



## PAST NSIC ATHLETES OF THE WEEK

### Men's Field

- 3/31/14 Jordon Bents, Sioux Falls  
4/7/14 Scott Greenman, Sioux Falls  
4/14/14 Scott Greenman, Sioux Falls (2)

### Men's Track

- 3/31/14 Paul Yak, Augustana  
4/7/14 Dan Nielsen, Minnesota Duluth  
4/14/14 Jerrell Hancock, Minnesota State

### Women's Field

- 3/31/14 Carly Fehringer, Wayne State  
4/7/14 Sara Wells, Wayne State  
4/14/14 Sara Wells & Carly Fehringer, Wayne State

### Women's Track

- 3/31/14 Janet Johnson, University of Mary  
4/7/14 MaKenzie Hageman, Northern State  
4/14/14 Kathryn Stewart, University of Mary



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

Sioux Falls' Scott Greenman (Pole Vault, So., Clovis, Calif./Clovis HS) finished second overall in the Pole Vault at the Sioux City Relays by clearing a NCAA automatic qualifying mark of 16-10.75 (5.15m). Greenman currently holds the top mark in the NSIC and the third best mark in Division II this season.

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

Minnesota State's Jerrell Hancock (Sr., St. Louis, Mo.) automatically qualified in the 200-meter dash with a time of 20.86 ranking him third in Division II at the K.T. Woodman Classic on Saturday. Hancock met the provisional-qualifying mark in the 100-meter dash as he ran the third fastest qualifying time crossing the finish line with a time of 10.32. In the finals he finished fourth with a time of 10.37. The time of 10.32 ranks him sixth in Division II. Both of those times are the top times in the conference in their respected events.



### **NSIC Women's Co-Field Athlete of the Week:**

Sara Wells (Jr., Albion, Neb.) had a big weekend picking up a provisional national qualifying mark in the hammer throw on Friday at the Sioux City Relays with a mark of 174' 7", which put her 12th in the nation in that event. On Saturday, she traveled to the Concordia Invitational in Seward, NE and launched a new WSC school record throw and NCAA automatic qualifying mark in the shot put of 52' 4" to jump to the #1 spot on the NCAA DII charts in the event. The mark is the 27th best throw in the nation in all NCAA divisions. She is undefeated this season in the shot put. She completed her big weekend with a win in the discus with a mark of 153' 6". She is currently ranked #2 in that event in the NCAA with her mark from the previous week of 164' 0".



Carly Fehringer - (Senior, Wayne, Neb.) also had a tremendous weekend starting on Friday, she won the hammer throw at the Sioux City Relays with a new meet record of 198' 0" to lead the WSC throwers to a 1-4 sweep of the top 4 places. On Saturday, she resumed her winning ways with a new NCAA DII #1 season ranking throw of 205' 10" in the hammer throw. The NCAA automatic qualifying mark is leading DII by 4 feet, and is the 11th best throw in all NCAA divisions I, II, and III. She also picked up a 6th place finish in the shot put with a mark of 44' 6". She is currently ranked #22 in NCAA DII in that event.

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

University of Mary's Kathryn Stewart (Jr., Kingston, Jamaica) set a school record and posted two NCAA provisional qualifying times in a pair of outstanding efforts at NDSU's Lyle Hokanson Classic on Saturday. The five-time All-American set a school record with a provo-clocking time of 11.82 seconds in the 100 meter dash to finish second at the meet. She then captured the 200 meter crown in a provo time of 24.19 seconds. Stewart owns the NSIC's best times in both the 100 and the 200.



(Cont. on Next Page)



### NSIC Team Notes

#### AUGUSTANA

Augustana completed a fruitful weekend at the Sioux City Relays, hitting three provisional marks, winning six events, and breaking a decade-old record. Sophomore Carina Hofmeister shattered the Augustana women's 200-meter dash record taking second in the event with a 24.82-second time. The women's distance duo of Kristin Brondbo and Kyle Blakeslee both hit provisional times in the women's 5,000-meter run when they placed one-two on Friday night. Kayla Mescher turned in the Augustana women's first provisional time winning the 400-meter hurdles then ran the anchor leg on the champion 4x400-meter relay squad that missed a qualifying mark by a half second.

**Women Field:** Colleen Everson (Sr., Slayton, Minn./Murray County Central HS) was the highest women's field finisher for Augustana as she took fourth in the long jump. Everson recorded a best leap of 5.51 meters (18-1) to take third and come within inches of a provisional mark for the second time this season. The Slayton, Minn. senior also ran a leg on the Vikings' winning 4x400-meter relay, second-place 4x200-meter relay and clocked the fourth-fastest qualifying time in the 100-meter dash at 12.77 seconds.

**Women Track:** Kayla Mescher (Jr., Brighton, Colo./Brighton HS) was one of three Vikings to hit a provisional time while winning two events at the Sioux City Relays. Mescher's winning 400-meter hurdle time was fast enough to earn her a provisional time and currently ranks 20th in Division II. Running the anchor leg on the women's 4x400-meter relay, Mescher and three more Vikings won the event and missed a qualifying mark by a half second.

**Men Track:** Harald Karbo (So., Stord, Norway) was the highest finisher for the Viking men on the track, placing fifth in the men's 1,500-meter run. The 2013 cross country All-American missed a provisional time by 0.31 seconds with his top-five time of 3:53.31.

**Men's Field:** CJ Ham (Jr., Duluth, Minn./Denfeld HS) turned in two top-10 performances on Friday night, placing third in the men's shot put and 10th in the hammer throw. Ham's 15.80-meter (51-10) toss in the shot put was just 0.20 meters shy from his first provisional mark of the year.

#### BEMIDJI STATE

The Bemidji State University track and field team opened its 2014 outdoor season with a third place finish at the College of St. Benedicts-St. John's University Outdoor Invitational April 12. The Beavers were lead by Nikki Anderson, who won the 100-meter hurdles and Austin Eng, the Invitational's pole vault champion. Eng cleared 10-2 in the vault to narrowly edge the field and sit 19th in the NSIC this spring. Anderson posted a time of 16.71 in the hurdles to take the event title and rank 26th in the league in her first attempt at the event in 2014. Anderson also aided the Beavers' 4x100-meter relay team to place second with a time of 51.44. Her teammate in the relay, Kaneeshia Johnson, turned in a pair of good finishes in the jumping events. Her 16-7 in the long jump was good for second, while also gaining second place in the triple jump with a mark of 33-6.

The Beavers will continue outdoor competition Saturday in Morris, Minn. at the Cougar Invitational.

#### CONCORDIA-ST. PAUL

**Women Field:** Esther Jandrich (Pole Vault, 5'6", Jr., Forest Lake, Minn. / HS) and Sarah Pieper matched Concordia's men's pole vault team in the Holst Invitational by taking two of the top three spots. Jandrich cleared a mark of 3.50m to finish first while Pieper cleared 3.20m to finish third.

**Women Track:** Alyssa Christianson (Sprints, 5'6", Sr., Marshall, Minn. / HS) was dominant in the sprints at the Holst Invitational this weekend. She won the 200 meter with a time of 25.64 and took second in the 100 meter with a time of 12.52. She also joined up with Sarah Pieper, Erica Young and Maggie Marcus to finish second in the 4x400m relay.

**Men Field:** Brent Gustafson (Pole Vault, 6'2", Fr., Lindstrom, Minn. / Chisago Lakes HS) teamed up with Bryan Elyea-Wheeler to take home two of the top three spots in the Holst Invitational in the pole vault as Gustafson cleared 4.50m to take first and Elyea Wheeler cleared 4.35m to take third.

**Men Track:** Josh Smith (Distance, 6'0", Fr., Ashland, Wis. / HS) was busy on the day as he ran a time of 9:52.18 in the 3000m steeplechase to take the top spot in the Holst Invitational and ran a time of 15:35.32 in the 5000m to finish third.

#### UNIVERSITY OF MARY

Seven Marauders combined to post eight NCAA provisional qualifying marks at the Lyle Hokanson Classic. In addition to Kathryn Stewart in the 100 and 200 and Molly McDonald in the heptathlon, Cassandra Jones claimed a title in the 400 meter run, winning the event in a provisional qualifying time of 55.48. Brienna Lynch ran a 2:13.08 in the 800 meter run to place second. Janet Johnson cleared the 100 meter barriers in 13.79 and finished second. Crystal Hovland placed fourth in the 400 meter hurdles with a clocking of 1:02.48. Davina Carr crossed the bar at 3.60 meters to finish third in the pole vault.

**Women Track:** Kathryn Stewart (Jr., Kingston, Jamaica) set a school record and posted two NCAA provisional qualifying times in a pair of outstanding efforts at NDSU's Lyle Hokanson Classic on Saturday. The five-time All-American set a school record with a provo-clocking time of 11.82 seconds in the 100 meter dash to finish second at the meet. She then captured the 200 meter crown in a provo time of 24.19 seconds. Stewart owns the NSIC's best times in both the 100 and the 200.

**Women Field:** Molly McDonald (Soph., Lakewood, Colo.) captured the heptathlon at NDSU's Lyle Hokanson Classic, posting an NCAA provisional qualifying total of 4,432 points. Her effort is third in the NSIC this season. One of her best efforts came in the high jump, clearing 1.62 meters. That is the second best mark in the NSIC in 2014.

**Men's Field:** Joe Berger (Soph., Mandan, N.D.) posted a career-best mark in the high jump to win the event at NDSU's Lyle Hokanson Classic. The sophomore from Mandan, N.D., cleared the bar at 2.0 meters (6' 6.75"), which is the second-best mark in the Northern Sun this season.

Sophomores Joe Berger and Jerrod Shaffner both captured individual titles for the Marauders at the Lyle Hokanson Classic. Berger sailed over the bar set at 2.00 meters to with the high jump. Shaffner claimed the triple jump victory after leaping 13.12 meters. Carter Montgomery took second out of the three runners in the steeplechase with a time of 10:16.55. Two Marauders also placed third. Jordan Washington posted a time of 22.32 to place third in the 200 meter run and Josh Wilson matched that feat in the 3,000 with a time of 8:57.95. U-Mary next is scheduled to compete at the Dickinson State Blue Hawk meet on April 17 and the Mt. SAC Relays in Walnut, Calif., on April 17-20.





## MINNESOTA DULUTH

**Men's Track & Field:** Members of the University of Minnesota Duluth track and field team took part in one of three meets this past weekend -- the Jim Duncan Invitational in Des Moines, Iowa (Friday and Saturday), the Holst Invitational at Concordia University-St. Paul (Saturday) and the Saint John's Decathlon in Collegeville, Minn. (Saturday and Sunday) -- and over that three-day stretch a number of notable performances were turned in by the Bulldogs.

Starting with the Jim Duncan Invitational, those included: Freshman Ted Heikkila was second in the 10,000 meter run with a lifetime best of 33:10.70; Sophomore Appo Agbamu placed second in the shot put (50'-03.25"); Junior Nick Moran finished third in the discus (a personal-best 154'-10' toss); Senior Cole Toefer was third in the 1,500-meter run (4:00.98); Junior Chris Wilson took fourth in the 800-meter run (1:57.03); Sophomore Drew Johnson finished fifth in the 3,000-meter steeple chase in 9:45.41 (a lifetime best); Junior Dan Nielsen ran his fastest 5,000-meter race as a Bulldog -- 14:53.30, which was good for seventh place.

At the Holst Invitational: Freshman Nick Krouse won the triple jump, leaping 43'-03.75"; Freshman Jason Lilja was third in the long jump (20'-10.00"); Senior Nate Knop placed third in the javelin (142'-10"); Senior John Knebel finished third in the 400-meter hurdles (57.14); Junior Jake Nelson was 5th in the 100-meter dash (11.19); Junior Scott Urban placed 5th in the 800-meter run (1:57.09); Freshman Devin Sowers, in his UMD debut, finished 5th in the discus in (141'-04") and seventh in the shot put (44'-09.75").

Next up for the Bulldogs is the Tom Cat Twilight meet this Thursday (April 17) at the University of St. Thomas in St. Paul, Minn.

**Women's Field:** Chanel Miller shattered her own school record in the heptathlon Friday afternoon to highlight a successful University of Minnesota Duluth weekend, a three-day stretch that included participation by the Bulldogs at three different meets. Miller and fellow junior Amelia Maher kicked things off by finishing second and seventh, respectively, in the heptathlon at the two-day Emporia State University Multis, which wrapped up Friday in Emporia, KS. Miller accumulated 4,897 points -- 16 points more than what she totaled at the 2013 NCAA Division II Outdoor Track and Field Championships in Pueblo, Colo., on her way to a UMD all-time best -- while Maher concluded the event with 4,409 points.

At the Jim Duncan Invitational in Des Moines, Iowa, on Friday and Saturday, freshman Samantha Rivard claimed the 5,000-meter run title with a time of 16:55.28. That's the fourth best mark of any NCAA II runner in the nation at the moment. Another first-year Bulldog, Breanna Colbenson, placed third in that same race and like Rivard, did so with a NCAA II provisional-qualifying clocking (17:11.10). In addition, sophomore Hannah Olson outran 32 other individuals to win the 1,500-meter run crown (4:39.89) while juniors Jenny Hitchcock (a personal-best of 165'-08" in the hammer throw) and Alexandra Rudin (11:09.68 in the 3,000-meter steeplechase) both registered second-place finishes in their events. UMD sophomore Kaelyn Williams joined Rivard and Olson in the Jim Duncan Invitational winner's circle as her time of 39:10.75 in the 10,000-meter run was without rival.

At Saturday's Holst Invitational on the campus of Concordia University-St. Paul, UMD received top-four finishes from the following individuals: freshman Stefani Friedenfels in the triple jump (1st; 35'-3.25") freshman Maddison Sachs in the 400-meter hurdles (3rd; 1:09.81) and pole vault (4th; 9'-0.25") and sophomore Erica Anders in the high jump (4th, 4'-9"). Next up for the Bulldogs are the Carleton Relays in Northfield, Minn., this Saturday (April 18).

## MINNESOTA STATE

The men's track and field team traveled to Kansas to take part in the K.T. Woodman Classic. Junior Nathan Hancock was able to compete in his first decathlon of the season as well at the Emporia State Multi. He finished in fifth place with a career-best point total of 6,179 points ranking him first in the conference. At the K.T. Woodman Classic senior Chris Reed had a third place finish in the discus throw posting a distance of 165' 1" while finishing second in the hammer throw with a school record toss of 198'. Senior Jerrell Hancock automatically qualified in the 200-meter dash with a time of 20.86. The time is second in Division II. Hancock met the provisional-qualifying mark in the 100-meter dash as he ran the third fastest qualifying time crossing the finish line with a time of 10.32. In the finals he finished fourth with a time of 10.37. Freshman Myles Hunter provisionally qualified in the 110-meter hurdles as he finished in fourth place with a time of 14.33 to qualify for the final heat. In that final heat he finished fourth with a time of 14.34. Senior Slater Powell finished 10th overall with a time of 15.17. Junior Khalil Jor'dan provisionally qualified in the triple jump leaping 48' 10 3/4".

**Men's Track:** Jerrell Hancock (Sr. St. Louis, Mo.) automatically qualified in the 200-meter dash with a time of 20.86 ranking him third in Division II at the K.T. Woodman Classic on Saturday. Hancock met the provisional-qualifying mark in the 100-meter dash as he ran the third fastest qualifying time crossing the finish line with a time of 10.32. In the finals he finished fourth with a time of 10.37. The time of 10.32 ranks him sixth in Division II. Both of those times are the top times in the conference in their respected events.

**Men's Field:** Senior Chris Reed broke the school record in the hammer throw at the K.T. Woodman Classic with a throw of 198'. That toss ranks him first in the conference and eighth in Division II. Reed placed third in the discus throw with a throw of 165' 1". Reed's throw of 172' 11" earlier this year ranks him first in the conference and seventh in Division II.

**Women Track:** Junior Samantha Soupir led the way for the Purple and Gold in the 3,000-meter steeplechase winning the event with a time of 11:39.73, a new personal best for the distance runner ranking her fifth in the conference.

**Women's Field:** Anna Vereoven finished second in the triple jump at the K.T. Woodman Classic leaping 38' 4 3/4" ranking her second in the conference.

The women's track and field team sent athlete's to Wichita State University to take part in the K.T. Woodman Classic as well as Gustavus Adolphus College to compete in the Lee Krough Invitational. At the Lee Krough Invitational the Mavericks held the top four spots in the pole vault. Junior Bryanna Sudman took first and freshman Nicole Larson finished second each clearing 11' 9 3/4" meeting the provisional-qualifying standard. Freshman Grady Keding placed third (10' 10") and fellow freshman Paige Clements took fourth (10' 4"). Junior Bonnie Pickford finished with the top time in the 400-meter dash with a time of 1:00.80 while junior Halee Peterson finished first in the 1,500-meter run with a time of 4:54.82. In the long jump freshman Jena Heidman finished in second place leaping 16' 5 1/4".

At the K.T. Woodman Classic sophomore Holly Suss was the top Maverick in the 100-meter dash crossing the finish line with a time of 12.19 finishing 15th out of 66 competitors while junior Sid'Reshia Floyd finished 23rd with a time of 12.41. Junior Zevin Carter ran a personal-best time of 14.74 in the 100-meter hurdles finishing in 11th place. Junior Morgan Stampley

finished sixth in the hammer throw with a toss of 155' 5" while senior Anna Ryan was the top finisher for the Purple and Gold in the discus throw with a throw of 137' 8" placing seventh. The 4x100-meter relay team of Carter, Floyd, Suss, and freshman Brianna Puckett finished in a tie for fifth place with a time of 47.49. Junior Samantha Soupir led the way for the Purple and Gold in the 3,000-meter steeplechase winning the event with a time of 11:39.73, a new personal best for the distance runner. Fellow junior Kimberly Allan had a time of 12:20.52 finishing seventh while senior Sarah Bowler came in ninth crossing the finish line in 12:31.37.

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### MSU MOORHEAD

**Men Track:** Matt Loehr (Junior, Mid-Distance, Grand Forks, N.D. / Red River HS) had a solid day at the Lyle Hokanson Classic on Saturday for the Dragon men, who were making their outdoor debut. Loehr won 400-meter run with a time of 49.13, which is tied for second-best in the NSIC this season. Loehr also was the third leg of the 4x400 relay that finished second and also placed fourth in the 200-meter dash.

**Men's Field:** Andrew Werk (Soph., Throws, Alexandria, Minn. / Alexandria HS) had a solid outdoor debut weekend for the Dragon men at the Lyle Hokanson Classic hosted by North Dakota State on Saturday. After placing ninth in the hammer throw on Friday, Werk finished a strong fourth – losing only three Division I competitors from North Dakota and North Dakota State – with a throw of 49-5 3/4, which is fifth-best in the NSIC.

**Women Track:** Molly Montonye (So., Distance, Graceville, Minn./Clinton-Graceville-Beardsley HS) for the first time outdoors this spring, started off her outdoor season strong with a victory in the 1,500-meter run at the Lyle Hokanson Classic hosted by North Dakota State on Saturday. Her winning time was 4:43.05.

**Women's Field:** Kara Nygaard (Sr., Javelin/Jumps, Jamestown, N.D.), at the Lyle Hokanson Classic hosted by North Dakota State on Saturday, recorded a provisional qualifying mark in the javelin with a toss of 139-06, which placed third. That is the second-best throw in the NSIC this season. It was the first outdoor competition for MSUM this season.

### MINOT STATE

**Men Track:** Tyler Flatland (Hurdles, 6-0, Jr., Watford City, N.D. / Watford City) became the first Minot State University track & field athlete to set a NCAA Division II outdoor track and field provisional mark of the season as he finished second in the 400-meter hurdles in a time of 53.92 seconds at the North Dakota State Lyle Hokason Open Saturday. It was Flatland's second provisional mark of the season as he finished with a DII qualifying time in the 400-meters in the indoor season.

Minot State University's men's track & field team finished with one NCAA Division II provisional mark and one school record at the North Dakota State Lyle Hokason meet Saturday. MISU's Tyler Flatland (Hurdles, 6-0, Jr., Watford City, N.D. / Watford City) earned the school's first outdoor mark of the season with a time of 53.92 seconds in the 400-meter hurdles. Flatland took second in the event. The Beavers also got a school record from Joel Cartwright (Distance, 6-1, So., Great Falls, Mont. / Charles M. Russell) in the 3,000 meters as he and Max Boeckel (Distance, 5-9, Jr., Minot, N.D. / Minot) both ran faster than the old record to finish 1-2 on the MISU all-time list. Minot State's 4x100 meter relay team captured the day's only title for the Beavers.

**Women's Track & Field:** Minot State University's Sienna Dailey (Sprints, 5-9, Jr., Glasgow, Mont. / Glasgow) broke a 34-year-old school record in the 400-meters with a time of 56.41. Dailey just missed an NCAA DII provisional mark with her second-place finish in the event. She was one of five MISU women who finished with a time or distance that put them in the top 10 all-time at Minot State. Pacing the way of that group was freshman Mary Roy (Jumps, 5-5, Fr., Mount Vernon, Ore. / Grant Union) who ended the meet with the sixth best triple jump, the seventh (tied) best long jump and the 10th (tied) best 200-meter time in school history.

### NORTHERN STATE

**Men Track:** Andrew Johnson (So., Aberdeen, S.D.) ran to a pair of top-10 finishes over the weekend. Johnson placed fourth in the 100-meter dash running a career-best time of 10.90 in the finals. Johnson also set a career-best in the prelims of the race running a time of 11.05. Johnson also took sixth-place in the 200 meters at the relays. Johnson ran a season-best time of 21.93 in the event.

**Women Track:** MaKenzie Hageman (Sprints, So., Watertown, S.D./Waverly HS/Dakota Wesleyan) tied the school record in the 100-meter dash with a time of 12.14 in the event and finished in second at the 50th running of the Sioux City Relays. The time was a new PR for Hageman in the 100. Hageman followed that up with a third-place finish and another career-best in the 200 as she ran a time of 25.55. Hageman shares the record now with current NSU assistant coach Lynne Nacke.

**Women Field:** Alex Webste (Sr., Ashley, N.D.) continued her strong start to the season as she placed second for NSU in the javelin. Webster recorded a throw of 146'-5". Webster has finished second or higher at every meet so far this season for the Wolves.

### SOUTHWEST MINNESOTA STATE

**Men Field:** Sophomore Ben Tonsager (St. James, Minn.), competing in his first collegiate track competition won the shot put with a throw of 14.1m (47-03.5) at the Krough Invite held at Gustavus Adolphus College on Saturday.

**Men Track:** Freshman Dallin Finley (Kennesaw, Ga.) recorded a first place finish in the 200-meter with a time of 22.48 and finished fourth in the 100-meter with a time of 11.37 at the Krough Invite held at Gustavus Adolphus College on Saturday.

**Women Field:** Freshman Rylee Armstrong (Peace River, Alberta, Canada) won the high jump with a mark of 1.60m (5-03.00) at the Krough Invite held at Gustavus Adolphus College on Saturday. She also finished third in the javelin (30.9m) and seventh in the 200-meter with a time of 29.13.

**Women Track:** Freshman Samantha McNeel (Custer, S.D.) won the long jump at the Krough Invite held at Gustavus Adolphus College on Saturday with a mark of 5.08m (16-08). She also recorded a third place finish in the 400-meter hurdles (1:07.89).

### SIoux FALLS

The USF track & field team wrapped up competing in the Sioux City Relays while also having multi-event athletes competing in the Emporia State Open Multis this weekend. The Cougars came away from the weekend with nine top two finishes, four NCAA provisional qualifying marks and one NCAA automatic qualifying mark. The Cougars will compete next in the Red Raider Open and Multi-Events (4/16-4/17) and the Kansas Relays (4/17-4/19).

**Women Track:** Haley Kruger (So., Brandon, S.D./Brandon Valley HS) had an outstanding weekend which included being a part of the 4x800m Relay that claimed a title at the Sioux City Relays. Kruger helped guide the relay to their final time of 9:27.14 which beat the second place team by over two seconds. As a member of the 4x400m Relay, Kruger helped run the third fastest time in USF history and the third fastest time in the conference this season. Kruger also competed on USF's runner-up Distance Medley Relay that completed the race with a time of 12:44.07.

**Women Field:** Brigitte Gross (Sr., Alexandria, S.D./Hanson HS) claimed second place overall in the Pole Vault at the Sioux City Relays with her NCAA provisional qualifying vault of 12-11.75 (3.96m). This vault is the best in the conference and the fourth highest in Division II this season.

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### SIoux FALLS (CONT)

**Men Field:** Scott Greenman (So., Clovis, Calif./Clovis HS) finished second overall in the Pole Vault at the Sioux City Relays by clearing a NCAA automatic qualifying mark of 16-10.75 (5.15m). Greenman currently holds the top mark in the NSIC and the third best mark in Division II this season.

**Men Track:** Bobby Brockmueller (Jr., Brandon, S.D./Brandon Valley HS) had a busy weekend while competing at the Sioux City Relays as he competed in the Distance Medley Relay, the 4x800m Relay and the 1500m Run. Brockmueller claimed a title as a member of the Distance Medley Relay that won the event with their time of 10:19.88. As a member of the 4x800m Relay, Brockmueller earned runner up honors with the relay's time of 7:51.62. In the 1500m Run, Brockmueller's lone individual event, he made school history as he broke the school record in the event by running a 3:53.22 which placed him fourth overall. This time is the fastest run in the NSIC this season and also was just 0.22 seconds off of a NCAA provisional qualifying mark.

### ST. CLOUD STATE

St. Cloud State track and field is set for a couple meets this weekend as they travel to St. Paul, Minn. for the Holst Invite hosted by Concordia-St. Paul, the Jim Duncan hosted by Drake University and the St. John's Multi in Collegeville.

**Women Field:** Cassie Cardinal (Fr., Foley, Minn.) took the first place title in the discus throw as she threw for a distance of 129-01.00. Cardinal is now ranked 10th in the conference for discus with her new personal best mark by an inch at the Holst Invite. Heather Clankie finished third on a mark of 121-09.00. Ashley Ritter threw her way to a second place finish in the hammer throw, posting a distance of 145-10.00.

**Women Track:** Jasmine Grant earned the title in the 400m dash with a time of 58.76 and earned a second place finish with a time of 25.76 in the 200m dash. Alicia Evans posted a time of 59.67 for a second place finish behind Grant in the 400m dash. The Huskies 4x100m relay team consisting of Heather Landwehr, Kristen Wendt, GaBrina Cornelious and Alicia Lipka finished first on a time of 50.96. Sam Sunstrom and Kassie Vaness both competed in the women's 5,000m run at the Jim Duncan Invitational hosted by Drake University. It was Sunstrom posting a seventh place finish with a new personal best time of 17:53.92, while Vaness rounded out the top-10 with a time of 18:08.62.

**Men Track:** Posting individual titles for the men were Dillando Allotey in the 100m dash (10.91) and in the 200m dash (22.10) and Ryan Johnson in the shot put (50-08.00). Dillando Allotey (Fr., Toronto, Canada) earned himself two individual titles this past weekend at the Holst Invite as he took the 100m dash (10.91) and the 200m dash (22.10). Allotey is now ranked 10th in the conference in the 100m dash with his new mark.

Richard Carr raced to a second place finish in the 100m dash as he posted a time of 10.93. Also in the 200m dash Leon Cheneyon took second with a time of 22.18 and in the 400m dash (49.61) he took second as well. SCSU's 4x100m relay team brought home the title with a time of 45.09. The relay team consisted of Jordan Yira, Ted Tranel, Matt Mooney and Connor Guidera.

**Men Field:** In the high jump it was Joe Mooney tying for third on a height of 6-04.75. Connor Guidera also earned a third place finish as he jumped to a mark of 42-06.00 in the triple jump. Rafael Saez posted two third place finishes as he threw for a distance of 46-10.00 in the shot put and 149-04.00 in the discus. Johnson also recorded a second place finish on a distance of 174-00.00 in the hammer throw.

The Huskies are set to be back in action on Wednesday, April 16th as the women travel to Northfield, Minn. for the Manitou Classic and the men will be back on Thursday, April 17th at the Tom Cat Open in St. Paul.

### WAYNE STATE

**Women Field:** Sara Wells (Jr., Albion, Neb.) had a big weekend picking up a provisional national qualifying mark in the hammer throw on Friday at the Sioux City Relays with a mark of 174' 7", which put her 12th in the nation in that event. On Saturday, she traveled to the Concordia Invitational in Seward, NE and launched a new WSC school record throw and NCAA automatic qualifying mark in the shot put of 52' 4" to jump to the #1 spot on the NCAA DII charts in the event. The mark is the 27th best throw in the nation in all NCAA divisions. She is undefeated this season in the shot put. She completed her big weekend with a win in the discus with a mark of 153' 6". She is currently ranked #2 in that event in the NCAA with her mark from the previous week of 164' 0".

Carly Fehringer - (Senior, Wayne, Neb.) also had a tremendous weekend starting on Friday, she won the hammer throw at the Sioux City Relays with a new meet record of 198' 0" to lead the WSC throwers to a 1-4 sweep of the top 4 places. On Saturday, she resumed her winning ways with a new NCAA DII #1 season ranking throw of 205' 10" in the hammer throw. The NCAA automatic qualifying mark is leading DII by 4 feet, and is the 11th best throw in all NCAA divisions I, II, and III. She also picked up a 6th place finish in the shot put with a mark of 44' 6". She is currently ranked #22 in NCAA DII in that event.

**Women Track:** Rebecca Davenport (Jr., Sargent, NE) raced to a third place finish in the 400 meter hurdles at the Sioux City Relays in a time of 1:05.19. She currently ranks 7th in the 400 meter hurdles in the NSIC.

**Men Track:** - Zach Thomsen (Junior, Wayne, NE) ran a personal best time of 1:54.35 and placed 9th in the 800 meter run at the Sioux City Relays on Friday night. His time currently tops the charts in the event in the NSIC. On Saturday, he anchored the 4 x 400 meter relay team to a 4th place finish in a time of 3:20.19. His split on the anchor leg was 49.0. The Wildcats are currently leading the NSIC in the 4 x 400 meter relay.

**Men Field:** Derek Lahm - (Freshman, Columbus, NE) leaped to a 5th place finish in the long jump with a mark of 21' 4 1/4".

The Wildcats will compete on Friday in Lincoln, NE at the Prairie Wolf Invitational hosted by Nebraska Wesleyan University.

### WINONA STATE

The Winona State track and field team recorded a NCAA Championship mark, school record and two event titles during a strong all-around performance at the PSU Gorilla Classic Saturday in Pittsburg, Kan.

**Women Track:** Jordan Skelly set the school record in the 3000 meter steeplechase with a time of 11:16.71, besting the previous program mark by over seven seconds. Her time was less than two seconds off a NCAA Championship provisional time while good enough to win the event. Kate Simonet also had a strong performance in the event, finishing fifth. Jordan Paschke also brought home an individual title in the 5000 meters, finishing first with a time of 18:34.59. Teammate Jessica Young added a second place showing in the event.

Winona State also had second-place finishes in three other events on the track, led by the 4x400 meter relay that recorded a time of 4:01.83.

**Women Field:** Delaney Miller posted a NCAA Division II Championship provisional mark in the discus with a throw of 45.26 meters to finish second in the event. The freshman now has provisional marks in both the discus and hammer throw during the outdoor season.

Winona State will continue its outdoor season next weekend when it competes at the Esten Challenge on April 18 in La Crosse, Wis. 2014 NSIC  
*The NSIC is a 16-team, 18-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.*





# NSIC Outdoor Track & Field Championships Schedule

NSIC Outdoor Track & Field Championships

hosted by Winona State University

May 9-10, 2014

Friday – May 9

Field Events

10:00 am	Hammer (W)
10:00 am	Shot Put (M)
10:00 am	Pole Vault (W)
10:00 am	Long Jump (W)
10:00 am	High Jump (M)
1:00 pm	Hammer (M)
1:00 pm	Shot Put (W)
1:00 pm	Pole Vault (M)
1:00 pm	High Jump (W)
1:00 pm	Long Jump (M)

Track Events

10:00 am	10,000 meter Run Final (W)
11:00 am	10,000 meter Run Final (M)
2:00 pm	1500 meter Run Prelim (W)
2:15 pm	1500 meter Run Prelim (M)
2:30 pm	100 meter Hurdles Prelim (W)
2:45 pm	110 meter Hurdles Prelim (M)
3:00 pm	400 meter Dash Prelim (W)
3:15 pm	400 meter Dash Prelim (M)
3:30 pm	100 meter Dash Prelim (W)
3:50 pm	100 meter Dash Prelim (M)
4:10 pm	800 meter Dash Prelim (W)
4:30 pm	800 meter Dash Prelim (M)
4:50 pm	400 meter Hurdles Prelim (W)
5:05 pm	400 meter Hurdles Prelim (M)
5:20 pm	200 meter Dash Prelim (W)
5:35 pm	200 meter Dash Prelim (M)
6:00 pm	Dinner available at WSU Cafeteria

Saturday - May 10

Field Events

11:00 am	Javelin (M)
11:00 am	Discus (W)
11:00 am	Triple Jump (M)
2:30 pm	Javelin (W)
2:30 pm	Discus (M)
2:30 pm	Triple Jump (W)

Track Events

1:00 pm	4x100 meter Relay Final (W)
1:10 pm	4x100 meter Relay Final (M)
1:20 pm	3000 meter Steeple Final (W)
1:35 pm	3000 meter Steeple Final (M)
1:50 pm	1500 meter Run Final (W)
1:57 pm	1500 meter Run Final (M)
2:05 pm	100 meter Hurdles Final (W)
2:15 pm	110 meter Hurdles Final (M)
2:25 pm	400 meter Dash Final (W)
2:30 pm	400 meter Dash Final (M)
2:35 pm	100 meter Dash Final (W)
2:40 pm	100 meter Dash Final (M)
2:45 pm	800 meter Run Final (W)
2:50 pm	800 meter Run Final (M)
3:00 pm	400 meter Hurdles Final (W)
3:10 pm	400 meter Hurdles Final (M)
3:20 pm	200 meter Dash Final (W)
3:25 pm	200 meter Dash Final (M)
3:35 pm	5000 meter Run Final (W)
4:00 pm	5000 meter Run Final (M)
4:25 pm	4x400 meter Relay Final (W)
4:40 pm	4x400 meter Relay Final (M)
5:00 pm	Team Awards

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