



Nick Kornder • Asst. Commissioner for Media Relations • 2999 County Road 42 West • Burnsville, MN 55306 • P: 651.288.4017 • F: 952.378.1694 • Kornder@northernsun.org

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
- 4/29/14 Nathan Hancock, 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
- 4/29/14 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
- 4/21/14 Emily Wells, Wayne State
- 4/29/14 Chanel Miller, Minnesota Duluth

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)
- 4/29/14 Kyle Blakeslee, Augustana

NSIC CHAMPIONSHIPS SET FOR MAY 9-10 IN WINONA

The NSIC Outdoor Championships will take place May 9-10 at Winona Community Track & Recreation Complex in Winona, Minn.



NSIC Men's Field Athlete of the Week:

Minnesota State junior Nathan Hancock (Independence, Mo.) won his first NSIC championship in the decathlon with a personal record point total of 6,664. Overall Hancock finished in first place in the long jump (6.73m), high jump (2.01m) and 400-meter dash (51.41). He also finished first and had personal bests in the 100-meter dash (11.18), 110-meter hurdles (15.74), and the javelin throw (47.29). He placed second in the shot put (10.52m), discus throw (29.32m), pole vault (4.15m), and the 1,500-meter run (4:54.57) to take home the crown. His point total ranks him 12th among NCAA Division II student-athletes and meets the provisional-qualifying standard.

NSIC Men's Track Athlete of the Week:

Minnesota State senior Jerrell Hancock (St. Louis, Mo.) finished in ninth place at the Drake Relays in the 100-meter dash finishing with a provisional-qualifying time of 10.51. Hancock qualified for the national meet earlier this year with a time of 10.32 which ranks first in the NSIC and sixth in NCAA Division II.



NSIC Women's Field Athlete of the Week:

Minnesota Duluth's Chanel Miller repeated as NSIC Outdoor Heptathlon Champion. She went into the second day holding down the No. 4 spot through the first four events, but placed second in the long jump (5.47 meters) and then won the javelin toss -- her lone title in any of the seven events -- with a throw of 37.86 meters for 626 points. That was a hefty 113 points more than the next closest competitor. A fourth place-effort in the 800-meter run (2:31.94) concluded the afternoon and gave her 4,769 points and a five-point cushion over runnerup Katlyn Sawtelle of the University of Sioux Falls.



NSIC Women's Track Athlete of the Week:

Augustana's Kyle Blakeslee (Distance, Sr., Cannon Falls, Minn./Cannon Falls HS) turned in Augustana's first automatic qualifying time of the season and helped them to a Drake Relays title in record-breaking fashion. Blakeslee finished fourth overall and as the top non-Division I runner in the women's 3,000-meter steeplechase with an automatic qualifying 10:23.84 which ranks third in Division II this season. The Cannon Falls, Minn. native has won the NSIC steeplechase three times in her career and earned All-American honors twice. While the distance medley relay is only an indoor-championship sponsored event, Blakeslee and the Augustana women still made history with their winning time. Blakeslee helped the Vikings to a 11:32.87 which broke the Viking record and won the title for the second time in four years.



NSIC Team Notes AUGUSTANA

Augustana sent their biggest group of athletes to the Drake Relays since they started attending five years ago and they came back with a pair of trophies and a host of qualifying times. Leading the way was Kyle Blakeslee who earned an automatic qualifying time in the women's 3,000-meter steeplechase and helped the Vikings to a record-breaking distance medley relay victory. The men's DMR doubled up on victories when Harald Karbo out-kicked a pack of four runners to win their fourth title in five years -- Aduo Omot has run the 400-meter leg on all four of Augustana's Drake Relay champion DMR teams. The women's 4x400-meter relay team ended with a fifth-place finish, but they still managed to break the Augustana record two times. The quartet of Carina Hofmeister, Anne Parsley, Colleen Everson, and Kayla Mescher qualified in 3:46.58 to break the 16-year old record by over a second then just over 24 hours later they did it again with a 3:45.19 which ranks in the top nationally.

(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 (Distance, Sr., Cannon Falls, Minn./Cannon Falls HS) turned in Augustana's first automatic qualifying time of the season and helped them to a Drake Relays title in record-breaking fashion. Blakeslee finished fourth overall and as the top non-Division I runner in the women's 3,000-meter steeplechase with an automatic qualifying 10:23.84 which ranks third in Division II this season. The Cannon Falls, Minn. native has won the NSIC steeplechase three times in her career and earned All-American honors twice. While the distance medley relay is only an indoor-championship sponsored event, Blakeslee and the Augustana women still made history with their winning time. Blakeslee helped the Vikings to a 11:32.87 which broke the Viking record and won the title for the second time in four years.

Women Field: Kelsey Kaufmann (High Jump, So., Arlington, S.D./Arlington HS) hit two provisional marks in the women's high jump over the weekend. Kaufmann cleared her first two heights with ease then made it over the provisional height of 1.68 meters (5-6) on her second attempt to finish 19th at the Drake Relays, the highest among Division II competitors. Making the quick trip to Indianola, Iowa, Kaufmann again cleared the same height and narrowly missed her attempts at 1.73 meters (5-8) and took second in the Kip Janvrin Open.

Men Track: Aduo Omot (Mid-Distance, Sr., Worthington, Minn./Worthington HS) ran on three relay teams at the Drake Relays for the Vikings including his fourth distance medley relay title at the esteemed relay meet. Omot ran the 800-meter leg on the winning team that clocked a 9:51.78 keeping his undefeated DMR record at the Drake Relays intact and giving Augustana their fourth title in five years. Omot also ran the 800-meter leg on the third-place sprint medley relay team then the anchor leg on the Vikings' 4x400-meter team.

BEMIDJI STATE

Women Field: Kaneeshia Johnson (So., Rosemount, Minn.) turned in the seventh-best distance of the NSIC salon and set a new Bemidji State triple jump record Saturday at the Al Cassel Relays in Valley City, N.D. The sophomore turned in a mark of 36-4 1/4 to surpass an eight-year-old record established by Ashley Spolarich in 2005 (36-0 3/4) by over three inches. She placed second in the event. She also placed eighth in the long jump (16-2 1/4). At the Cobber Twilight April 22, she matched a season-best 16-7 to claim sixth in the long jump and took fifth in the triple jump (34-00 3/4).

The Bemidji State University track and field team continued its outdoor season with two meets April 21-27. Tuesday the Beavers competed in the Cobber Twilight in Moorhead, Minn. before traveling to Valley City, N.D. to participate in the Al Cassel Relays Saturday. In all the Beavers posted 20 season-best marks including a school record. Tuesday the Beavers were led by Sara Melom (So., Dawson, Minn.), who placed second in the 400-meter dash (1:02.05), while getting the Beavers' 4x100-meter relay team out of the gates to a season-best time (51.29). Nikki Anderson (So., Becker, Minn.), who ran the anchor leg of BSU's 4x100 relay, posted a 16.28 to establish a 2014-best in the 100-meter hurdles and place second. In addition, Austyn Eng (So., Braham, Minn.) placed third in the pole vault, clearing 10-2.75. Saturday it was Kaneeshia Johnson (So., Rosemount, Minn.) who led the charge. The sophomore recorded a 36-4 1/4 in the triple jump to erase a BSU record established in 2005. She placed second in the event. She also placed fifth in the long jump (16-2 1/4).

CONCORDIA-ST. PAUL

Women Field: Esther Jandrich (Pole Vault, 5'6", Jr., Forest Lake, Minn. / HS) set an outdoor school record in the pole vault as she cleared 3.68m to finish third in the Hamline Twilight. She nearly broke her own record again on Saturday at the Drake Alternative as she cleared 3.51m to finish fourth.

Women Track: Alyssa Christianson (Sprints, 5'6", Sr., Marshall, Minn. / HS) set a new school record in the 400m at the Drake Alternative on Saturday and helped the 4x200m relay set a school record on Friday at the Drake Relays as well. In the 400m, she finished second with a time of 57.17. The previous record was held by Katie Johnson with a time of 57.59 set back in 2008. The 4x200m team finished ninth with a time of 1:42.64 to set the record.

Men Track: Josh Smith (Distance, 6'0", Fr., Ashland, Wis. / HS), at the Hamline Twilight featured one men's event, the 10000 meter run, which resulted in a record-breaking performance from Smith. Smith ran a time of 32:33.44 to break the school record by 50 seconds in a first place finish.

UNIVERSITY OF MARY

Women Track & Field: Molly McDonald placed third and Julie Dinius fifth at the 2014 NSIC Women's Multi Championships. Both sophomores, McDonald rolled up an NCAA provisional qualifying total of 4,534 points and Dinius had 4,125 points. McDonald captured three of the seven events; the 100 meter hurdles, the high jump and the long jump. Dinius placed in the top ten of all seven events. The duo combined to earn the Marauders ten team points towards the 2014 NSIC Women's Outdoor Track & Field Championships... Stephanie Fey set a school record in the hammer throw and the Marauders captured seven titles at the Al Cassel Relays. Fey hurled the hammer 152' 10" to establish a new school mark in the event. She finished second in the hammer throw, the discus and the shot put. Winning events for the Marauders was: Brittany Osborne (100 meter dash), Kathryn Stewart (200 meter dash), Brienna Lynch (400 meter dash), Davina Carr (pole vault), Faith Kjelstrup (long jump), Brittney McKinney (triple jump), and Terese Hinnekamp (discus).

Men's Track & Field: Hwang Lee placed fifth at the NSIC Multi Championships after collecting 5,078 points over ten events. Competing in his first decathlon, the freshman from Hamilton, Ontario, placed second in the high jump and third in both the 100 meter dash and the 110 meter hurdles... U-Mary picked up six wins at the Al Cassel Relays. Steven Gordon won the 800, Joe Berger captured the high jump, Cody Phillips was victorious in the pole vault, Jerrod Shaffner placed first in the triple jump, Travis Gavin headlined the discus leaderboard, and the 4x400 relay team posted the fastest time of the day.

MINNESOTA DULUTH

Men's Track & Field: Sophomore James Ryan got his first taste of Northern Sun Intercollegiate Conference Outdoor Decathlon Championship competition and the University of Minnesota Duluth sophomore placed an impressive third at the two-day event, which wrapped up Monday afternoon in Aberdeen, S.D. Ryan rolled up 5,374 points to trail only Minnesota State University-Mankato's Nathan Hancock (6,664 pts.) and Colin Goligoski (5,923 pts.) of Concordia University-St. Paul among the nine participants. The Oakdale, Minn., native won the shot put title (10.79 meters), took second in both the 100-meter dash (11.58) and 110-meter high hurdles (15.88) and was third in the javelin throw (41.40 meters). With Ryan's third-place finish, the Bulldogs will enter the NSIC Outdoor Track and Field Championships (at Winona State University on May 9-10) with six team points already in their coffers.





MINNESOTA DULUTH (CONT)

Women's Track & Field: Chanel Miller repeated as NSIC Outdoor Heptathlon Championship. She went into the second day holding down the No. 4 spot through the first four events, but placed second in the long jump (5.47 meters) and then won the javelin toss -- her lone title in any of the seven events -- with a throw of 37.86 meters for 626 points. That was a hefty 113 points more than the next closest competitor. A fourth place-effort in the 800-meter run (2:31.94) concluded the afternoon and gave her 4,769 points and a five-point cushion over runnerup Katlyn Sawtelle of the University of Sioux Falls. Maher, meanwhile, accumulated 4,368 points and took first in the 800-meter run (2:31.56) and second in the 200-meter dash (26.36). The University of Mary's Molly McDonald wound up third with 4,534 points. Thanks to Miller's and Maher's high finishes, the Bulldogs will enter the NSIC Outdoor Track and Field Championships (at Winona State University on May 9-10) with 15 team points in their coffers.

MINNESOTA STATE

The Minnesota State men's and women's team competed in the Drake Relays, Drake Alternative, and Kip Janvrin Open this past weekend. At the Drake Relays senior Chris Reed finished fourth in the hammer throw with a toss of 200' 2". The 4x100-meter relay team of freshman Myles Hunter, junior Anthony Gustafson, junior Carmono Lane, and senior Jerrell Hancock qualified for the finals of the 4x100-meter relay finishing in seventh place with a time of 41.35 at the Drake Relays. In the 4x100-meter relay finals they finished in sixth place with a time of 41.30 which ranks first in the Northern Sun Intercollegiate Conference. At the Drake Alternative sophomore London Thurman had a leap of 45' 10 1/2" which was good enough for first place. Senior Randy Khieu finished in fourth place in the long jump leaping 22' 1". In the 800-meter run junior Alexander Schoneberger finished in third place for the Purple and Gold with a time of 1:56.26. At the Kip Janvrin Open Hunter ran a time of 14.24 in the 110-meter hurdles finishing in first place. In the high jump freshman Frank Veldman finished in fourth place with a leap of 6' 6 1/4".

Men's Track: Senior Jerrell Hancock (St. Louis, Mo.) finished in ninth place at the Drake Relays in the 100-meter dash finishing with a provisional-qualifying time of 10.51. Hancock qualified for the national meet earlier this year with a time of 10.32 which ranks first in the NSIC and sixth in NCAA Division II.

Men's Field: Junior Nathan Hancock (Independence, Mo.) won his first NSIC championship in the decathlon with a personal record point total of 6,664. Overall Hancock finished in first place in the long jump (6.73m), high jump (2.01m) and 400-meter dash (51.41). He also finished first and had personal bests in the 100-meter dash (11.18), 110-meter hurdles (15.74), and the javelin throw (47.29). He placed second in the shot put (10.52m), discus throw (29.32m), pole vault (4.15m), and the 1,500-meter run (4:54.57) to take home the crown. His point total ranks him 12th among NCAA Division II student-athletes and meets the provisional-qualifying standard.

Women's Track: Junior Samantha Soupier (Omaha, Neb.) took the top spot in the 3,000-meter steeplechase at the Drake Alternative meet hosted by Gustavus Adolphus College on Saturday finishing with a time of 11:37.35.

On the women's side at Drake the 1600-meter sprint relay team of junior Jenni Vantinen, sophomore Holly Suss, freshman Brianna Puckett, and freshman Maddi Sjelin finished in 14th place with a time of 4:05.59. The 4x100-meter relay team of junior Zevin Carter, junior Sid'Reshia Floyd, sophomore Holly Suss, and Puckett finished in 12th place with a time of 48.01. The 4x400-meter relay team consisting of junior Jenni Vantinen, junior Madison Alexander, freshman Taylor Glover, and freshman Taylor Naatz finished in 15th place with a time of 3:51.57 which ranks them third in the Northern Sun Intercollegiate Conference while the team of Jessie DeJong, junior Halee Peterson, junior Madison Alexander, and Sjellin finished 14th in the DMR crossing the finish line with a time of 12:34.27.

At the Drake Alternative meet seven Mavericks finished in the top three of their respected events. Junior Morgan Stampely finished first in the weight throw with a toss of 171' 3" while senior Anna Ryan finished first in the discus throw with a throw of 143' 1". In the triple jump junior Anna Veroeven had a leap of 38' 10 1/2" placing her in first place. Sophomore Samantha Soupier was the top finisher in the 3000-meter steeplechase finishing with a time of 11:37.35. Fellow sophomore Amber Dahl placed second in the 100-meter hurdles crossing the finish line with a time of 15.86. In the pole vault junior Bryanna Sudman finished second while freshman Nicole Larson finished in third each clearing the 12' mark.

At the Kip Janvrin Open Puckett and Veroeven each finished in second place in their respected events. Puckett had a leap of 18' 5 3/4" in the long jump while Veroeven jumped 37' 11 1/4" in the triple jump. In the 100-meter hurdles sophomore Brooke Foreman finished with a time of 14.65 to finish in third place for the Purple and Gold. Senior Sarah Bowler ran a time of 12:12.32 finishing in eighth place in the 3000-meter steeplechase.

MSU MOORHEAD

Men Track: Jonathan Demus (Junior, Sprints, San Diego, Calif. / Horizon HS) had a good day at the Al Cassell Relays on Saturday, winning two events. He won the 100-meter dash at 10.73 -- fifth-fastest time in the NSIC this season -- and the 200-meter dash at 21.79, fourth-fastest in the NSIC this season.

Men's Field: Nate Cole (Jumps, Jr., Fergus Falls, Minn. / Fergus Falls HS) had a good day in the jumps at the Al Cassell Relays on Saturday, winning two events. Competing in cool weather with gusty winds, Cole won the long jump at 20-7 and was second in the triple jump at 42-1.

Women Track: Tia Knight (Junior, Hurdles/Sprints, Spring Valley, Calif. / Steele Canyon) picked up three more wins as the Dragons competed at a pair of competitions. At the Cobber Twilight, the junior claimed two wins. She edged Northern State's MaKenzie Hageman at the line to win the 100-meter dash with a time of 12.23, which is the fourth-fastest in the Northern Sun Intercollegiate Conference this season. Knight also edged Hageman in the 200-meter dash by .09 seconds, running a winning time of 24.65, second-fastest in the NSIC this season. At the Al Cassell Relays on Saturday, Knight won the 100-meter hurdles at 14:17 and was third in the 200-meter dash at 24.98.

Women's Field: Chelsea Klemetson (High Jump, Jr., Sabin, Minn. / Moorhead HS) picked up two more wins in the high jump to make it six on the season in the event (indoor and outdoor combined). At the Cobber Twilight meet on April 22, Klemetson won the high jump with an effort of 5-4 1/4. Klemetson, who now has five event wins during the 2014 season (indoor and outdoor), is ranked first in the NSIC in the event. On Saturday at the Al Cassell Relays, she won the high jump at 5-6, which is an NCAA provisional qualifying height. That height is tied for best in the Northern Sun Intercollegiate Conference this season.





MINOT STATE

Men Track: Minot State University men's track & field team had 10 individuals in the top 10 and senior Adedamola Sobande (Sr., 6-1, Throws, St. Paul, Minn. / St. Paul Central / Ridgewater College) broke the school record in the hammer throw at the Gustavus Adolphus College Drake Alternative Meet Saturday. Sobande set the school mark with a toss of 163-feet-08 and finished with a personal best of 130-8 in the discus, taking 10th overall in the disc. Freshman Tyler Bates (Sprints, 5-11, Fr., Watford City, N.D. / Watford City) and Kirk Capdeville (Pole Vault, 5-11, Jr., Hinsdale, Mont. / Hinsdale) both finished with second place finishes as Bates was second in the 400-meters with a time of 49.48 seconds and added a third in the 200. Capdeville was second in the pole vault clearing 15-feet-½. The Beavers are set to compete in the Minnesota State University Moorhead Ron Masanz Open Saturday.

Women's Track & Field: Sienna Dailey (Sprints, 5-9, Jr., Glasgow, Mont. / Glasgow) outdueled Concordia-St. Paul's Alyssa Christianson and University of Sioux Falls' Kendra Knight to win the 400-meters at the Gustavus Adolphus College Drake Alternative Meet Saturday in St. Peter, Minn. Dailey broke Christianson's meet record in the event with a time of 56.86 seconds. Dailey also took third in the 200 with a time of 26.56. Minot State University had 14 top 10 finishes including an individual champion, a relay champion and a meet record Saturday at the Gustavus Adolphus College Drake Alternative Meet. Sienna Dailey (Sprints, 5-9, Jr., Glasgow, Mont. / Glasgow) won the 400-meters with a time of 56.86, breaking the meet record, and was third in the 200-meters. The team's 4x400 relay team also captured a championship with a solid time of 4:04.62. DelRay Audet (Hurdles, 5-10, So., Minot, N.D. / Minot) also finished with two top finishes as she took second and fourth place respectively in the 400 and 100 hurdles. Rounding out Minot State placemen was Mary Roy (Jumps, 5-5, Fr., Mount Vernon, Ore. / Grant Union) who was eight in the 400 and ninth in the triple jump. The Beavers are set to compete in the Minnesota State University Moorhead Ron Masanz Open Saturday.

NORTHERN STATE

Men Field: Lucas Osowski, So., Coon Rapids, Minn. took second in the shot put at the Kip Janvrin Open for the Wolves as he had a career-best throw of 48'-11".

Men Track: Till Olson, Fr., Whitewood, S.D. got a pair of top-10 finishes in the hurdles as he placed third in the 110-meter hurdles running a career-best time of 16.25. Olson followed that up with a seventh-place showing in the 400 hurdles with a time of 1:01.86.

Women Field: Alex Webster, Sr., Ashley, N.D. got a pair of top-15 finishes at two meets over the weekend for the Wolves. Webster placed 13th at the Drake Relays with a throw of 135'-10" of the 12 who placed above Webster, 11 were from Division I schools. At the Kip Janvrin Open, Webster placed second with a throw of 140'-7".

SOUTHWEST MINNESOTA STATE

Men Field: Sophomore Ben Tonsager (St. James, Minn.) took home first place in the shot put with a personal best throw of 15.43m (50-07.5) at the Gustavus-Drake Alternative held this past Saturday in St. Peter. It's the second time he has earned first place in a meet this spring.

Men Track: Junior OJ Ojullu (Worthington, Minn.) captured first place – his first of the outdoor season - in the 1500-meter with a personal best time of 4:05.93 at the Gustavus-Drake Alternative Meet held this past Saturday in St. Peter.

Women Field: Freshman Samantha McNeel (Custer, S.D.) earned a seventh place finish in the long jump at 4.94m (16-02.5) at the Gustavus-Drake Alternative Meet last Saturday in St. Peter, Minn.

Women Track: Freshman Rylee Armstrong (Peace River, Alberta, Canada, placed 14th in the NSIC Heptathlon held at Northern State this past Sunday and Monday. She finished tied fourth in the high jump, fourth in the long jump, fifth in the shot put and eighth in the javelin.

SIoux FALLS

The Cougars had athletes competing in the Mount Marty Invite, Drake Relays and the Drake Alternative meet this weekend and came away with several impressive performances, including two NCAA provisional qualifying times, one school record and four event titles. Next up the Cougars will compete in the Howard Wood Relays in Sioux Falls on May 2 and 3.

Women Track: Kendra Knight (Sprints, Sr., Mitchell, S.D./Mitchell HS) finished third overall in the 400m Dash with her time of 57.43 which is the sixth fastest time in the NSIC this season.

Women Field: Marissa Whipple (T, Jr., Baltic, S.D./Baltic HS) came away with a 4th place finish in the Shot Put at the Drake Alternative Meet with her toss of 41-7.25 (12.68m). Whipple also finished 6th in the Hammer Throw with her toss of 151-0 (46.04m).

Men Field: The weekend was highlighted by Jordon Bents (T, Jr., Worthington, Minn./Worthington HS) who finished 13th overall with his NCAA provisional qualifying and USF school record toss of 55-3.5 (16.85m) at the Drake Relays. In addition to breaking the 21 year old school record, Bents mark is the 17th best mark in Division II and the second best mark in the NSIC this season.

Men Track: Bobby Brockmueller (Dis., Jr., Brandon, S.D./Brandon Valley HS) earned runner-up honors in the 1500m run with his time of 3:53.42. Brockmueller currently holds two of the top three 1500m times in the NSIC this season.

ST. CLOUD STATE

St. Cloud State track and field was back in action Saturday as they competed at the Drake Alternative hosted by Gustavus Adolphus. The Huskies posted four individual titles and one relay title.

Women Track: Freshman Heather Landwehr posted a 13.17 mark in the 100m dash to take the title. Taking second in the 1,500m run was Kassie Vaness posting a personal best time of 4:51.57. The Huskies' "A" relay team earned a title in the 4x100m relay (48.34), which is a new meet record and posted a second place finish in the 4x400m relay on a time of 4:05.10. Also last week Kassie Vaness and Sam Sunstrom competed in the 10,000m run at the Hamline Twilight. They earned the one-two punch as Vaness took the title in the 10,000m off a time of 36:54.19, while Sunstrom came in second posting a time of 37:24.54. With Vaness' time she shattered her own personal best by over three minutes, which she set back in 2012.

Women Field: Patience Yalartai (Fr., Bloomington, Minn.) posted two second place finishes in the long jump off a mark of 18-03.00 and in the triple jump with a mark of 38-07.00. Both of her marks are new personal bests and her triple jump mark is a NCAA provisional qualifying mark. She is now ranked second amongst the league in triple jump.

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ST. CLOUD STATE (CONT)

Jumping to a height of 5-01.00 for a second place finish in the high jump was sophomore Kellan Flynn. Cassie Cardinal took second in the shot put throwing for a distance of 43-05.75. In the hammer throw it was Ashley Ritter earning a second place finish as she hit a personal best and NCAA provisional mark of 166-11. In the women's NSIC Multi Championships heptathlon, Laure Olson finished the heptathlon in sixth place (4021 pts.) and posted her top finish in the shot put as she earned the title on a distance of 34-05.50. Other top finishes by Olson came in the 800m run with a seventh place finish on a time of 2:37.70 and eighth in the 100m hurdles posting a mark of 15.90.

Men Field: Ryan Johnson (So., Amery, Wis.) had a great weekend at the Drake Alternative as he earned an individual title in the hammer throw with a personal best and a NCAA qualifying mark distance of 184-09. With his mark in the hammer throw he is now ranked third in the league. Johnson also finished second in the discus throw, as he posted a distance of 151-10.

Joe Mooney took the title in the high jump as he hit a mark of 6-06.75. Taking second in the long jump was Keyshawn Davis with a distance of 23-00.75. In the NSIC Multi Championships, Dan Weber ended the decathlon in seventh (4620 pts.) recording big finishes as he posted a fourth place finish in the 1,500m run as he ran to a time of 4:57.01 and earned two fifth place finishes in the high jump (5-07.25) and in the 400m dash (56.33).

Men Track: Senior Leon Cheney earned the title in the 400m dash as he posted a time of 48.98. Dillando Allotey took second in the 200m dash with a time of 22.68. Rashad Harris tallied a fourth place finish (1:57.12) in the 800m and third (4:09.51) in the 1,500m run.

WAYNE STATE

Women Field: Carly Fehringer - (Senior, Wayne, NE) - Fehringer placed second in the hammer throw at the Drake Relays with a throw of 195' 5" out of a field of 27 athletes, which were mostly NCAA DI competitors.

Women Track: Rebecca Davenport - (Junior, Sargent, NE) - Davenport won the 400 meter hurdles in a time of 1:05.32 at the Viking Classic hosted by Grandview University in Des Moines. She also led the 4 x 400 meter relay team to a win with a solid lead-off in a time of 60.1 seconds.

Men Track: - Justin Brueggemann - (Sophomore, Plattsmouth, NE) posted a first place finish in the 5,000 meter run to lead the Wayne State College men's track and field team Friday at the Viking Classic held in Des Moines, Iowa and hosted by Grand View University. Brueggemann led a 1-2-3 finish for the Wildcats crossing the line first in 16:02.71 followed by Garang Lual just over one second back at 16:03.95 with Nathan Boggess third at 16:50.97.

Men Field: Derek Lahm - (Freshman, Columbus, NE) - Lahm took second in the long jump 21' 6" to go with a fifth place finish in the javelin throw at 152' 3" in the Viking Classic hosted by Grandview University in Des Moines.

The Wildcats will compete in the Howard Wood Dakota Relays in Sioux Falls on Friday and Saturday.

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: Lindsey Lowe finished ninth and Natalie Busher was tenth in the heptathlon for the Winona State track and field team Monday at the NSIC Multi-Event Championship in Aberdeen, SD. Lowe totaled 3,902 points in the seven event heptathlon to earn her ninth place finish. Her top performance was a fourth place showing in the high jump. Busher was one spot behind in tenth, totaling 3,883 points. Busher's top finish in any of the seven events was second in the javelin. The Multi-Event Championship served as the opener to the NSIC Outdoor Championship, with the remaining events hosted by Winona State on May 9-10.

Women Track: Jordan Skelly shattered her own school record in the 3000 meter steeplechase as the Winona State track and field team won six events at the Saint Mary's Open Saturday in Winona. Skelly won the steeplechase with a time of 10:59.86, bettering the school record she set earlier this season by 17 seconds. Her time was also an NCAA Division II Championship provisional qualifying mark.

Winona State will return to action at the Meet of the UnSaintly on May 2-3 at Hamline in Minneapolis.





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.

