



PAST NSIC ATHLETES OF THE WEEK

Men's Field

3/31/14 Jordon Bents, Sioux Falls

Men's Track

3/31/14 Paul Yak, Augustana

Women's Field

3/31/14 Carly Fehringer, Wayne State

Women's Track

3/31/14 Janet Johnson, University of Mary



NSIC Men's Field Athlete of the Week:

Sioux Falls Jordon Bents (Throws, Jr., Worthington, Minn./Worthington HS) was the top NCAA Division II finished and took third place overall in the men's shot put at the Wayne State Wildcat Open with his NCAA provisional qualifying throw of 52-10.25 (16.11m). Bents also competed in the Discus where his throw of 136-3 (41.52m) placed him 22nd overall.

NSIC Men's Track Athlete of the Week:

Augustana's Paul Yak (Distance, Jr., Storm Lake, Iowa/St. Mary's) clocked Augustana's first provisional qualifying time of the season in the men's 5,000-meter run at the Raleigh Relays on Friday night. Yak's 14:36.80 run ranked third among Division II runners in a field of over 100 total runners. Yak redshirted the indoor season.



NSIC Women's Field Athlete of the Week:

Wayne State's Carly Fehringer (Senior, Wayne, Neb.) opened up her outdoor season in impressive fashion winning the hammer throw at the Wildcat Classic with an NCAA Automatic Qualifying Mark of 195' 11", which is the 4th best throw in the nation so far in this early spring season. She was picked as the NSIC Pre-Season Field Athlete of the Year, and is the 2013 NCAA runner-up in the hammer throw.

NSIC Women's Track Athlete of the Week:

University of Mary's Janet Johnson (Sr., Kingston, Jamaica) had a tremendous opening weekend to the outdoor season. Competing at the American River College Invitational in Sacramento, Calif., Johnson captured three titles. The senior placed first in the 100 meter hurdles in an NCAA provisional qualifying time of 14.21 seconds. She led off the winning 4x100 meter relay team that ran a 48.35, tops in the NSIC. Johnson completed the trifecta by capturing the long jump title with an effort of 18' 1.5".



NSIC Team Notes **AUGUSTANA**

Augustana opened the outdoor season this past weekend, winning three women's titles at the Wildcat Classic and notched one provisional qualifying mark in Paul Yak's 5,000-meter run at the Raleigh Relays. Carina Hofmeister flirted with an Augustana record despite poor sprinting conditions. The German sophomore won the 200-meter dash with a time of 25.49. Kayla Mescher doubled up on event wins, taking the 400-meter hurdles title and running a leg on the women's 4x400-meter relay winning team. Yak made the pilgrimage to Raleigh, N.C. and ran in a stacked field at the Raleigh Relays and placed third among Division II runners with Augustana's first provisional qualifying time.

Women's Track: Kayla Mescher (Mid-Distance/Hurdles, Jr., Brighton, Colo./Brighton HS) won two events on the Vikings' opening day of the outdoor season. Mescher won the 400-meter hurdles -- the event she won at last season's NSIC Championships -- by nearly a second in 1:04.16. Mescher then ran a leg on the women's 4x400-meter relay team which ran to the title in 3:56.40. Mescher's within striking distance of qualifying marks in both events.

Women's Field: Colleen Everson (Long Jump/Sprints, Sr., Slayton, Minn./Murray County Central) hit a career-best mark in the long jump and narrowly missed her first provisional mark by three centimeters. Everson took second in the event with a best leap of 5.67 meters (18-7 1/4), but also had a productive day on the track. Everson clocked a personal-best 12.83-second time in the 100-meter dash and ran a leg of the women's event-winning 4x400-meter relay team (3:56.40).

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AUGUSTANA (CONT)

Men's Track: Paul Yak (Distance, Jr., Storm Lake, Iowa/St. Mary's) clocked Augustana's first provisional qualifying time of the season in the men's 5,000-meter run at the Raleigh Relays on Friday night. Yak's 14:36.80 run ranked third among Division II runners in a field of over 100 total runners. Yak redshirted the indoor season.

Men's Field: Anthony Huber (Throws, Fr., Ethan, S.D./Ethan HS) made his track and field debut with in impressive fashion, placing fifth in the men's discus throw, second among Division II competitors. Huber's best mark of 48.33 meters (158-7) came less than a meter shy of a provisional mark.

BEMIDJI STATE

The Bemidji State University track and field team opens its 2014 outdoor season April 5, when it travels to St. Paul, Minn. to compete in the Hamline Invitational. The event will take place at Klas Field. The Beavers will be led by 2014 NSIC Outdoor Track and Field Athletes to Watch Nicole Crummy and Hailey Horob.

CONCORDIA-ST. PAUL

Women Field: Erica Young (Multit-Event, 5'5", So., Bradford, Minn. / Cambridge-Isanti HS) joined Goligoski in the Herschel Neil Decathlon and took home a fourth place finish. She scored well in both the 200 meter dash with a time of 27.50 seconds and the 100 meter hurdles with a time of 16.71 seconds to help her to the fourth place finish.

Women Track: Alyssa Christianson (Sprints, 5'6", Sr., Marshall, Minn. / HS) had a strong showing in a pair of events in the ESU Open. She finished third with a time of 58.38 in the 400m in a solid field of runners. She also finished 10th in the 200m with a time of 26.49.

Men Field: Colin Goligoski (Multi-Event, 6'5", Jr., St. Paul, Minn. / Central HS) finished third in the Herschel Neil Decathlon this past weekend. He put up his best performances in the 100 meter dash by registering a time of 11.49 seconds and in the pole vault by clearing a height of 4.34 meters.

Men Track: David Stanley (Sprints/Jumps, 5'10", So., Little Canada, Minn. / Roseville Area HS / UW-River Falls) had a busy weekend in the ESU Open. He competed in the 200 meter dash, the 400 meter dash and the long jump. In the difficult field, he finished seventh in the 400m, 10th in the long jump and 16th in the 200m.

UNIVERSITY OF MARY

Men Track & Field: Chris Jessop (Jr., Corvallis, Mont.) captured two events at the American River College Invitational in Sacramento, Calif. In his first outdoor meet of the season, Jessop placed first in the 1,500 meter run by posting a time of 4:01.76. He followed up by also winning the 5,000 meter run with a mark of 15:10.17.

Several Marauders had strong showings at the American River Invitational in Sacramento, Calif. Chris Jessop won both the 1,500 and 5,000 meter runs. Jordan Washington placed second in both the 200 and 400 meter dashes. Nathan Inkman placed second in the 800 meter run. Brandon Schmid won the 400 meter hurdles. Joe Berger captured the high jump, Cody Phillips the pole vault and Jerrod Shaffner the triple jump.

Women Track: Janet Johnson (Sr., Kingston, Jamaica) had a tremendous opening weekend to the outdoor season. Competing at the American River College Invitational in Sacramento, Calif., Johnson captured three titles. The senior placed first in the 100 meter hurdles in an NCAA provisional qualifying time of 14.21 seconds. She led off the winning 4x100 meter relay team that ran a 48.35, tops in the NSIC. Johnson completed the trifecta by capturing the long jump title with an effort of 18' 1.5".

Three Marauders posted NCAA provisional qualifying marks at U-Mary's first outdoor meet of the year. Freshman Davina Carr (Nine Mile Falls, Wash.) cleared 12' 1.25" in the pole vault to win the event. Junior Kathryn Stewart (Kingston, Jamaica) ran the 100 meter dash in 12.01 to win the event. Senior Janet Johnson (Kingston, Jamaica) blazed over the 100 meter hurdles in 14.21 seconds to win the event.

MINNESOTA DULUTH

Men Track/Field: A select number of University of Minnesota Duluth athletes got a jump start on the 2014 outdoor track and field team March 21 at the Florida State University Relays in Tallahassee, Fla., Friday and eight of those Bulldogs posted personal bests in their respective events. That group included junior Phil d'Entremont in the 400 meters (49.69), senior Jason Coffin (4:00.35) and sophomore Joey Erickson (4:06.26) in the 1,500-meter run, sophomore Drew Johnson (2nd place; 10:00.74) and Mitch Fisher (3rd place; 10:02.19) in the 3,000-meter steeplechase, and senior Cole Toepfer (9th place; 15:11.53), junior Mitch Zuidema (16:11:50) and sophomore Bennett Maki (16:24.78) in the the 5,000-meter run. Senior Tyler Stevens took fourth in the 3,000-meter steeplechase with a time of 10:09.28.

UMD will be idle until April 5 when it takes part in the Hamline University Invitational in St. Paul, Minn.

Women Track/Field: Three University of Minnesota Duluth athletes spent their spring break in Florida and also began their respective 2014 outdoor track and field seasons March 21 at the Florida State University Relays in Tallahassee, Fla. Among that group of Bulldogs in the Sunshine State was freshman Samantha Rivard, who just one week earlier had captured the NCAA Division II indoor mile title. She placed second among 36 runner -- primarily all from the NCAA I ranks, in the 1,500-meter run with a time of 4:31.64 -- a NCAA II outdoor provisional qualifying mark. Sophomore and 2014 NCAA II indoor track All-American Hannah Olson finished ninth in that same event, clocking in at 4:39.57 (a personal best). In the 3,000-meter steeplechase, junior Hannah Jocelyn made her 2014 debut by placing second in 12:20.91.

The Bulldogs will be off until April 5 when they'll compete in the Hamline University Invitational in St. Paul, Minn.

MINNESOTA STATE

The MSU track and field teams are scheduled to open the outdoor season on Saturday, April 5 in Sioux Falls, S.D. at the Augustana Vance Butler Invite.

MSU MOORHEAD

The MSUM track and field teams are scheduled to open the outdoor season on Friday, April 4 at the Marauder Open in Bismarck, N.D.

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



MINOT STATE

Men Track: Tyler Flatland (6-0, Hurdles, Jr., Watford City, N.D. / Watford City) earned the Beavers first title of the 2014 outdoor track & field season as he won the 400-meters at the Wayne State College Wildcat Classic Saturday. He finished with a time of 55.90 seconds, just outside the NCAA Division II provisional mark. MISU also had two second-place winners as Kirk Capdeville (5-11, Pole Vault, Jr., Hinsdale, Mont. / Hinsdale) finished in second in the pole vault and the 4x400 relay team went 3:20.55 for second. The Beavers had nine individuals and relays finish in the top 15 at the 17-team meet. MISU will next at the University of Mary Marauder Open Friday in Bismarck, N.D.

Women Track: Allison Windish (5-5, Distance, Jr., Wimbeldon, N.D. / Barnes Co. North) paced the Beavers with a third-place finish in the 5,000-meters Saturday at the Wayne State College Wildcat Classic. Windish covered the course in a time of 18 minutes, 32.21 seconds. MISU's Mary Roy (5-5, Fr., Jumps, Mount Vernon, Ore. / Grant Union) and DelRay Audet (5-10, Hurdles, So., Minot, N.D. / Minot) both placed in the top 15 in multiple events. Roy was 10th in the 200, 11th in the triple jump and 14th in the long jump, while Audet was fifth in the 400 hurdles and 13th in the 100 hurdles. MISU will next at the University of Mary Marauder Open Friday in Bismarck, N.D.

NORTHERN STATE

Women Field: Alex Webster (Sr., Ashley, N.D.) recorded a career-best throw of 148' to place second in the javelin Saturday at the Wayne State Wildcat Classic in Wayne, Neb. Webster, who is the defending NSIC Champion in the event, hit the national provisional qualifying mark with the throw and also set a new Division II meet record with it.

Women Track: Makenzie Hageman (So., Watertown, S.D.) had a big meet for Northern as well as she had a pair of top-10 finishes on the day. Hageman took second in the 100-meter dash Saturday finishing with a time of 12.34. Hageman then took seventh in the 200 dash with a time of 26.57.

SOUTHWEST MINNESOTA STATE

The Mustang open their season on April 5 in Sioux Falls, S.D. at the Augustana Open.

SIOUX FALLS

The USF track & field team sent their throwers to open up the season in Wayne, Neb. at the Wildcat Classic this weekend. The Cougars had ten athletes competing and came away from the meet with one NCAA provisional qualifying mark. USF will return to the track this weekend when they compete at the Vance Butler Invitational in Sioux Falls, S.D. on April 5.

Women Field: Hannah Steele (Throws, So., Windom, Minn./Windom Area HS) had a productive meet for the Cougars as she placed 17th in the Shot Put (39-5.75/12.03m) and 20th in the Discus (119-5/36.39m).

Men Field: Jordon Bents (Throws, Jr., Worthington, Minn./Worthington HS) was the top NCAA Division II finished and took third place overall in the men's shot put at the Wayne State Wildcat Open with his NCAA provisional qualifying throw of 52-10.25 (16.11m). Bents also competed in the Discus where his throw of 136-3 (41.52m) placed him 22nd overall.

ST. CLOUD STATE

St. Cloud State track and field got their 2014 outdoor campaign started Saturday as they competed at the Wildcat Classic.

Women Field: Patience Yalartai (Fr., Bloomington, Minn.) took the title in the triple jump off a personal best mark of 38-06.25 just missing the NCAA provisional qualifying mark. Yalartai was also a member of the Huskies 4x100m relay team taking second with a time of 48.69. In triple jump, Yalartai is ranked first in the conference.

Women Track: Alicia Evans (R-So., Melrose, Minn.) was a member of the 4x100m relay team "A" took second with a time of 48.69. Evans was also a member of the 4x400m relay team that placed seventh on a time of 4:09.23. Individually she ran the 200m dash finishing sixth with a time of 26.56 where she is ranked sixth in the conference.

Men Track: Leon Cheneyon won the title in the 400m dash posting a time of 49.13. Huskies also earning big finishes on the track were George Kawalawu in the 100m dash with a time of 10.71 for second place and the 4x100m relay team also taking second with a time of 42.15. The relay team consisted of Cheneyon, Kawalawu, Davis and Dillando Allotey. JoVonte Suber placed third in the 400m dash as he posted a time of 49.96. George Kawalawu (Sr., Brooklyn Park, Minn.) finished the 100m dash with a personal best time of 10.71 for second place and was a member of the 4x100m relay team also taking second with a time of 42.15. Kawalawu is now ranked first in the conference in the 100m dash. The 4x100m relay team is ranked first in the conference standings.

Men Field: Keyshawn Davis won the triple jump with a distance of 46-03.25. Joe Mooney tied for second in the high jump on a height of 6-06.75 and Rafael Saez (R-So., Milwaukee, Wis.) came in third in the discus throw on a national provisional qualifying mark of 165-01. Saez is ranked second in the conference based on his performance this past weekend in the discus. He also came in 11th in the shot put with a mark of 48-01.75.

The Huskies will be back in action on April 5th as they travel to Emporia, Kansas for the ESU Relays.

WAYNE STATE

Women Field: Carly Fehringer (Sr., Wayne, Neb.) opened up her outdoor season in impressive fashion winning the hammer throw at the Wildcat Classic with an NCAA Automatic Qualifying Mark of 195' 11", which is the 4th best throw in the nation so far in this early spring season. She was picked as the NSIC Pre-Season Field Athlete of the Year, and is the 2013 NCAA runner-up in the hammer throw.

Women Track: Lexi Guhl - (Sr., Omaha, Neb.) raced to a third place finish in the 100 meter hurdles at the Wildcat Classic held at WSC on Saturday. She recorded a time of 15.22, just slightly over her personal best time of 15.16.

Men Track: Zach Thomsen - (Junior, Wayne, NE) -placed 4th in the 800 meter run at the Wildcat Classic in Wayne on Saturday. His time of 1:57.16, is the current early leader in the even for the NSIC. He also ran a relay leg with a split of 49.3 on the 4 x 400 meter relay squad which placed 4th with a time of 3:25.34

Men Field: Derek Lahm - (Fr., Columbus, Neb.) placed 3rd in the triple jump with a mark of 44' 10 1/4" at the Wildcat Classic. He also placed 10th in the long jump with a mark of 21' 3 1/2". The Wildcats will travel to Kearney, NE to compete at the UNK Invite on Sat., April 5 starting at 11:30 am.

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WINONA STATE

Women's Field: Delaney Miller (Fr, Lakeville, MN) threw a lifetime best and provisional mark in the hammer throw to place second at the Viking Olympics in Rock Island, IL this weekend. Her mark of 167' 5" (51.03m) currently sits 4th in the NSIC and 14th in NCAA II. Additionally she had another lifetime best throw in the Discus (138'9" (42.30m)) to place 3rd.

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