



## RELEASE No. 9

FOR IMMEDIATE RELEASE

# INDOOR TRACK & FIELD RELEASE

MENS & WOMENS

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### **NSIC Men's Field Athlete of the Year:**

Minnesota State senior Chris Reed (Omaha, Neb.) was voted by the league coaches as the NSIC Men's Field Athlete of the Year. Reed earned USTFCCA Athlete of the Week twice and was a five time NSIC Men's Field Athlete of the Week. Reed took first in both the weight throw and shot put with throws of 65' 9 3/4" and 63' 11" at the NSIC Championships and has now won the championship twice in the weight throw and five times in the shot put (two indoor, three outdoor). Reed also set the NCAA DII record in the shot put (20.07m (65' 10.25")) and ranks number one in the country in that event.



### **NSIC Men's Track Athlete of the Year:**

Minnesota Duluth's Cole Toepfer (Distance, Sr.) placed first in the mile, second in the 3,000-meter run, and third in the 5,000-meter run while finishing as the NSIC Co-High Point Performer. He also helped lead the Bulldogs to a fifth-place showing at the NSIC Championships. Toepfer ran the mile in a time of 4:15.66 Saturday and the 5,000 meters that same afternoon in 14:57.60 after taking runner-up honors in the 3,000-meter event one day earlier. He totaled 24 points on the weekend, tying Robert Brockmueller of Sioux Falls for the top output by any individual. Toepfer is ranked first on the conference honor roll in both the mile and 3000 meters, and ranked 3rd in the 5000 meters, as well being a member of the 3rd ranked distance medley relay. Cole has also provisionally qualified for the NCAA Indoor Championships in the mile and 3000 meters, as well as the distance medley relay.



### **NSIC Men's Newcomer of the Year:**

Minnesota State's Myles Hunter (60H, Fr., Conyers, Ga.) was chosen by the league coaches as the NSIC Newcomer of the Year. Myles ranks seventh in the nation in the 60m hurdles with a time of 7.95. Myles won the 60m Hurdles at the NSIC Championships with a time of 8.12 and is undefeated during the indoor season in that event.



### **NSIC Men's Coach of the Year:**

Minnesota State Jim Dilling was voted by his peers as the NSIC Men's Indoor Track & Field Coach of the Year. Dilling, in his first season as coach of the Mavericks, lead his squad to a dominating performance at the NSIC Championships. The fourth-ranked Mavericks won their fourth NSIC indoor championship in five years totaling 184 points and finished first in nine of the 19 events.



### **NSIC Women's Field Athlete of the Year:**

Wayne State's Carly Fehringer (Weight Throw/Shot Put, Sr., Wayne, Neb.), the 2012-13 NSIC Field Athlete of the Year, won 5 of the 7 weight throw competitions she competed in this year. Fehringer is currently ranked 4th in NCAA in the weight throw with a mark of 63' 8.75". A dual threat in the throwing events, she is also currently ranked ninth in the NCAA in the shot put with a mark of 48' 7.5", and was the NSIC runner-up in the event to All-American teammate Sara Wells. She has increased her personal best in the shot put this year by almost 2', from 46' 9" to 48' 7.5".



### **NSIC Women's Track Athlete / Newcomer of the Year:**

Minnesota Duluth's Samantha Rivard (Distance, Fr., Oak Grove, Minn.) was voted by the league coaches as the NSIC Women's Track Athlete of the Year and NSIC Women's Newcomer of the Year. Rivard was the high point performer at the NSIC Championships as she placed first in the mile, second in the 3K and first in the 5K. She has provisionally qualified for four events at nationals including the Distance Medley Relay. She has broke two school records this year in the mile and the 3K and is currently ranked fourth nationally in the mile, sixth in the 3K and 5K.



### **NSIC Women's Coach of the Year:**

Minnesota Duluth's Joanna Warmington was voted by her peers as the NSIC Women's Indoor Track & Field Coach of the Year. Buoyed by a litany of stellar individual performances, particularly in the distance events, the Bulldog women laid claim to the team title at the 2014 Northern Sun Intercollegiate Conference Indoor Track and Field Championships. The Bulldogs rolled up 143 points as a team to dethrone three-time defending champion and runnerup University of Mary (139 points) and capture their first conference indoor crown since 2004.

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 •



### **NSIC Team Notes**

#### **AUGUSTANA**

Augustana held up their preseason billing of second-best men's squad and showed off their women's abilities by taking third. The Vikings crowned eight individuals at the NSIC Championships, including an impressive four in a row on day one. Kelsey Kaufmann (So., Arlington, S.D./Arlington HS) won the women's high jump to earn the first individual title of the meet. 20 qualifiers later, John Klecker (So., Minnetonka, Minn./Hopkins HS) and Kyle Blakeslee (Sr., Cannon Falls, Minn./Cannon Falls HS) swept the men's and women's 3,000-meter run then the Vikings ran away with two distance medley relay victories. On day two, Augustana notched three more victories, including another event sweep. Kayla Mescher won her second straight NSIC Indoor 800-meter championship and Aduo Omot broke the NSIC conference meet record in the men's 800 meters. Emma Anderson (So., Sarona, Wis.) added the final crown for the Vikings, taking the women's 1,000-meter run in wire-to-wire fashion. The Vikings are guaranteed to send five athletes (one relay) with their automatic qualifying times, but 22 athletes have hit provisional marks this season and they will wait for the NCAA selections.

#### **BEMIDJI STATE**

The Bemidji State University track and field team capped the 2014 indoor season by hosting Northern Sun Intercollegiate Conference (NSIC) Championships Feb. 28-March 1. The Beavers concluded the season establishing 11 personal records at the meet.

#### **CONCORDIA-ST. PAUL**

Both of Concordia-St. Paul's track and field teams improved on their performance from last year as the men's team took home a ninth place finish with 24.5 points and the women's team finished 12th with nine points.

**Women's Track:** Michelle Ndely (Hurdles, 5'6", So., Champlin, Minn. / Champlin Park HS)

Ndely took home a third place finish in the 60m hurdles with a time of 8.84 seconds. The finish gave the team six points to get them on the board. The women finished with nine total points.

**Women's Field:** Martina Ware (Throws, 5'6", Jr., Eagan, Minn., Eastview HS)

Ware set a PR with in the weight throw with a distance of 15.94 meters. The mark put her in 10th in the event as she finished just outside of scoring.

**Men's Track:** David Stanley (Sprints/Jumps, 5'10", So., Little Canada, Minn. / Roseville Area HS / UW-River Falls)

Stanley had a big day on Saturday for the men as he set a PR in the 400 meter dash with a time of 50.78. The time was good for seventh place and tacked on two points to give the team 24.5 for the weekend.

**Men's Field:** Mike Cullen (Throws, 6'4", Jr., Green Bay, Wis. / Preble HS)

Cullen continued his recent string of solid performances by hitting an NCAA provisional mark in the shot put and picking up four points for CU in the shot put. His 15.43 meter distance put him in fifth place in the event. He also finished 10th in the weight throw.

#### **UNIVERSITY OF MARY**

**Men's Track & Field:** Behind a championship performance by Aaron Teigen in the long jump, the University of Mary finished sixth at the NSIC Men's Indoor Track and Field championships. The Marauders posted compiled 59 points and improved one slot in the standings from a year ago. In addition to his win in the long jump, Teigen also placed fourth in the triple jump. Jordan Washington posted his best time of the season to place third in the 400 meter run with a provisional qualifying mark of 49.76. The Marauders Distance Medley Relay Team of Nathan Inkman, Steven Gordon, Washington and Chris Jessop placed second.

**Women's Track:** Gunning for its fourth straight title NSIC Women's Indoor Track & Field title, 19th ranked University of Mary fell four points shy, placing second to Minnesota Duluth 143-139. The Marauders trailed by 24 points after opening day and couldn't fully close the gap. Senior Janet Johnson led the Marauders with two titles, capturing both the long jump and the 60 meter hurdles. Her time of 8.37 in the 60 hurdles was a school and NSIC record and the fourth best time in the country. The Marauders won four other titles. Kathryn Stewart defended her 200 meter crown and led the 4x400 relay team to a win. Also running on the relay squad was Crystal Hovland, Cassandra Jones and Melanie Rodriguez. Hovland won the 600 meter run and Danylle Kurywachak captured the triple jump.

#### **MINNESOTA DULUTH**

**Men Track:** Cole Toepfer had himself quite the weekend at the Northern Sun Intercollegiate Conference Indoor Track and Field Championships. The University of Minnesota Duluth senior placed first in the mile, second in the 3,000-meter run, and third in the 5,000-meter run while finishing as the meet's co-leader in individual point production. He also helped lead the Bulldogs to a fifth-place showing at the two-day, 12-school meet which wrapped up Saturday afternoon in Bemidji, Minn.

Toepfer ran the mile in a time of 4:15.66 Saturday and the 5,000 meters that same afternoon in 14:57.60 after taking runner-up honors in the 3,000-meter event one day earlier. He totaled 24 points on the weekend, tying Robert Brockmueller of Sioux Falls for the top output by any individual. Others who accrued points for the Bulldogs Saturday included junior Dan Nielsen, who finished second in the 5,000-meter run, clocking in at 14:57.40. That broke the previous UMD mark of 15:03.72 set by Robb Winterfeld in 2004. Junior Phil d'Entremont took fourth in the 600-meter run (1:22.41) while juniors Scott Urban (1:55.95) and Chris Wilson (1:57.50) were fifth and eighth; respectively, in the 800-meter run. In addition, senior Jason Coffin (6th; 4:22.52), sophomore Joey Erickson (7th; 4:24.28) and senior Tyler Stevens (8th; 4:25.14) all came away with points in the mile run, with Coffin (5th; 2:33.08) and Stevens (6th; 2:33.76) doubling back to also place in the 1000 meters.

The men's team now awaits official word that Cole Toepfer has qualified for the NCAA Indoor National Championships in the mile and 3000 meters, as well as the distance medley relay with teammates (Stevens, d'Entremont, Wilson, Toepfer), which will be held on March 14th and 15th in Salem, NC.





### MINNESOTA DULUTH (CONT)

**Women Track/Field:** Buoyed by a litany of stellar individual performances, particularly in the distance events, the University of Minnesota Duluth laid claim to the team title at the 2014 Northern Sun Intercollegiate Conference Indoor Track and Field Championships, which wrapped up Saturday on the campus of Bemidji State University. The Bulldogs rolled up 143 points as a team to dethrone defending champion and runnerup University of Mary (139 points) and capture their first conference indoor crown since 2004. UMD freshman Samantha Rivard finished as the meet's leading point getter (28), aided by first-place showing in both the mile (4:57.66) and 5,000-meter runs (17:06.50) Saturday. She also took second in the 3,000-meter run one day earlier. Besides Rivard, UMD produced another one other individual champion in sophomore Kayla Wilitout, who topped the field in the pole vault with a school-record 3.81-meter effort. Also contributing to the Bulldogs' point coffers Saturday were freshman Breanna Colbenson (2nd place; 17:18.84) and junior Alexandra Rudin (5th; 17:38.62) in the 5,000-meter run; sophomore Hannah Olson (4th; 5:05.88) and junior Amanda Boman (7th; 5:10.52) in the mile run; junior Victoria Zoller (3rd; 2:17), Johnson (6th; 2:19.66) and freshman Cassandra Ortberg (7th; 2:20.77) in the 800-meter run; senior Jacque Thaemert (3rd; 2:59.60), sophomore Hannah Olson (6th; 3:03.01) and senior Hannah Wurl (junior Chanel Miller, who rolled up the most individual points at the NSIC indoors in 2013, in the 60-meter hurdles (4th; 8.88); junior Amelia Maher in the 600-meter run (5th; 1:36.70), junior Erin Pangerl in the 60-meter dash (6th; 7.88) and freshman Stefani Friedenfel in the triple jump (11.02 meters). Kayln addition, the 4 x 400 relay team of Maher, sophomore Madeline Schaeffer, senior Kaitlin Hassing and Ortberg, placed eighth in the final event of the day.

### MINNESOTA STATE

**Men's Track & Field:** The fourth-ranked Minnesota State men's track and field team won their fourth NSIC indoor championship in five years totaling 184 points this week. The Mavericks finished first in nine of the 19 events. Senior Chris Reed took first in both the weight throw and shot put with throws of 65' 9 3/4" and 63' 11". Reed has now won the championship twice in the weight throw and five times in the shot put (two indoor, three outdoor). Junior David Pearcill broke the record and took first in the triple jump leaping 49' 3/4". This marks the second time he has won the event. Senior Keyvan Rudd won his second NSIC indoor championship in the high jump and third overall leaping 6' 9". In the 60-meter hurdles finals it was freshman Myles Hunter bringing home the top spot with a time of 8.12. Senior Jerrell Hancock had a time of 48.68 in the 400-meter dash and finished first place winning his second indoor championship in that event and third overall. Junior Anthony Gustafson was crowned champion in the 200-meter dash finishing with a time of 22.20. Junior Matthew Stocker won his first ever championship in the 1,000-meter run finishing with a time of 2:30.90. Junior Nathan Hancock won the championship in the multi this year totaling 5,030 points.

**Women Track & Field:** On the women's side the Mavericks finished in fourth place with a total of 77.16 points. Their fourth-place finish is the highest they have placed since finishing third at the meet in 2010. Freshman Brianna Puckett earned eight points with a leap of 18' 7" for the Purple and Gold placing second in the long jump. Junior Morgan Stampley placed fourth in the weight throw earning five team points with a throw of 58' 5.25". In the triple jump junior Anna Veroeven finished in second place with a leap of 38' 8 1/4". Sophomore Faryn Wirkus and junior Bryanna Sudman paced the Mavericks in the pole vault with vaults of 12' finishing in a tie for second place. Freshman Maddi Sjellin earned eight points for the Purple and Gold for her second-place finish in the 800-meter run with a time of 2:16.35. Freshman Taylor Glover place fourth in the 600-meter run crossing the finish line with a time of 1:36.29. Sophomore Holly Suss had a fourth-place finish in the 200-meter dash finishing with a time of 25.65. Brianna Puckett also had a fourth-place but in the 60-meter dash with a time of 7.86.

### MSU MOORHEAD

**Men's Track:** The MSUM men's 4x400 relay claimed the title at 3:20.59, which was an NCAA provisional qualifying time. Teaming up for that win were senior Keith Turner, juniors Ryan Olson, Matt Loehr and Kyle Kastello. The victory came by nearly two seconds, and all four Dragons earned All-NSIC honors as part of that win.

**Men's Field:** Junior Marshall Pederson was sixth in the high jump to lead the Dragon men in the field events.

**Women's Track:** Junior Tia Knight had an outstanding NSIC Indoor Championship performance for MSUM women. She won the 60-meter dash title with a time of 7.62, which is an NCAA provisional qualifying time. She placed second in the 60-meter hurdles (8.59, also an NCAA provisional qualifying time) and third in the 200-meter dash at 26.62. Knight earned All-NSIC honors in all three events. Also earning All-NSIC honors for MSUM was sophomore Molly Montonye, who finished second in the mile.

**Women's Field:** Junior Chelsea Klemetson earned All-NSIC honors in the high jump with a second-place finish during Friday's competition at the NSIC Indoor Championships.

### MINOT STATE

Sienna Dailey (Jr., Sprints, Glasgow, Mont.) had an outstanding showing at the Northern Sun Intercollegiate Conference Indoor Track & Field Championships in Bemidji, Minn. this past weekend. Dailey recorded a first-place finish in the 400-meter dash with a personal best time of 57.26 seconds. It was Minot State's first ever event title since joining the NSIC in the 2012-13 season. That time not only secured the conference title, but she also hit the NCAA Division II provisional qualifying mark. he wasn't finished quite yet as Dailey then placed seventh in the 200 meter dash with a personal best time of 25.87 seconds and then also helped the women's 4x400 team capture sixth place in the NSIC.

Erica Clark had a fantastic day for the women's team as she placed fourth overall in the 800-meter run with a personal best of two minutes, 19.59 seconds, improving her own school record from the day before. Also having a solid day for MISU was Kara Kuntz (Jr., Mid-Distance, Voltaire, N.D.) who place eighth in the 800 meter run with a personal best time of 2:24.56 while also placing eighth in the mile with a time of 5:12.50. The women finished 22 overall points, placing them 10th overall in the NSIC. The 22 points is a 21-point improvement from a season ago. For the Beaver men, Tyler Flatland (Jr., Sprints, Watford City, N.D.) notched eight team points as he placed second the men's 400-meter dash with a time of 49.43 seconds, which hits the NCAA Division II provisional qualifying mark. Last season, Flatland finished sixth in the 400. Also placing for MISU on Saturday was Adedamola Sobande<[http://www.msubeavers.com/roster.aspx?rp\\_id=1986](http://www.msubeavers.com/roster.aspx?rp_id=1986)> (Sr., Throws, St. Paul, Minn.) who placed fifth in the weight throw with a personal best throw of 58 feet, 6.75 inches. The throw earned Minot State four team points and put Sobande at No. 27 in all of NCAA Division II. The MISU men recorded 20 total team points and placed 10th overall at the 2014 NSIC Indoor Championships. The 20 points was a seven point improvement from a season ago.







### NORTHERN STATE

The Northern State men's and women's track and field teams closed-out the NSIC Indoor Championships Saturday afternoon in Bemidji, Minn. Both the NSU men and women finished in a tie for 10th-place in the team standings.

**Men's Track:** Brandon Krein earned All-NSIC honors Saturday at the championships as he placed third for the Wolves in the 1,000 meters, running a career-best time of 2:32.26 in the event. Krein was also a part of NSU's 4x400-meter relay team that placed eighth in a time of 3:26.54. Joining Krein on the relay were Andrew Johnson, Nick Lindwurm and Zach Six.

**Women's Track:** Makenzie Hageman was the highest finisher for the Northern women on the day as she placed fifth in the 60-meter dash finishing with a time of 7.87. The Wolves also got a trio of seventh-place finishes on the day as Hannah Treinen ran a career-best time of 1:37.55 in the 600. MaKayla Perryman ran an indoor PR time of 2:23.02 in the 800 meters while Yvonne Freese had a throw of 42'-1.5" in the shot put at the meet. Madeline Fluharty placed eighth in the 60-meter hurdles with a career-best time of 9.15 in the event. Kendra Woytassek also had a PR for NSU, this time in the mile as she placed 10th running a time of 5:22.56 while Stacey McDonald placed 12th in the event finishing with a time of 5:41.55. Sasha Hovind also had a pair of career-bests Saturday as she finished 10th in the 5,000 with a PR time of 17:57.41. Hovind also PR'd in the 3,000 meters as she ran a time of 10:32.40.

### SOUTHWEST MINNESOTA STATE

**Men Track & Field:** Redshirt freshman Alejandro Sanchez (Plano, Texas) recorded a personal best and NCAA provisional time of 1:53.75 to finish second in the 800-meter during the NSIC indoor championships on Saturday. He also was on SMSU's 4x400 relay team that finished fifth with a time of 3:24.13.

**Women Field:** SMSU freshman Rylee Armstrong (Peace River, Alberta, Canada) advanced to the finals in the triple jump and finished ninth with a jump of 10.83m (35-6.5).

SMSU was competing in its first women's and men's conference championship since the 1992 season.

### SIoux FALLS

The University of Sioux Falls Track & Field team wrapped up day two at the NSIC Indoor Track & Field Championships and had the men finish third overall while the women finished eighth while compiling eight All-Conference honors over the two days. In the team standings, the Cougar men finished third overall with 86.5 points. They trailed runner-up Augustana by 30.5 points while Minnesota State claimed the title with 184 total points. For the women, USF finished in eighth place with 51.33 points while Minnesota-Duluth (143) and U-Mary (139) claimed the top two spots in the field.

**Women Field:** Samantha Slaubaugh (PV, Sr., Sioux Falls, S.D./O'Gorman HS) was the lone female Cougar vaulter to earn All-Conference honors as her NCAA provisional qualifying vault of 12-0 (3.66m) placed her in a tie for second place.

**Women Track:** Kendra Knight (Sprints, Sr., Mitchell, S.D./Mitchell HS) had an impressive showing for the Cougars at the NSIC Championships this past weekend as she placed third in the 400m Dash with her time of 57.76. Knight also earned another All-Conference honor as a member of the runner-up 4x400m Relay that ran a NCAA provisional qualifying time of 3:56.05.

**Men Track:** Bobby Brockmueller (D, Jr., Brandon, S.D./Brandon Valley) had a busy weekend for the Cougars as he competed in three different events and earned honors as the Men's Co-High Point Performer, scoring 24 points for the Cougars. In the 5000m Run, Brockmueller claimed honors as the conference champion with his time of 14:56.69. This time was the fastest run in the NSIC this season and also was just 0.49 seconds away from the NCAA provisional qualifying standard time. He also claimed a runner-up finish in the 1000m Run, running a 2:31.87. On Friday night, Brockmueller also competed in the 3000m run where his time of 8:36.44 placed him third overall.

**Men Field:** Jordan Bents (T, Jr., Worthington, Minn./Worthington HS) went two-for-two on earned All-Conference honors as he finished in the top three in the Shot Put and Weight Throw. In the Shot Put, Bents' NCAA provisional qualifying toss of 53-5.5 (16.29m) gave him a third place finish. His second All-Conference honor came in the Weight Throw where his NCAA provisional qualifying throw of 59-3.0 (18.06m) earned him a third place finish.

### ST. CLOUD STATE

St. Cloud State track and field ended the NSIC Indoor Championships with two individual titles and finished fourth (81 pts.) for the men and ninth (23.5 pts.) for the women in the team standings.

**Men's Track:** Earning individual titles for the Huskies were, JoVonte Suber and George Kawalawu at the conference championships. Suber became an NSIC champion in the men's 600m run posting a time of 1:21.23, while Kawalawu earned his NSIC title in the 60m dash with a NCAA provisional qualifying time of 6.83. Leon Cheneyon posted a third place finish in the men's 60m dash with a time of 6.92. The men's distance medley relay final the Huskies consisting of Rashad Harris, Ted Tranel, Paul Greenwood and Mahdi Koliso earned themselves a seventh place finish posting a time of 10:37.95. The men's 4x400m relay team took third place with a new team-best time of 3:23.59. The men's relay team consisted of Cheneyon, Dillando Allotey, Ted Tranel, and Suber.

**Men's Field:** Keyshawn Davis took second in the long jump with a jump of 23-00.75. His mark once again provisionally qualifies him for Nationals. Davis also landed a second place finish in the triple jump off a provisional qualifying mark of 47-05.25. Sophomore Joe Mooney finished third in the high jump with a height of 6-07.00, while senior teammate Riley Myers took seventh on a mark of 6-03.25. With a personal best throw of 64-00.50, Ryan Johnson placed second in the weight throw competition and gained a new provisional qualifying mark for nationals. Johnson also took fourth in the shot put, throwing for a distance of 51-07.25.

**Women's Track:** Senior Kassie Vaness and freshman Sam Sunstrom in the 3,000m run. Vaness finished sixth on a time of 10:13.22, while Sunstrom took ninth for a time of 10:17.52. Vaness also finished sixth in the 5,000m run with a provisional qualifying time of 17:44.02, while Sunstrom took ninth on a time of 17:56.29. The Huskies women's 4x400m relay team consisting of Jasmine Grant, Alicia Evans, Jenny Gilbreath and Alicia Lipka placed seventh in the finals with a time of 3:59.03.

**Women's Field:** On the women's side freshman Patience Yalartai took fourth in the long jump posting a jump of 18-03.00, this is also a provisional qualifying mark for Nationals. Yalartai also finished third in the triple jump finals with a jump of 37-06.00. Sophomore Kellan Flynn tied for seventh place in the high jump off a mark of 5-03.75.

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### WAYNE STATE

**Men's Track:** Wayne junior Zach Thomsen earned All-Conference honors Saturday with a second place finish in the 600 meter run to lead the Wildcat men's indoor track and field team at the Northern Sun Conference Indoor Track and Field Championships in Bemidji, Minnesota. As a team, the Wildcats placed eighth with 29 points.

**Men's Field:** Derek Lahm, a freshman from Columbus Scotus, earned a fourth place finish in the long jump with a leap of 22' 5" and also took seventh in the triple jump Saturday with a top mark of 45' 4 1/4".

**Women's Track & Field:** Wayne State junior All-American Sara Wells placed first Saturday in the shot put to highlight the final day for the Wayne State women's indoor track and field team at the Northern Sun Conference Indoor Track and Field Championships in Bemidji, Minnesota. The Wildcats placed sixth in the team standings with 54 points, scoring 15 more points than last season while finishing one place better than last year.

The Wildcats finished with two individual conference champions and five All-Conference performers. Individual conference champions included senior Emily Wells in the weight throw and Sara Wells in the shot put while earning All-Conference honors for placing second or third included Carly Fehringer in weight throw and shot put and Jessi Pongratz in the shot put.

Saturday, the Wildcats swept the top three spots in the shot put as junior All-American claimed conference champion honors with a mark of 49' 3". Wayne senior Carly Fehringer received All-Conference honors with a second place finish at 47' 11 1/4" along with O'Neill freshman Jessi Pongratz who came in third at 45' 7 1/4", an NCAA provisional qualifying mark.

The Wildcats scored 25 of Friday's 30 points in the weight throw as Emily Wells, a senior from Albion, captured first place with an NCAA provisional mark of 59' 1 1/2". Wayne senior Carly Fehringer was right behind in second with a top throw of 59' 3/4". Also placing in the event for Wayne State was junior Sara Wells coming in fifth place at 57' 8 1/4" while sophomore Kyndra Sturm finished in eighth at 54' 1 3/4".

Norfolk sophomore Amanda Ramberg brought home a fifth place finish in the high jump clearing 5' 3 3/4", Sidney Blum took eighth in the long jump at 17' 6 1/4" while the distance medley relay team of Skyler Lippman, Rebecca Davenport, Elizabeth Pille and Cristina Murillo closed out Friday's scoring with a seventh place finish crossing the line in a time of 12:56.70.

### WINONA STATE

**Women's Track & Field:** The Winona State track and field team recorded a pair of top-three finishes on the final day of the NSIC Indoor Championship to place fifth as a team at the conference championship meet. Katie Bagley recorded the top individual performance of the day for Winona State, placing third in the 600 meters with a time of 1:36.10. Bagley was also a part of the WSU 4x400 meter relay squad that finished third in that event. Kelsey Bethke, Taylor Vogel and Catherine Whitcomb teamed with Bagley to record the third-place finish with a time of 3:56.65.

Whitcomb led the Warriors with a pair of top-five individual finishes, placing fourth in the 400 meters with a NCAA Indoor Championship provisional mark of 57.93 while also placing fifth in the 200 meters with a time of 25.71. Bethke added a seventh-place finish in the 400 with a time of 58.84.

Jordan Skelly was also able to add points to the Warrior team total in two events, finishing fifth in the mile with a time of 5:06.45 and adding an eighth-place showing in the 5000 meters.

Two Warriors scored points in the triple jump, with Andrea Bartz finishing fifth (11.30 meters) and Annie Weinrich finishing sixth (11.10). Natalie Jech and Paige Garriga rounded out the Warrior scorers, finishing eighth in the 1000 meters and shot put, respectively.



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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)  
2/10/14 Scott Greenman, Sioux Falls  
2/18/14 Nathan Hancock, Minnesota State  
2/25/14 Chris Reed, Minnesota State (5)

### 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)  
2/10/14 Harald Karbo, Augustana (2)  
2/18/14 Myles Hunter, Minnesota State  
2/25/14 Aduo Omot, Augustana

### 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  
2/10/14 Kelsey Kaufmann, Augustana  
2/18/14 Amelia Maher, Minnesota Duluth  
2/25/14 Sara Wells, Wayne State (2)

### 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  
2/10/14 Kendra Knight, Sioux Falls  
2/18/14 Holly Suss, Minnesota State  
2/25/14 Kathryn Stewart, University of Mary

