



RELEASE No. 5

FOR IMMEDIATE RELEASE

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PAST NSIC ATHLETES OF THE WEEK

Men's Field

12/10/13 Chris Reed, Minnesota State
1/13/14 Keyvan Rudd, Minnesota State

1/21/14 Chris Reed, Minnesota State (2)

1/28/14 Chris Reed, Minnesota State (3)

2/4/14 Chris Reed, Minnesota State (4)

Men's Track

12/10/13 Harald Karbo, Augustana
1/13/14 Jerrell Hancock, Minnesota State
1/21/14 Cole Toepfer, Minnesota Duluth
1/28/14 George Kawalawu, St. Cloud State
2/4/14 Jerrell Hancock, Minnesota State (2)

Women's Field

12/10/13 Brigitte Gross, Sioux Falls
1/13/14 Brigitte Gross, Sioux Falls (2)
1/21/14 Hannah Mueller, Winona State
1/28/14 Sara Wells, Wayne State
2/4/14 Carly Fehringer, Wayne State

Women's Track

12/10/13 Kristin Brondbo, Augustana
1/13/14 Zevin Carter, Minnesota State
1/21/14 Cassandra Jones, University of Mary
1/28/14 Kayla Mescher, Augustana
2/4/14 Samantha Rivard, Minnesota Duluth

NSIC IDTF CHAMPIONSHIPS

NSIC Multis

Sun.-Mon., Feb. 16-17 Myers Fieldhouse, Mankato, Minn.

NSIC Indoor Championships

Fri.-Sat., Feb. 28-March 1 - Gillett Rec Center Bemidji, Minn.



INDOOR TRACK & FIELD RELEASE

MENS & WOMENS

FEBRUARY 4, 2014

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NSIC Men's Field Athlete of the Week:

Minnesota State senior Chris Reed (Omaha, Neb.) had his best performance yet in the shot put at the MSU Multi and Open. Reed broke his own Division II indoor record in the shot put with a throw of 65' 10.25". Reed also placed first in the weight throw with a toss of 62' 8.50". This marks the fourth time this season Reed has been named NSIC Men's Field Athlete of the Week (12/10/13 - 1/21/14 - 1/28/14).

NSIC Men's Track Athlete of the Week:

Minnesota State senior Jerrell Hancock (St. Louis, Mo.) ran a personal-best time in the 60-meter dash at the MSU Multi and Open finishing with a time of 6.77. That time is the best time in the conference and fifth overall in Division II. In the 400-meter dash he finished with a provisional qualifying time of 49.09. That time is also the best in the conference and ranks him 14th in Division II. This marks the second time this season Hancock has been named NSIC Men's Track Athlete of the Week (1/13/14).



NSIC Women's Field Athlete of the Week:

Wayne State's Carly Fehringer (Sr., Wayne, Neb.), at the Minnesota State Open, recorded a first place finish in the weight throw with a season-best and NCAA provisional mark of 63' 8 3/4", a throw that now ranks fourth in NCAA Division II in the event. She also finished third in the shot put with a top mark of 45' 1/4". She is currently ranked 11th in the NCAA in that event.



NSIC Women's Track Athlete of the Week:

Minnesota Duluth's Samantha Rivard (Fr., Oak Grove, Minn. / St. Francis HS) won the mile at the MSU Open & Multi in a time of 4:54. Rivard's time was over ten seconds ahead of second place as she provisionally qualified for the NCAA Championships. Her time was also the best in the NSIC this season and ranks third nationally.

NSIC Team Notes

AUGUSTANA

Augustana sent athletes to the Minnesota State Pentathlon and Open and emerged with 17 athletes earning top-eight places, including a pair of champions. Emma Anderson and Aduo Omot both collected their first 1,000-meter win of the season as one of the highlights of the Vikings' trip to Mankato. CJ Ham continued a stellar season, breaking the school record in the weight throw for the second time this season, provisionally qualifying for that event and the shot put on the same day. Augustana's 4x400-meter relay teams nearly qualified with the men missing the mark by three tenths of a second and the women running a season-best time, narrowly missing on a qualifying mark.

Men's Field: CJ Ham (Throws, Jr., Duluth, Minn./Denfeld H.S.) broke his own school record and provisionally qualified in two events this weekend. On Friday, Ham threw nearly a foot better than his previous record, placing fourth with a 17.28-meter (56 feet, 8.50 inches) heave. Ham's previous record of 17.04 meters was just two centimeters shy of a provisional qualifying mark. Ham also earned a qualifying mark in the shot put, taking third with a best mark of 15.86 meters (52 feet, 0.5 inches).

Men's Track: Aduo Omot (Mid-Distance, Sr., Worthington, Minn./Worthington H.S.) took home the 1,000-meter title at the MSU Open this past weekend. Omot's time of 2:33.64 edged out the second-place finisher to give him the victory. Omot was also a key component on the men's 4x400-meter relay team that took fourth and missed a provisional qualifying mark by just three tenths of a second.

(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.

• Augustana College • Bemidji State • Concordia -St. Paul • University of Mary • Minnesota , Crookston • Minnesota Duluth • Minnesota State University, Mankato •

• MSU Moorhead • Minot State • Northern State • Sioux Falls • Southwest Minnesota State • St. Cloud State • Upper Iowa • Wayne State • Winona State •

AUGUSTANA (CONT)

Women's Field: Kaylynn Erlandson (Jumps, So., Brandon, S.D.) placed ninth in the women's triple jump, registering a best mark of 10.62 meters (34 feet, 10.25 inches).

Women's Track: Emma Anderson (Mid-distance, So., Sarona, Wis.) earned a pair of top-three finishes, including an event win in the women's 1,000-meter run. Anderson clocked a winning time of 3:02.11, the fastest time in the NSIC this season. In the mile run, Anderson placed third with a time of 5:07.50, just two seconds slower than the provisional mark and the third-fastest in the NSIC this season.

BEMIDJI STATE

Women's Track: Nicole Crummy (So., Argyle, Minn.) recorded a pair of season-best marks while leading Bemidji State to fourth place at the Cobber Duals Feb. 1 in Moorhead, Minn. The sophomore trimmed nearly three minutes from her previous 800-meter season-best time, clocking a 2:29.56 to place eighth. She also contributed to a 4x400-meter relay team that took sixth place and established a BSU season-best 4:23.49—a time that stands 12th in the NSIC this season.

Women's Field: Kaneesha Johnson (So., Rosemount, Minn.) finished among the top seven in two field events Feb. 1 at the Cobber Duals in Moorhead, Minn. The sophomore recorded a mark of 33-05.75 to place sixth in the triple jump, while stretching the tape to 16-03.75 to take seventh in the long jump. She also finished 11th in the 60-meter dash, finishing in 8.34 seconds.

The Bemidji State University track and field team posted three season-best marks en route to a fourth place finish in the Cobber Duals Feb. 1 in Moorhead, Minn. Sophomore Nicole Crummy trimmed nearly three seconds from her previous season-best 800-meter run time, clocking a 2:29.56. She was also a member of a 4x400-meter relay team, along with Austin Eng, Hailey Horob and Brittany Koss to post BSU's best time of the season in the event and rank among the NSIC's top 12 marks of 2014. In addition, Koss clocked a 28.80 in the 200-meter dash to post BSU's best time of the season in the event and place 14th in the meet.

CONCORDIA-ST. PAUL

Women's Track: Michelle Ndely (Hurdles, 5'6", So., Champlin, Minn. / Champlin Park HS) finished first in the 60m hurdles and ran an NCAA provisional qualifying time of 8.85 seconds at the MSU Open and Multis. She currently ranks 23rd in the nation in the 60m hurdles.

Men's Track: Tyler Naumowicz (Multi-Event, 6-3, So., Waukesha, Wis. / Waukesha South HS) finished third in the heptathlon with a PR point total of 4553 while setting PR's in three (long jump, shot put and high jump) out of the seven events.

Men's Field: Colin Goligoski (Multi-Event, 6'5", Jr., St. Paul, Minn. / Central HS) set PR's in three of the seven events in the heptathlon (high jump, 60m hurdles and the pole vault) as he set a point total PR of 4712. He finished second in the meet and is currently ranked 18th in the nation in the heptathlon.

UNIVERSITY OF MARY

Men's Track & Field: Aaron Teigen (Sr., Rugby, N.D.) was the runner-up in two field events at the Cobber Duals on Saturday. The senior placed second in both the long jump (22' 3 3/4") and the triple jump (44' 11 3/4"). Teigen's effort in the triple jump was his best of the season.

Two other Marauders also placed second in two events. Senior Jordan Washington was second in the 400 meter dash and anchored the runner-up 4x400 relay team. Freshman Mitchell Meyer claimed second in the 600 meter run and ran with Washington on the 4x400 relay team.

Women's Field: Stephanie Fey (Jr., Groton, S.D.) placed third in the weight throw at the Cobber Open. Her toss of 53' 9" was a new school record and an NCAA Provisional Qualifying Mark.

Women's Track: Brittany Osborne (Jr., Corona, Calif.) claimed the 60 meter dash title at the Cobber Duals on Saturday. The junior sprinter blazed her way to the title in a time of 7.80 seconds. The Marauders captured four of the top five places in the event.

The Marauders captured six titles at the Cobber Duals. All-American Kathryn Stewart won the 400 meter dash. Brittany Osborne captured the 60 meter dash. Davina Carr placed first in the pole vault. Janet Johnson sailed to the long jump title. Danylle Kurywchak claimed the triple jump. The 4x400 relay team of Crystal Hovland, Kaitlyn Wurnig, Claire Gapinski and Julie Dinius won the event by six seconds.

MINNESOTA DULUTH

Men Track/Field: Cole Toepfer might not have turned in the fastest 3,000-meter run time at Saturday's Warren Bowlus Open on the campus of the University of Wisconsin-Stout (he placed third in that event), but his 8:22.35 clocking was the best in University of Minnesota Duluth history and also made the senior team captain a provisional qualifier for the the NCAA Division II Indoor Track and Field Championships. Toepfer shaved just over 11 seconds off the previous school standard of 8:33.46, which was turned in by Kyle Larson at the Snowshoe Open in Minneapolis, Minn., on Feb. 17, 2012. While no Bulldogs took home individual titles Saturday, runner-up finishes were posted by sophomore Joey Erickson in the mile run (4:29.48), freshman Ted Heikkila in the 5,000-meter run (15:47.76) and Nick Moran in weight throw (16.57 meters). Junior Phil d'Entremont (600-meter run; 1:23.06), and sophomore Drew Johnson (5,000-meter run; 15:48.04) both placed third in their respective events while sophomores Appo Agbamu (shot put; 14.84 meters) and Mark Emlaw (long jump; 6.37 meters) took fourth.

The Bulldogs will remain in Duluth next Saturday (Feb. 8) to compete in the Lake Superior Challenge, which is being hosted by the College of St. Scholastica.

Women Track/Field: Three University of Minnesota Duluth distance runners and one pole vaulter won individual championships at two different meets over the weekend. At the two-day Minnesota State University-Mankato Open, which wrapped up Saturday, freshman Breanna Colbenson (5,000-meter run in 17:43.63), junior Victoria Zoller (800-meter run in 2:18.88) and freshman Samantha Rivard (mile run in 4:54.87) all posted first-place finishes while over at Saturday's Warren Bowlus Open on the University of Wisconsin-Stout campus, sophomore Kayla Wiltrot captured her third pole vault title of the somewhat young 2013 indoor season with a 3.55 meter effort. Rivard crossed the finish line in record-breaking time, shattering the previous mark of 5:01.43 by Katie Huntley at the 2000 Northern Sun Intercollegiate Conference Indoor Track and Field Championships. Colbenson's championship was her with the UMD track team. She also has one cross country individual crown to her collegiate credit.

Other top UMD performances at the MSU Open included senior Kayla Johnson in the 1,000-meter run (3rd place; 3:05.33), sophomore Hannah Olson in the mile run (4th; 5:08.20) senior Jacque Thaemert in the 800-meter run (4th; 2:23.02) and junior Erin Pangerl in the 60-meter dash (6th; 7.97). In the Warren Bowlus Open weight throw event, Bulldog junior Jennifer Hitchcock was third with a toss of 15.85 meters.

The Bulldogs will remain in Duluth next Saturday (Feb. 8) to compete in the Lake Superior Challenge at the College of St. Scholastica.

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MINNESOTA STATE

No. 5 Minnesota State had a good weekend as senior Chris Reed and junior Nathan Hancock each broke records. Reed broke his own Division II indoor record in the shot put with a throw of 65' 10.25". Hancock finished in first place in the Heptathlon besting his own Minnesota State record totaling 5,371 points. That point total automatically qualifies him for the Division II meet is the second best mark in all of Division II. Freshman Ben Ojika finished in fourth place with 4,284 points.

Sophomore Faryn Wirkus upped her provisional-qualifying mark in the pole vault as she vaulted 12' 4", ranking her tied for second in the conference.

Men's Track: Senior Jerrell Hancock (St. Louis, Mo.) ran a personal-best time in the 60-meter dash at the MSU Multi and Open finishing with a time of 6.77. That time is the best time in the conference and fifth overall in Division II. In the 400-meter dash he finished with a provisional qualifying time of 49.09. That time is also the best in the conference and ranks him 14th in Division II.

Men Field: Senior Chris Reed had his best performance yet in the shot put at the MSU Multi and Open. Reed broke his own Division II indoor record in the shot put with a throw of 65' 10.25". Reed also placed first in the weight throw with a toss of 62' 8.50".

Women Field: Junior Morgan Stampley (St. Paul, Minn.) broke her own Minnesota State record in the weight throw en route to a second place finish with a throw of 57' 3.5".

MSU MOORHEAD

Men's Track: Keith Turner (Mid-Distance/Sprints, San Diego, Calif. / Hoover HS) won the 400 meters at the Cobber Duals on Saturday for his second event win of the 2014. Turner ran a time of 50.68, which was third-fastest in the NSIC this season. Turner also added a sixth-place finish in the 200-meter dash with a time of 23.32 to help MSUM go 7-1 at the duals.

Men's Field: Jackson Henrich (Jr, Throws, Morris, Minn. / Morris Area HS) helped the Dragons to a 7-1 mark at the Cobber Duals Saturday in Moorhead, Minn. Henrich was fourth in the weight throw at 50-10 1/4. Henrich is ranked seventh in the event in the NSIC this season.

Women's Track: Tia Knight (Jr., Sprints/Hurdles / Spring Valley, Calif. / Steele Canyon) won the 200-meter dash at 25.73 and was second in the 60-meter hurdles at 8.84 at the Cobber Duals Saturday in Moorhead. The win in the 200 was Knight's third event win of 2014, and the 25.73 mark was fourth-fastest in the NSIC this season. Knight was also part of the 4x400 relay that finished second, which helped MSUM to a 9-1 mark at the duals.

Women's Field: Chelsea Klemetsen (High Jump, Jr., Sabin, Minn. / Moorhead HS/Concordia) won the high jump at 5-5 1/4 at the Cobber Duals on Saturday. It was her second win in that event so far in 2014 and it helped MSUM record a 9-1 mark at the duals. The jump is the third-best in the NSIC this season.

MINOT STATE

The Minot State University men's and women's indoor track & field teams combined for 18 personal bests at Saturday's Minnesota State University open. Although there were not event winners for the Beavers, the improvement is in the numbers as 18 personal bests, eight season bests and six new event times were put up by MISU against some stiff competition.

Women's Track & Field: For the Beaver women, Sienna Dailey (Jr., Sprints, Glasgow, Mont.) broke her school own school record in the 400 meter dash with a time of 58.31 seconds, placing her third overall at the meet. Six MISU women recorded personal records in the 200 meter dash, headlined by Dailey who placed seventh with a time of 26.15 seconds. Breanne Sherlock (So., Hurdles, Velva, N.D.) recorded two personal records on the day including a No. 19 finish in the 400 meter with a time of 1 minute, 2 seconds. Erica Clark (So., Mid-Distance, Gardena, Calif.) placed fifth and recorded a personal best in the 800 meter dash with a time of 2 minutes, 25.92 seconds. Ali Windish (So., Distance, Wimbleton, N.D.) and Catie LeDesma (Fr., Distance, Chula Vista, Calif.) each recorded PR's in the women's 5,000 meter race. Windish placed fourth with a time of 18 minutes, 13 seconds while LeDesma was right behind her with a fifth place finish of 18:26.

Men's Track & Field: Tyler Flatland (Jr., Sprints, Watford City, N.D.) placed third in the 400 meter dash with a time of 50.72 seconds, a personal best. Three other Beavers recorded PR's in the 400 as Tyler Bates (Fr., Sprints, Watford City, N.D.), Josh Sandy (Jr., Jumps/Sprints, Velva, N.D.) and Lucas Leitner (So., Sprints, Pekin, Ill.) all performed better than they ever had at that event. Clay Armstrong (Sr., Mid-Distance, Missoula, Mont.) recorded a personal best in the one mile run with a time of 4:37, placing him ninth in the event, while Wayne Peters (Jr., Sprints, Carson, Calif.) and Darin Malafa (Jr., Hurdles, Bismarck, N.D.) each had personal bests in the 60 meter hurdles with times of 8.96 seconds and 9.04 seconds. Adedamola Sobande (Sr., Throws, St. Paul, Minn.) recorded a personal best in the shot put with a throw of over 42 feet. Minot State will now prepare for the North Dakota State University Thundering Herd Classic on Feb. 7 & 8 in Fargo, N.D.

NORTHERN STATE

Men's Track: Andrew Johnson (Jr., Aberdeen, S.D.) had a pair of top-10 individual finishes over the weekend for the Wolves at the Minnesota State Open. Johnson was also a part of a relay team that took fifth. Johnson took fifth in the 60-meter dash running a time of 7.05 in the event. He followed that up with a seventh-place finish in the 200 dash running a season-best time of 22.58. Johnson, along with Tyler Jensen, Luke Lindwurm and Rae-kuwon Robinson placed fifth in the 4x400 relay finishing with a time of 3:28.20.

Men's Field: Lucas Osowski (So., Coon Rapids, Minn.) set a new career-best Saturday in the shot put as he recorded a throw of 47'-11.75" to finish sixth at the MSU Open.

Women's Track: Makenzie Hageman (So., Watertown, S.D.) ran a new career-best time in the 60-meter dash Saturday for Northern, as she finished in second with a time of 7.91 at the MSU Open. Hageman was also a part of NSU's 4x400 relay team that placed fifth with a time of 4:08.17.

Women's Field: Breann Jackson (So., Wheatland, Wyo.) had a pair of top-10 places over the weekend as she set a new career-high in the weight throw with a toss of 55'-7.5" to take fifth place. Jackson also finished 10th in the shot put with a throw of 40'-4.25".

SOUTHWEST MINNESOTA STATE

Men Track: Redshirt freshman Alejandro Sanchez (Plano, Texas) ran an NCAA provisional time of 1:54.92 in the 800-meter to finish second at the MSU Multi & Open this past weekend. He is the first SMSU athlete to run an NCAA provisional time this season. Sanchez was also the anchor on SMSU's first place distance medley relay team with a time of 10:42.23 during the first day of the meet on Friday.

Women Track: Freshman Amanda Grengs (Minneota, Minn.) finished seventh in the 1000-meter with a time of 3:12.24 at the MSU Multi & Open on Saturday. She later finished 10th in the 3000-meter with a time of 11:27.59.

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SIOUX FALLS

The University of Sioux Falls track & field team wrapped up a successful weekend at the MSU Mankato Multi & Open in Mankato, Minn. The Cougars came away from the weekend with seven first place finishes, ten NCAA provisional qualifying marks and seventeen USF Top Ten All-Time marks.

Women Field: Courtney Crandall (So., Rapid City, S.D./Rapid City Central) continued her winning ways as she claimed the Pole Vault title for the third week in a row for the Cougars. Crandall's vault of 12-4 (3.76m) is a NCAA provisional qualifying mark and the second highest vault in the NSIC this season. This mark is also the 10th highest vault in Division II this year.

Women Track: Kendra Knight (Sr., Mitchell, S.D./Mitchell HS) brought home the title for the Cougars in the 400m dash with her NCAA provisional qualifying time of 57.93. Knight's time is also the second fastest 400m dash time run in the conference this season and the 23rd fastest run in Division II this year. She was also a member of the Cougars first-place 4x400m relay that just missed out on hitting a NCAA provisional qualifying mark with their time of 3:56.14. This time is the second fastest run in the conference this year.

Men Track: Bobby Brockmueller (Jr., Brandon, S.D./Brandon Valley HS) led the Cougars charge in the 3000m run with his NCAA provisional and winning time of 8:30.03. This time is also a school record and the 14th fastest time run in Division II this year.

Men Field: Kaleb Lindsey-Stevens (Sr., Buffalo, Minn./Buffalo HS) took first place in the Long Jump with his NCAA provisional and conference-leading leap of 23-2 (7.06m). Lindsey-Stevens mark is also a new USF school record and the 20th farthest Long Jump mark in Division II this season. He also competed in the 200m dash where he finished second with his NCAA provisional qualifying time of 22.10. This time is the second fastest run in the conference this season and the 21st fastest in DII this year. Rounding out a busy day, Lindsey-Stevens was also a member of the runner-up 4x400m relay that finished second overall with their time of 3:25.06. This time is the fourth fastest NSIC time this year.

ST. CLOUD STATE

St. Cloud State track and field competed at the Mankato Open and Multi this weekend, earning some top finishes and had three athletes participate in the Multi events.

Women's Track: Sophomore Laure Olson recorded 3,078 points for her overall ninth place finish in the pentathlon competition this past weekend. Olson had three seventh place finishes, which came in the 60m hurdles (9.34, 7th), high jump (5-00.50, tied 7th) and long jump (16-08.75, tied 7th).

Women's Field: In the women's high jump, sophomore Kellan Flynn took eighth place in her first competition this season on a mark of 5-01.75. Freshman Patience Yalartai jumped to a ninth place finish with a distance of 17-05.50 in the long jump and earned a fifth place finish in the triple jump on a mark of 37-01.00.

Men's Track: Senior Riley Myers and freshman Dan Weber finished the heptathlon competition as Myers took fifth (4,255 points) and Weber finished 11th (3,690 points). Myers' top finish came in the shot put as he took first with a mark of 40-08.25 and Weber's was in the 1,000m run for a sixth place finish on a time of 2:59.61. Sophomore Darryl Howard ran the 600m run posting a time of 1:26.18, good for ninth place. Going the distance for the Huskies was freshman John Simila in the 5,000m run for eighth place on a time of 16:14.76. Also finishing eighth was freshman Matt Mooney in the 60m hurdles putting down a time of 8.96.

Men's Field: Sophomore Ryan Johnson had an outstanding mark of 59-01.50 to earn a second place finish in the men's weight throw. Johnson sits second in conference standings and 12th nationally in the weight throw. Johnson also earned a seventh place finish in shot put recording a mark of 47-04.25. Freshman Keyshawn Davis earned the Huskies top finish in day two as he took second in the men's long jump with a mark of 23-02.00, while freshmen teammates Jordan Yira and Andrew Reid came in eighth and 10th respectively. With Davis' mark in the long jump he is now tied for first in the conference and has provisionally qualified for the NCAA Indoor Nationals. Davis also competed in the triple jump landing a mark of 45-10.50 for seventh.

St. Cloud State will be back in action Saturday, Feb. 8 as they head back to Mankato for the Ted Nelson Classic Invitational, hosted by Minnesota State.

WAYNE STATE

Men's Track: WSC's 4 x 400 relay team of Michael King (Senior, Omaha, NE), Jared Balady (Junior, Murietta, CA), Derek Lahm (Freshman, Columbus, NE) and Zach Thomsen (Junior, Wayne, NE) crossed the line first in an exciting come from behind win with a time of 3:24.61 to record Wayne State's lone first place finish of the weekend at the Minnesota State Open. The time is currently 3rd in the NSIC.

Men's Field: Bryan Dunn (Sophomore, Coleridge, NE) took fifth in the weight throw with a mark of 51' 10 1/2".

Women's Track: Lexi Guhl - (Senior, Omaha, NE) raced to a 5th place finish in the 60 meter hurdles in a time of 9.30 seconds to lead the Wildcat women's team on the track at the Minnesota State Open.

Women's Field: Carly Fehringer - (Senior, Wayne, NE), at the Minnesota State Open, recorded a first place finish in the weight throw with a season-best and NCAA provisional mark of 63' 8 3/4", a throw that now ranks fourth in NCAA Division II in the event. She also finished third in the shot put with a top mark of 45' 1/4". She is currently ranked 11th in the NCAA in that event.

WSC will have some athletes competing in the UNL/Frank Sevigne Invitational on Friday & Saturday in Lincoln. The rest of the squad will compete in the Fred Biele Classic at Doane College in Crete, NE.

WINONA STATE

Women's Field: Hannah Mueller (Jr, Cambridge, MN) was the highest Division 2 finisher in the Long Jump with a mark of 17' 11 3/4" (5.48m) at the MSU Open and Multi this weekend holding on to her spot atop the NSIC.

Women's Track: Jordan Skelly (Sr, Buffalo, MN) anchored the Warriors winning DMR to a time of 12:28.25 on Friday night at the MSU Open & Multi, and then ran a lifetime best Mile on Saturday of 5:10.35.



NSIC INDOOR TRACK & FIELD CHAMPIONSHIPS

BEMIDJI STATE UNIVERSITY, BEMIDJI, MINN.
FEBRUARY 28-MARCH 1, 2014

Friday February 28

Field Events

12:00 p.m.	Long Jump – Men-9 Athletes to finals Pole Vault – Men High Jump – Women
2:30 p.m.	Weight –Women-9 athletes to finals High Jump – Men Long Jump – Women- 9 Athletes to finals Shot Put – Men- 9 Athletes to finals

Track Events

3:00 p.m.	Mile Prelims –Women/Men
3:30 p.m.	60 Meter High Hurdles – Semis – Women/Men
4:00 p.m.	400 Meter Run – 8 Athletes to Finals
4:30 p.m.	600 Meter Run – 8 Athletes to Finals
5:00 p.m.	60 Meter Dash – Semis – Women/Men
5:20 p.m.	800 Meter Run – Semis-Women/Men
5:40 p.m.	1000 Meter Run – Semis-Women/Men
6:00 p.m.	200 Meter Dash – 8 Athletes to Finals
6:30 p.m.	3000 Meter Run – Finals-Women-Men
7:00 p.m.	Distance Medley Relay – Women
7:20 p.m.	Distance Medley Relay – Men

Saturday March 1

Field Events

10:00 a.m.	Weight Throw – Men – 9 Athletes to finals Pole Vault – Women
12:30 p.m.	Triple Jump – Men – 9 Athletes to finals Shot Put –Women – 9 Athletes to finals Triple Jump – Women – 9 Athletes to finals

Track Events

1:00 p.m.	Mile Finals – Women/Men – 1 Heat of 12 each
1:30 p.m.	60 Meter Hurdle Finals – Women/Men, 8 in Finals, 1 heat each.
1:45 p.m.	400 Meter Dash Finals – Women/Men, 8 in finals, 2 Hts, fast last
2:00 p.m.	600 Meter Dash Finals – Women/Men, 8 in finals, 2 Hts, fast last
2:15 p.m.	60 Meter Dash Finals – Women/Men, 8 in finals, 1 heat each.
2:30 p.m.	800 Meter Run Finals – Women/Men, 8 in finals, 1 heat each.
2:45 p.m.	1000 Meter Run Finals – Women/Men, 8 in finals, 1 heat each
3:05 p.m.	200 Meter Dash Finals – Women/Men, 8 in finals, 2 heats each, fast last
3:15 p.m.	5000 Meter Run Finals – Women, 1 heat
3:40 p.m.	5000 Meter Run Finals – Men, 1 heat
4:00 p.m.	4 x 400 Meter Relay Finals – Women/Men, 2 heats each, Fast heat last.
4:30 p.m.	Team Awards Presentation

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