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NAU'S HEINS, SAC'S RASKE SELECTED BY PEERS

OGDEN, Utah (May 15, 2013) - The league's head outdoor track and field coaches have selected Northern Arizona's Eric Heins and Sacramento State's Kathleen Raske as the Big Sky Conference Coaches of the Year.

The 2013 recipients were chosen in a vote earlier this week. The coaches were not allowed to vote for themselves.

Heins was tabbed as the men's COY after leading the Lumberjacks to its 18th outdoor title, and second consecutive title. NAU defeated Sacramento State by seven points. This is Heins second COY award, who took over the program in 2010 from J.W. Hardy.

Not only did the men's team win the championships, but coach Heins led his team to a perfect trifecta again. This is the fifth time in conference history that a team has swept all three championships. NAU also won the cross country title in the fall and the indoor track and field title earlier this year.

The other four times this was done was in 1986-87, 1987-88, 2008-09 and 2011-12 all by the Lumberjacks.

Diego Estrada led the way for NAU with 20 points. After the meet he was named Co-Most Valuable Player. Estrada took gold in the 1,500 meters and 5,000 meters. His teammates Futsum Zienasellassie and Miles Di Sabella each scored 16 points.

The Hornet women captured their sixth consecutive outdoor title all under Kathleen Raske. The first title for Sacramento State was in 2008. The women won the title by 44 1/2 points over second place Portland State.

Sacramento State's Alanna Coker led the way for the Hornets scoring 16 points. Weber State's Amber Henry was named Most Valuable Athlete after scoring 30 points by winning gold in the 3,000m steeplechase, 1,500m and 5,000m.

Raske has now been named outdoor COY six consecutive times, a first for the Big Sky.