

RELEASE No. 4

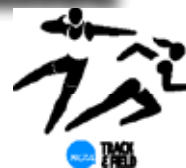
FOR IMMEDIATE RELEASE

OUTDOOR TRACK & FIELD RELEASE

MENS & WOMENS

APRIL 21, 2014

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PAST NSIC ATHLETES OF THE WEEK

Men's Field

- 3/31/14 Jordan Bents, Sioux Falls
- 4/7/14 Scott Greenman, Sioux Falls
- 4/14/14 Scott Greenman, Sioux Falls (2)
- 4/21/14 Chris Reed, Minnesota State

Men's Track

- 3/31/14 Paul Yak, Augustana
- 4/7/14 Dan Nielsen, Minnesota Duluth
- 4/14/14 Jerrell Hancock, Minnesota State
- 4/21/14 Myles Hunter, 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
- 4/21/14 Emily Wells, 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
- 4/21/14 Janet Johnson, University of Mary (2)

NSIC MULTIS SET FOR APRIL 27-28

The NSIC Outdoor Championships begin next week with the NSIC Multis taking place next Sunday-Monday April 27-28 at Clark Swisher Field in Aberdeen, S.D. The women's Heptathlon will begin on Sunday at 2:15 p.m. and 10:15 a.m. on Monday. The men's Decathlon will start at 2 p.m. on Sunday and continue on Monday at 10 a.m.



NSIC Men's Field Athlete of the Week:

Minnesota State senior Chris Reed broke the school record and met the automatic-qualifying mark in the hammer throw at the Mt. Sac Relays en route to a first place finish. His throw of 215' 7" tops the NSIC and is third in NCAA Division II. Reed also met the automatic-qualifying standard in the shot put with a throw of 59' 10 1/2" which is also first in the NSIC and fourth in NCAA Division II.

NSIC Men's Track Athlete of the Week:

Minnesota State freshman Myles Hunter won the championship in the 110-meter hurdles at the Beach Invitational in Cerritos-Norwalk, Calif. He finished the race with a time of 14.06 which ranks first in the NSIC, fourth in NCAA Division II and is a provisional qualifying time.



NSIC Women's Field Athlete of the Week:

Wayne State's Emily Wells (Senior, Albion, Neb.) hit an NCAA automatic qualifying mark in the hammer throw with a mark of 187' 9" at the Prairie Wolf Invite. She ranks second in the NSIC behind teammate Carly Fehringer. She is currently ranked 6th in the NCAA National Rankings.



NSIC Women's Track Athlete of the Week:

University of Mary's Janet Johnson (Hurdler, Sr., Kingston, Jamaica) posted four NCAA provisional qualifying times while competing against some of the nation's best teams at the Mt. SAC Relays and the Long Beach State Invitational in California. Twice she reached provo standards in the 100 meter hurdles and twice in the 4x100 meter relay. The senior ran a season-best 13.72 in the 100 meter hurdles at the Beach Invitational, placing fourth in the special invitational section. She was also eighth at Mt. SAC. Johnson is now ranked sixth nationally in the event and leads the Northern Sun. The 4x100 relay team of Johnson, Brittany Osborne, Cassandra Jones and Kathryn Stewart was clocked at 46.64 seconds at the Mt. SAC Relays. That time is 16th in the country and tops in the NSIC.



NSIC Team Notes AUGUSTANA

Augustana sent nearly 40 athletes to the 87th Kansas Relays and came home with three titles, six provisional qualifying times, and a broken school record. The men's and women's 4x1,600-meter relay teams swept the races, winning in dominating fashion. The women opened the sweep by taking the first title by a winning margin of over 30 seconds. The men nearly equaled their teammates' dominating efforts with an 18-second gap between the next-closest team. Harald Karbo provided the only seeded division individual championship, winning the men's 3,000-meter steeplechase in provisional qualifying fashion -- Karbo also won the unseeded 1,500-meter run. Kyle Blakeslee almost added the second Augustana sweep with her provisional time in the women's steeplechase, but came up just short as the runner-up. Nathan Hauge and Keegan Carda recorded their first career NCAA qualifying times in the men's 5,000- and 10,000-meter runs, respectively. Kristin Brondbo added a 1,500-meter qualifying time to her 2014 résumé and Adam Braun joined Karbo by finishing the men's steeplechase under the provisional standard. Carina Hofmeister may have not earned a title or as high of a finish as some of her Viking teammates, but the sophomore shaved off 0.06 seconds from her previous 200-meter dash record and qualified for the finals on day two.

(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 (CONT)

Women Track: Kyle Blakeslee (Sr., Cannon Falls, Minn./Cannon Falls HS) helped the Vikings to a dominating sweep in the 4x1600-meter relay and earned a provisional qualifying time in the women's 3,000-meter steeplechase. Blakeslee ran a 5:06.01 leg of the women's title-winning 4x1600-meter relay team that finished in 20:26.57, over 30 seconds faster than the second-place team from Division I Rice. Blakeslee nearly walked away with her second win of the weekend, taking second in the steeplechase with a time of 10:52.94 which ranks 11th on the Division II leaderboard.

Men Track: Harald Karbo (So., Stord, Norway) brought home Augustana's only two individual titles and hit a provisional time in the process. Karbo's 9:06.47 earned him the men's seeded 3,000-meter steeplechase title by a 12-second margin and his first qualifying time of the season that is currently the ninth-fastest in Division II. Karbo also collected a win in the men's unseeded 1,500-meter run on day one, taking the metric mile title in 3:54.23.

BEMIDJI STATE

The Bemidji State University track and field team returns to competition after more nearly two weeks idle when it travels to Moorhead, Minn. to participate in Concordia College's Cobber Twilight Tuesday beginning at 3 p.m.

BSU's last action April 12, the Beavers captured third place at the College of St. Benedict/St. John's University Outdoor Invitational. BSU placed nine student-athletes among the top three in their respective events, including seven in field events, while the Beavers' 4x100-meter relay team finished second as the Beavers posted a score of 117 and miss second place in the team standings by just three points. The Beavers were led by Austyn Eng (So., Braham, Minn.) and Nikki Anderson (So., Becker, Minn.), who took event titles in the pole vault and 100-meter hurdles, respectively.

CONCORDIA-ST. PAUL

Women Field: Sarah Pieper (Sprints/Pole Vault, 5'7", Jr., New Brighton, Minn. / Irondale HS) took home the top spot in the pole vault at the Good Friday Open as she cleared a height of 3.30 meters. She also finished fourth in the 400 meter run with a time of 1:02.21.

Women Track: Gloria Williams (Sprints, 5'5", Fr., Minneapolis, Minn. / Roosevelt HS) fell just short of the school record in the 100 meter final at the Good Friday Open on the campus of the University of Dubuque with a time of 12.43 to take home a first place finish. She also finished second with a time of 25.68 in the 200 meter.

Men Field: Antony Odera (Jumps, 6'5", So., Burnsville, Minn. / HS) finished just behind the leader in the triple jump at the Good Friday Open as he finished second. The sophomore jumped 12.84 meters in the event.

Men Track: David Stanley (Sprints/Jumps, 5'10", So., Little Canada, Minn. / Roseville Area HS / UW-River Falls), for the men at the Good Friday Open, was excellent as she was the place finisher in two individual events and one team event. He showed his versatility as he ran a time of 49.96 in the 400 meter run and jumped 7.16 meters in the long jump and took home first in both. He also ran the anchor of the 4x400 as he teamed up with Colin Goligowski, Vantwon Melton and Adam Hausken for a first place finish.

UNIVERSITY OF MARY

The University of Mary posted 11 NCAA provisional qualifying marks and one school record in two days in California at the Mt. SAC Relays and the Long Beach State Invitational. Senior Janet Johnson twice posted provo marks in the 100 meter hurdles, including the nation's sixth best mark with a 13.72 at the Beach Invitational. Kathryn Stewart posted provo marks twice in the 200 meter dash. She finished eighth at Mt. SAC and third in the special invitational section at the Beach meet. Johnson and Stewart combined with Brittany Osborne and Cassandra Jones in the 4x100 meter relay for provo times at both meets. Stewart also led the Marauders to a provo time in the 4x400 meter relays, combining with Crystal Hovland, Melanie Rodriguez and Jones to run a time of 3:42.24 at Mt. SAC, the sixth best time in the country. Other provisional marks on the weekend for the Marauders were by Hovland in the 400 meter hurdles at both meets, Josie Guptill in the 400 meter hurdles, Brittney McKinley in the 100 meter hurdles, and Brianna Lynch in the 800 meter run.

Women Track: Janet Johnson (Hurdler, Sr., Kingston, Jamaica) posted four NCAA provisional qualifying times while competing against some of the nation's best teams at the Mt. SAC Relays and the Long Beach State Invitational in California. Twice she reached provo standards in the 100 meter hurdles and twice in the 4x100 meter relay. The senior ran a season-best 13.72 in the 100 meter hurdles at the Beach Invitational, placing fourth in the special invitational section. She was also eighth at Mt. SAC. Johnson is now ranked sixth nationally in the event and leads the Northern Sun. The 4x100 relay team of Johnson, Brittany Osborne, Cassandra Jones and Kathryn Stewart was clocked at 46.64 seconds at the Mt. SAC Relays. That time is 16th in the country and tops in the NSIC.

Men's Track: Chris Jessop (Jr., Corvallis, Mont.) made use of great weather and a fast field to set a University of Mary men's track and field record at the Beach Invitational on Saturday, hosted by Long Beach State University. The junior from Corvallis, Mont., covered the 5,000 meter run in a time of 14:41 to break the Marauders record in the event. Jessop placed eighth overall in the event and now ranks fourth among runners in the NSIC.

MINNESOTA DULUTH

Men's Track & Field: Due to the Easter break and a late scheduling change, the University of Minnesota Duluth sent a just a small fleet of athletes to the Carleton Relays in Northfield, Minn., Saturday, but that group still managed to come away with a number of high placings. Leading the charge was Nick Moran, who hit a NCAA Division II provisional qualifying mark in two different events. The junior from Monticello, Minn., won the discus title with a personal-best throw of 161'-08" and took second in the hammer throw on the strength of a 186'-11" toss. The Bulldogs' success in the field events didn't end there, however, as sophomore Appo Agbamu used a heave of 50'-4.75" to prevail in the shot put. In addition, three other Bulldogs placed second Saturday: senior Cole Toepfer in the 1,500-meter run (4:00.67), sophomore Drew Johnson in the 3,000-meter steeplechase (9:53.75) and junior Phil d'Entremont in the 800-meter run (1:55.66). d'Entremont was followed closely by junior Chris Wilson (1:56.15) while senior Tyler Stevens also took third behind Johnson in the 3,000-meter steeplechase (10:08.19).

On Monday (April 21), a select number of Bulldogs will visit the University of St. Thomas campus in St. Paul, Minn. for the Tom Cat Twilight. That event was originally scheduled for last Thursday, but postponed due to heavy snowfall. The Bulldogs also have meets at Macalester College (Macalester Twilight Meet), on Thursday, Gustavus Adolphus (Drake Alternative) Saturday, and the Northern Sun Intercollegiate Conference Decathlon Championships on Sunday and Monday in Aberdeen, S.D.

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MINNESOTA DULUTH (CONT)

Women's Track & Field: The University of Minnesota Duluth produced seven individual event champions and also claimed a relay title en route to finishing first among eight teams at the Carleton Relays Saturday in Northfield, Minn. The Bulldogs rolled up 208.0 points as a team to easily outdistance runnerup, Carleton College (133.0), and Northern Sun Intercollegiate Conference rival Minnesota State University-Mankato (84.0).

Junior Erin Pangerl topped the list of Bulldog champions, winning both the 100-meter (12.46) and 200-meter dash (27.04) races. Senior Kaitlin Hassing ran a personal-best time of 2:15.96 to take first in the 800-meter run while juniors Amelia Maher (64.31 in the 400-meter hurdles), Chanel Miller (17'-10.25" in the long jump), junior Katherine Ayers (134'-5" in the discus) and Jennifer Hitchcock (174'-1" in the hammer throw) also took home titles as did the Bulldogs' 4 x 100-meter relay team (Pangerl, Miller, junior Molly George and sophomore Madeline Schaeffer). UMD also received strong second-place showings from Miller (111'-4" in the javelin), freshman Breanna Colbenson (17:50.30 in the 5,000-meter run), junior Erin Hickey (27.883 in the 200-meter dash), junior Victoria Zoller (2:16.22 in the 800-meter run) and freshman Cassandra Ortberg (65.20 in the 400-meter hurdles).

A select number of Bulldogs will compete in the Drake Relays, which start next Thursday (April 24) in Des Moines, Iowa, while the rest of the team will pay a visit to St. Peter, Minn., Saturday (April 26) for the Drake Alternative on the Gustavus Adolphus College campus.

MINNESOTA STATE

The MSU men's and women's track and field team competed in the Mt. SAC Relays, Beach Invitational, and Carleton Relays this past week. At the Mt. Sac Relays on Friday senior thrower Chris Reed once again upped his school record in the hammer throw with a toss of 215' 7" en route to a first place finish. He is ranked first in the Northern Sun Intercollegiate Conference and third in NCAA Division II. Senior Keyvan Rudd met the provisional qualifying standard in the high jump clearing 6' 8 1/4" ranking him first in the NSIC. The 4x100-meter relay team of senior Jerrell Hancock, junior Anthony Gustafson, junior Carmono Lane, and freshman Myles Hunter finished in 13th place with a time of 41.62. That time currently tops the NSIC.

Hunter also won the championship in the 110-meter hurdles on Saturday at the Beach Invitational. He finished with a provisional-qualifying time of 14.06 which is first in the NSIC and fourth in NCAA Division II. At the Carleton Relays freshman Rumeal Harris took first place in the long jump leaping 21' 6" while senior Randy Khieu place fourth with a leap of 20' 9 3/4". In the triple jump sophomore London Thurman finished in second place with a leap of 45' 3". Freshman Samuel McKay finished third in the 100-meter dash and fifth in the 200-meter dash with times of 11.11 and 23.56. Fellow freshman Bryan Caffin finished fourth in the shot put with a toss 45' 3 1/2".

Men's Track: Freshman Myles Hunter won the championship in the 110-meter hurdles at the Beach Invitational. He finished the race with a time of 14.06 which ranks first in the NSIC and fourth in NCAA Division II.

Men's Field: Senior Chris Reed broke the school record and met the automatic-qualifying mark in the hammer throw at the Mt. Sac Relays en route to a first place finish. His throw of 215' 7" tops the NSIC and is third in NCAA Division II. Reed also met the automatic-qualifying standard in the shot put with a throw of 59' 10 1/2" which is also first in the NSIC and fourth in NCAA Division II.

On the women's side junior Morgan Stampley set a personal record in the hammer throw at the Beach Invitational with a throw of 171' 9" which ranks fourth in the NSIC and meets the provisional-qualifying standard. At the Carleton Relays the Purple and Gold took second and third in the 400-meter dash as Hartman finished with a time of 59.91 and junior Bonnie Pickford finished just behind her with a time of 1:00.65. In the 3,000-meter steeplechase sophomore Samantha Soupir finished in second place with a time of 11:22.43. Senior Anna Ryan placed second in the discus throw with a toss of 134' 3". In the pole vault MSU finished in the first two spots as junior Bryanna Sudman finished first with a vault of 12' 6 1/4" while freshman Nicole Larson finished second vaulting 11' 10 1/2".

Women's Field: Junior Bryanna Sudman finished with the top vault at the Carleton Relays on Saturday clearing 12' 6 1/4" meeting the provisional-qualifying standard. She ranks second in the NSIC and 11th in NCAA Division II.

MSU MOORHEAD

Men Track: Jonathan Demus (Junior, Sprints, San Diego, Calif. / Horizon HS), at the Bryan Clay Invitational in Azusa, Calif., on Friday, had an excellent day. He was right in the hunt in the 100-meter dash, tying for fourth at 10.76. That time is fifth-fastest in the NSIC this season. He was 14th in the 200-meter dash at 21.91, finishing ahead of competitors from Division I schools Wisconsin, Air Force, Montana State and South Dakota State. A day later at the Beach Invitational, Demus was 47th in the 200-meter dash at 22.47.

Men's Field: Andrew Werk (Soph., Throws, Alexandria, Minn. / Alexandria HS) had a strong showing at the Northern State Open on Friday in Aberdeen, S.D. The sophomore won the shot put with a toss of 46-4 1/4 and was second in the hammer at 158-1, which is seventh-best in the NSIC this season.

Women Track: Tia Knight (Junior, Hurdles/Sprints, Spring Valley, Calif. / Steele Canyon) had an excellent run in the women's 100-meter hurdles at the Long Beach Invitational, taking sixth overall (out of 61 runners) with a time of 14.38. That was an NCAA provisional qualifying time and is the second-fastest in the Northern Sun Intercollegiate Conference this season. Knight ran a season-best time of 1:06.89 in the 400-meter hurdles at the event as well. A day earlier at the Bryan Clay Invitational, Knight was 10th in 100-meter hurdles with a solid time of 14.57.

Women's Field: Chelsea Klemetson (Junior, High Jump, Sabin, Minn. / Moorhead HS), competing against several Division I athletes at the Bryan Clay Invitational, had a good showing in the high jump, tying for seventh at 5-4 1/2. Klemetson finished ahead of athletes from Division I schools such as Utah Valley, Colorado, North Dakota and San Francisco State. Klemetson is ranked first in that event in the NSIC this season.

MINOT STATE

Men Track: Tyler Bates (Sprints, 5-11, Fr., Watford City, N.D. / Watford City) continued a solid freshman campaign as he took home two titles at the 2014 Northern State University Wolves Open Friday. He finished with a time of 22.04 seconds to win the 200-meters and then posted a 50.96 to win the 400. Bates was also a member of the Beavers 4x400 meter relay team which finished second overall.

Minot State University finished with two runners capturing three individual titles at the 2014 Northern State University Wolves Open Friday. Both Watford City, N.D., sprinters Tyler Bates (Sprints, 5-11, Fr., Watford City, N.D. / Watford City) and teammate Tyler Flatland (Hurdles, 6-0, Jr., Watford City, N.D. / Watford City) earned titles at the event. Bates won the 200- and 400-meter dashes, going 22.04 seconds in the 200 and 50.96 in the 400. Flatland won the 400-hurdles, an event he earned a NCAA DII provisional mark last week in, finishing with a 56.44. The team's times were off a bit this week as high winds wreaked havoc on the runners. Minot State travels to Gustavus Adolphus for a meet Saturday.

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MINOT STATE (CONT)

Women's Track & Field: Minot State University had five runners capture titles Friday at the 2014 Northern State University Wolves Open. Allie Helterbran (Jumps, 5-8, Sr., Billings, Mont. / Billings West) and Mary Roy (Jumps, 5-5, Fr., Mount Vernon, Ore. / Grant Union) went 1-2 in the triple jump and Helterbran captured a title in the long jump. DelRay Audet (Hurdles, 5-10, So., Minot, N.D. / Minot) helped the Beavers sweep the 400-hurdles as she joined men's teammate Tyler Flatland with wins, finishing in 1 minute, 7.54 seconds. Sienna Dailey (Sprints, 5-9, Jr., Glasgow, Mont. / Glasgow) had another great week as she won the 400-meters in a time of 1:00.52. The Beavers were hampered by high winds at the meet, making for slower times than the team has been experiencing. MISU will be back on the team travels to Gustavus Adolphus for a meet Saturday.

NORTHERN STATE

Men Field: Lucas Osowski (Fr., Coon Rapids, Minn.) was Northern's top finisher on the men's side for the field events at the NSU Open. Osowski placed second in the shot put Friday with a throw of 45'-7".

Women Track: MaKenzie Hageman (Sprints, So., Watertown, S.D./Waverly HS/Dakota Wesleyan) continued her great season with a pair of event titles on Friday. Hageman took first in both the 100- and 200-meter dashes at the meet. Hageman ran a time of 11.89 in the 100 and finished in 25.74 in the 200. The time in the 100 would be a school record for Hageman but due to the high winds at the meet, the time will not count toward qualifying. Hageman was also a part of the 4x100 relay team that won at the meet with a time of 50.97

Women Field: Mariah Nelson (So., Mitchell, S.D.) grabbed a pair of titles as well at the NSU Open Friday as she won both the discus and shot put at the meet. Nelson recorded a throw of 40'10.25" to win the shot and a throw of 132'-11" in the discus to win that event for the Wolves. Nelson also took fourth in the hammer throw with a toss of 134'-6".

SOUTHWEST MINNESOTA STATE

Men Field: Senior Anthony Dean (Tampa, Fla.) finished second in the both the long jump and triple at the Northwestern (Iowa) College Red Raider Open last week. He finished with a mark of 6.29m in the long jump and recorded a personal best jump of 13.32m in the triple jump.

Men Track: Alejandro Sanchez (Plano, Texas) had a strong showing in the 400-meter with a second place finish with a season-best time of 49.11 at the Red Raider Open at Northwestern College.

Women Field: Samantha McNeel (Custer, S.D.) led SMSU at the Red Raider Open earning a third place finish with a time of 1:08.72 in the 400-meter hurdles and also finished fourth in the long jump with a season-best mark of 5.14m (16-10.50).

Women Track: Amanda Grengs (Minneota, Minn.) finished in sixth place in the 1500-meter with a time of 5:06.58 at the Red Raider Open.

SIOUX FALLS

The USF track & field team competed in the Red Raider Open and the Kansas Relays this past weekend and came away with six NCAA provisional qualifying marks and two school records. This next week the Cougars will have athletes competing in the Mount Marty Twilight, Drake Alternative Meet and the Drake Relays.

Women Track: Sierra Harder (Distance, Sr., Mountain Lake, Minn./Mountain Lake HS) claimed the school record in the 10,000m run at the Kansas Relays with her time of 38:24.28. Harder finished ninth overall and currently holds the second fastest 10k time in the NSIC.

Women Field: In the Pole Vault, Brigitte Gross (PV, Sr., Alexandria, S.D./Hanson HS) came away with a fifth place finish at the Kansas Relays with her NCAA provisional vault of 12-11.5 (3.95m) which was just a quarter inch off her of season best mark. Gross currently holds the highest vault in the NSIC and the fourth highest vault in Division II this season.

Men Field: In the Pole Vault, Scott Greenman (PV, So., Clovis, Calif./Clovis HS) was just three inches off of his NSIC leading vault when hit cleared 16-7.25 (5.06m) at the Kansas Relays where he finished 12th overall. In addition to holding the top mark in the NSIC, Greenman also has laid claim to the third best mark in Division II with his vault of 16-10.75 (5.15m) at the Sioux City Relays earlier this year.

Men Track: In the men's 5,000m run, USF's Bobby Brockmueller (Distance, Jr., Brandon, S.D./Brandon Valley HS) ran a NCAA provisional qualifying time of 14:35.71 on his way to a runner-up finish at the Kansas Relays. Brockmueller's time is the fastest run in the NSIC and the 35th fastest time in Division II this season. Brockmueller also crushed a USF school record by over seventeen seconds that was previously held by his brother, Billy Brockmueller.

ST. CLOUD STATE

St. Cloud State track and field were off this last week as their meets were cancelled due to winter weather that entered the area. The Huskies will be back in action this weekend on Saturday, April 26 as they compete in the Drake Alternative which is hosted by Gustavus Adolphus.

WAYNE STATE

Women Field: Emily Wells - (Senior, Albion, NE) hit an NCAA Automatic Qualifying Mark in the hammer throw with a mark of 187' 9" at the Prairie Wolf Invite. She finished 2nd behind the previously #1 ranked thrower, teammate - Carly Fehringer. She is currently ranked 6th in the NCAA National Rankings.

Women Track: Lexi Guhl - (Senior, Omaha, NE) won the 100 meter hurdles at the Prairie Wolf Invite with a time of 15.35 seconds. She is currently ranked 11th in the NSIC in the event.

Men Track: - Jared Balady - (Junior, Murietta, CA) won the 400 meter hurdles at the Prairie Wolf Invite hosted by Nebraska Wesleyan University on Friday in Lincoln, NE. Balady's winning time was 56.20. He is currently ranked 2nd in the NSIC with a season best time of 55.22 seconds.

Men Field: Joe Warth - (Freshman, Columbus, NE) placed in the top 3 in three events at the Prairie Wolf Invite. He placed second in the shot put with a mark of 46' 4". He followed that up with a pair of third place finishes - 150' 1" in the hammer throw, and 137' 4" in the discus throw.

The Wildcats will have a very busy week: a partial squad will compete on Tuesday at the Mount Marty College Invitational; selected athletes will compete in the Drake Relays on Friday/Saturday in Des Moines; the majority of the team will compete at the Viking Invite hosted by Grandview University on Friday in Des Moines; and Megan Svitak and Ellen Wulf will compete in the NSIC Heptathlon on Sunday/Monday in Aberdeen, SD.

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WINONA STATE

The Winona State track and field team recorded three NCAA Championship provisional marks in the hammer throw while Hannah Mueller recorded one of her own in the long jump Friday at the Phil Esten Challenge in La Crosse, Wis.

Women Field: The Warriors had three provisional marks in the hammer throw, with Nicole Nelson leading the way with a throw of 51.47 meters to place fourth. Abbey Ristow added another with a throw of 50.30 to place fifth while Delaney Miller was sixth with a toss of 50.13 meters. Miller also recorded a sixth-place finish in the shot put with a mark of 12.83 meters. Mueller recorded her provisional mark while winning the long jump, recording a top jump of 5.83 meters. Teammate Melissa Femrite added a sixth-place showing in the event.

Natalie Busher led a strong WSU performance in the javelin with a throw of 33.46 meters to place second while Paige Garriga was one spot behind in third with a mark of 33.32 meters.

Women Track: Catherine Whitcomb posted a pair of top-four finishes on the day, placing third in the 400 meters and fourth in the 200. Kelsey Bethke added a fourth in the 400 and seventh in the 200 while Megan Seidl was sixth in the 400. Taylor Vogel (400 meter hurdles), Jordan Skelly (1500 meters) and Andrea Bartz (triple jump) also posted third-place finishes. Caitie Zepczyk also posted a fourth-place showing in the discus with a mark of 42.85 meters. Two Warriors recorded strong showings in the 5000, with Chelsea Schrubbe finishing sixth and Amber Stoick seventh. Jordana LeSavage was also strong for the team in the 10,000, placing fifth while Heidi Hujik was seventh.

The Warriors finished third as a team in the nine team meet, totaling 103 points. Host Wisconsin-La Crosse took home the team title with a score of 203. WSU has a busy week in front of it, with Warrior competitors taking part in three different meets during the weekend.





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

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

