



Northern Sun Intercollegiate Conference

## RELEASE No. 6

FOR IMMEDIATE RELEASE

# OUTDOOR TRACK & FIELD RELEASE

MENS & WOMENS

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## NSIC CHAMPIONSHIPS SET FOR MAY 10-11 IN SIOUX FALLS, S.D.

The 2013 NSIC Outdoor Championships are set to take place on Fri.-Sat., May 10-11 in Sioux Falls, S.D. at Howard Wood Track - hosted by Augustana College. Full Schedule of events on page 4.

## PAST NSIC ATHLETES OF THE WEEK

### Men's Field

- 4/2/13 Aaron Jung - Augustana
- 4/9/13 Keyvan Rudd - Minnesota State
- 4/15/13 Aaron Jung - Augustana (2)
- 4/23/13 Henrik Holmberg - Augustana
- 5/1/13 Tandy Juell - Minnesota State
- 5/7/13 Grant Luer - Minnesota State

### Men's Track

- 4/2/13 Derek Bredy - MSU Moorhead
- 4/9/13 Derek Bredy - MSU Moorhead (2)
- 4/15/13 Luke Hauert - Northern State
- 4/23/13 Travis Beniak - Augustana
- 5/1/13 Harald Karbo - Augustana
- 5/7/13 Chris Wilson - Minnesota Duluth

### Women's Field

- 4/2/13 Lachel Milander - Wayne State
- 4/9/13 Brigitte Gross - Sioux Falls
- 4/15/13 Carly Fehringer - Wayne State
- 4/23/13 Shanai Guider - Winona State
- 5/1/13 Chanel Miller - Minnesota Duluth
- 5/7/13 Brigitte Gross - Sioux Falls (2)

### Women's Track

- 4/2/13 Kayla Mescher - Augustana
- 4/9/13 Kathryn Stewart - University of Mary
- 4/15/13 Runa Falsch - Augustana
- 4/23/13 Kathryn Stewart - University of Mary (2)
- 5/1/13 Keely Rubash - St. Cloud State
- 5/7/13 Janet Johnson - University of Mary



### NSIC Men's Field Athlete of the Week:

Minnesota State senior Grant Luer (Menomonie, Wis.) automatically qualified for the 2013 NCAA DII Outdoor Track & Field Championships when he took the crown in the discus throw at the Minnesota State Twilight last Tuesday night. Luer's throw of 55.84 meters just edged the auto mark of 55.63 and is the fifth furthest in the nation this season.

### NSIC Men's Track Athlete of the Week:

Minnesota Duluth's Chris Wilson (So., Plymouth, Minn.) won his first 800-meter title as a collegian and was among a handful of University of Minnesota Duluth men who set personal bests at the two-day Meet of the UnSaintly held on the campus of Hamline University in St. Paul. Wilson led virtually from wire-to-wire and topped the 36-runner field with a time of 1:53.80, the fastest men's 800m time in the NSIC this season.



### NSIC Women's Field Athlete of the Week:

Sioux Falls' Brigitte Gross (R-Jr., Alexandria, S.D.) cleared 13-5.75 (4.11m) to earn the women's pole vault title and break the school record which she previously set in 2011. Her record-setting clearance Friday ranks fourth in the NCAA DII this season and surpassed the NCAA automatic qualifying height of 3.95m.

### NSIC Women's Track Athlete of the Week:

University of Mary's Janet Johnson surpassed the NCAA provisional qualifying standard in the 100 meter hurdles at the NDSU Tune-Up meet in Fargo, ND, on May 3. Johnson cleared the barriers in 13.95, nearly half a second below the provisional qualifying time of 14.40.



### NSIC Team Notes

#### AUGUSTANA

Augustana concluded a busy week with a pair of events. The Vikings traveled to Mankato, Minn. for the Minnesota State Twilight Open before battling poor weather in their final regular season meet at the Howard Wood Dakota Relays in Sioux Falls. The Vikings are ready to host the NSIC Track and Field Championships this weekend with hopes of qualifying more athletes for the NCAA Championships.

**Women's Track:** Runa Falch (Distance, Sr. Steinkjer, Norway) set the fastest time in the NSIC with her provisionally-qualifying 5,000-meter time at the Howard Wood Dakota Relays. Falch crossed the line first with a time of 17:11.71 to overtake teammate Kristin Brondbo for the NSIC lead.

**Women's Field:** Kristi Porter (Throws, Fr., Edgemont, S.D.) took the first place at the MSU Twilight in the women's javelin throw narrowly missing a provisional qualifying mark. Porter's best toss of 39.27 meters (128' 8") put her atop the leaderboard, but left her just 0.73 meters shy of a qualifying mark. Porter also took second in the javelin throw at the Howard Wood Dakota Relays with a 38.15-meter toss. Porter's throw at the MSU Twilight ranks her fifth in the NSIC.

**Men's Track:** Ryan Heuer (Sprints/Hurdles, Fr., Fairmont, Minn./Fairmont HS) grabbed two event wins and a total of three top-four finishes. At the MSU Twilight meet, Heuer won both the 400-meter dash (51.71 seconds) and 110-meter hurdles (15.63 seconds). Heuer recorded the eighth-fastest time in the NSIC in the 110-hurdles (15.19 seconds) after taking fourth place, second among Division II competitors, at the Howard Wood Relays.

**Men's Field:** Zach Feil (Jumps, Fr., Watertown, S.D./Great Plains Lutheran HS) won the triple jump at the Howard Wood Dakota Relays and tallied two more top-three finishes to start the week. Feil's best triple jump mark of 13.53 meters (44' 4.75") won the event and set a collegiate best. Feil also finished second in the triple jump at the MSU Twilight Open and third in the high jump.

(Cont. on Next Page)

The NSIC is a 16-team, 18-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.