosh	43.53m

Women Hammer Throw

• • Friday 4/3/2026 - 2:00 PM • •

D3 Record: 64.03m (2017) Whitney Simmons - UT Tyler
Facility: 64.39m (2024) Chloe Lindeman - Unattached

Pos Name	Yr School	Seed
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Flight 1 of 3 Finals

1	Martin, Ellie	FR	Eau Claire	ND
2	Kessenich, Chloe	FR	La Crosse	ND
3	Pierce, Alyssa	FR	La Crosse	ND
4	Mack, Ava	FR	Stout	ND
5	Fank, Catherine	FR	Stout	ND
6	Behnke, Kristin	FR	Eau Claire	ND
7	Derr, Penelope	FR	Eau Claire	ND
8	Bahe, Izzy	FR	Eau Claire	ND
9	Kejo, Amaria	FR	Eau Claire	ND
10	Robbins, Abi	FR	Eau Claire	ND
11	Goldstein, Ruby	FR	Oshkosh	ND

Flight 2 of 3 Finals

1	Bloch, Dana	JR	Stout	32.29m
2	Thelen, Caterina	JR	N. Michigan	39.43m
3	Little, Alizabeth	SR	N. Michigan	38.58m
4	Webster, Ava	SR	Eau Claire	38.74m
5	Bilello, Kaelyn	SO	Oshkosh	39.59m
6	Pemberton, Chloe	SO	Stout	26.71m
7	Noggle, Alana	SO	Oshkosh	39.75m
8	Stiehl, Mikayla	JR	Stout	31.93m
9	Graf, Shayna	SO	La Crosse	36.85m
10	Delene, Lydia	SO	La Crosse	37.19m
11	Manz, Brooklyn	JR	Oshkosh	33.85m

Flight 3 of 3 Finals

1	Behnke, Kayla	SR	Eau Claire	52.98m
2	Moseler, Addy	SO	La Crosse	41.50m
3	Lund, Danielle	SO	N. Michigan	52.41m
4	Thurston, Kendall	JR	Eau Claire	49.36m
5	Puls, Ella	JR	La Crosse	49.80m
6	Roden, Jadyne	SO	La Crosse	48.68m
7	Schmidt, Grace	SO	Stout	43.31m
8	Wellsmith, Lincoln	SR	Stout	40.13m
9	Huelskamp, Carly	SO	Oshkosh	42.06m
10	Masloroff, Abi	SR	Oshkosh	45.93m
11	Harvey, Teiolla	SR	N. Michigan	49.45m

Men Hammer Throw

• • Friday 4/3/2026 - 12:00 PM • •

D3 Record: 69.64m (2011) Eric Flores - Cal Lutheran
Facility: 68.55m (2008) Kevin Becker - Unattached

Pos Name	Yr School	Seed
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Flight 1 of 2 Finals

1	Justinger, Anthony	FR	Eau Claire	ND
2	Isom, Isaiah	SR	Oshkosh	ND
3	Smith, Caleb	FR	Eau Claire	ND
4	Sheets, Elliott	FR	Stout	ND
5	Gavinski, Tommy	FR	Stout	ND
6	Gardner, Jake	SO	La Crosse	38.88m
7	Penney, Connor	FR	Eau Claire	ND
8	Adetunji, Ola	FR	Eau Claire	ND
9	Knutson, Craig	FR	Eau Claire	ND
10	Gotham, Andrew	FR	Stout	ND
11	Wellhoefer, Jack	SO	Oshkosh	40.09m
12	Baker, John	SO	Stout	38.72m
13	Peterson, Evan	SO	Eau Claire	ND
14	Spencer, Malachi	FR	Eau Claire	ND

Flight 2 of 2 Finals

1	Fowler, Jesse	SR	Stout	57.25m
2	Fritsch, Gavin	SR	Oshkosh	61.42m
3	Staryszak, Anthony	SR	La Crosse	51.00m
4	Dietel, Jacob	SO	Stout	40.28m
5	Youngworth, Ben	JR	La Crosse	45.53m
6	Hale, Bryce	JR	Oshkosh	60.33m
7	Stankiewicz, Gage	SR	Eau Claire	52.85m
8	Borgerding, Braden	JR	Stout	48.40m
9	Maude, Kieran	SR	Oshkosh	57.13m
10	Beck, Adam	SR	Eau Claire	53.59m
11	Powers, Logan	SR	La Crosse	56.51m
12	Johnson, Soren	SR	Eau Claire	49.18m
13	Prats, Spencer	SR	La Crosse	50.46m
14	Rottier, Garrett	SO	Eau Claire	51.39m