



## RELEASE No. 8

FOR IMMEDIATE RELEASE

# OUTDOOR TRACK & FIELD RELEASE

MENS & WOMENS

MAY 19, 2014

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### NSIC NATIONAL QUALIFIERS

#### Augustana

|                   |                            |
|-------------------|----------------------------|
| Kyle Blakeslee    | 3000m Steeplechase / 5000m |
| Kristin Brondbo   | 1500m / 5000m              |
| Meritxell Delgado | 10000m                     |
| Kayla Mescher     | 400m hurdles / 4X400 relay |
| Carina Hofmeister | 4X400 relay                |
| Colleen Everson   | 4X400 relay                |
| Anne Parsley      | 4X400 relay                |
| Aduo Omot         | 800m                       |
| Henrik Hansson    | 1500m                      |
| Harald Karbo      | 3000m steeplechase         |

#### U-Mary

|                   |                             |
|-------------------|-----------------------------|
| Kathryn Stewart   | 100m / 200m / 4X100 / 4X400 |
| Cassandra Jones   | 400m / 4X100 / 4X400        |
| Brienna Lynch     | 800m                        |
| Janet Johnson     | 100m hurdles / 4X100        |
| Brittany Osbourne | 4X100                       |
| Crystal Hovland   | 4X400                       |
| Josie Guptill     | 4X400                       |

#### Minnesota Duluth

|                 |                    |
|-----------------|--------------------|
| Samantha Rivard | 5000m / 10000m     |
| Chanel Miller   | Heptathlon         |
| Allie Rudin     | 3000m steeplechase |
| Dan Nielsen     | 3000m steeplechase |

#### Minnesota State

|                 |                            |
|-----------------|----------------------------|
| Jerrell Hancock | 100m / 200m                |
| Chris Reed      | Shot put / Discus / Hammer |
| Myles Hunter    | 110m hurdles               |
| Morgan Stampley | Hammer                     |
| Bryanna Sudman  | Pole Vault                 |

#### MSU Moorhead

|                   |              |
|-------------------|--------------|
| Kara Nygaard      | Javelin      |
| Chelsea Klemetson | High Jump    |
| Tia Knight        | 100m hurdles |
| Molly Montonye    | 1500m        |

#### Northern State

|              |         |
|--------------|---------|
| Alex Webster | Javelin |
|--------------|---------|

#### Sioux Falls

|                    |            |
|--------------------|------------|
| Scott Greenman     | Pole Vault |
| Jagger Gran        | Pole Vault |
| Jordan Bents       | Shot Put   |
| Brigitte Gross     | Pole Vault |
| Samantha Slaubaugh | Pole Vault |
| Courtney Crandall  | Pole Vault |

#### Wayne State

|                    |                            |
|--------------------|----------------------------|
| Sara Wells         | Shot Put / Discus / Hammer |
| Carly Fehringer    | Hammer / Shot Put          |
| Emily Wells        | Hammer                     |
| Michaela Dendinger | Discus                     |

#### Winona State

|                |        |
|----------------|--------|
| Caitie Zepczyk | Discus |
|----------------|--------|

The NSIC qualified 42 student-athletes to compete in 58 events at the 2014 NCAA Outdoor Track & Field Championships held May 22-24 at Grand Valley State in Allendale, Mich.

#### NSIC Team Notes

##### AUGUSTANA (10)

Augustana sends an NSIC-high 10 athletes to the NCAA Championships this weekend. Five athletes were NSIC champions and conference record holders at the conference championships two weeks ago. Kyle Blakeslee will compete in the women's 3,000-meter steeplechase looking for her third All-American finish in her signature event. She will also compete in the 5,000-meter run and will be joined by Kristin Brondbo in the event. Brondbo will also run in the 1,500-meter run looking to add to her All-American total that currently sits at eight. Meritxell Delgado qualified for her first NCAA Championships and will run in the women's 10k. Kayla Mescher broke the school and conference meet record in the women's 400-meter hurdles and will compete in that along with the women's 4x400-meter relay team which features Augustana record holder Carina Hofmeister and Colleen Everson and Anne Parsley. Aduo Omot looks to recapture his national championship ways in the men's 800-meter run, Henrik Hansson continues to peak in the men's 1,500-meter run, and Harald Karbo qualified for the men's 3,000-meter steeplechase for the second straight year.

##### UNIVERSITY OF MARY (7)

The University of Mary qualified seven student-athletes for the 2014 NCAA Women's Outdoor Track & Field Championships. The Marauders will compete in five individual events and two relays at the championships held May 22-24 at the Grand Valley Track and Field Stadium in Allendale, Mich. Five-time All-American Kathryn Stewart headlines the U-Mary contingent. The junior from Kingston, Jamaica, will compete in four events: the 100 meter dash, 200 meter dash, 4x100 meter relay and the 4x400 meter relay. The 2014 NSIC outdoor champion in all four events and the conference outdoor track athlete of the year, Stewart is ranked 19th nationally in the 200 with a time of 24.18 seconds. Her clocking of 11.82 seconds in 100 places her 21st. Freshman Cassandra Jones is running in three events, the 400 meter run plus the 4x100 and 4x400 relays. Brienna Lynch, a junior from Bismarck, N.D., qualified in the 800 meter run. Her first NCAA appearance individually, Lynch ran on the Marauders 2013 indoor national champion distance medley relay team.

Three-time 100 meter hurdles NSIC champion Janet Johnson is making her sixth and final appearance at the NCAA championships and is hoping to earn All-American honors for the first time. She ranks ninth nationally in the 100 meter and will also run on the Marauders 4x100 meter relay team. Brittany Osbourne joins Stewart, Johnson and Jones on the 14th ranked 4x100. Junior Crystal Hovland and sophomore Josie Guptill will join Stewart and Jones on the 9th ranked 4x400 relay.

##### MINNESOTA DULUTH (4)

The University of Minnesota Duluth will be represented by three women and one man at this week's NCAA II Outdoor Track and Field Championships. Freshman Samantha Rivard, the UST-FCCCA Central Region Outdoor Track Athlete of the Year and reigning NCAA II indoor mile champion, will compete in both the 5,000 (where she owns the nation's second fastest time - 16:29.73) and 10,000-meter run. She also qualified in the 1,500-meter run but elected to not take part in that event. The junior tandem of Chanel Miller and Allie Rudin will also be in Allendale, Mich., this week, strutting their stuff in the heptathlon and 3,000-meter steeplechase, respectively. This will be the second straight year Miller will compete in the heptathlon (she placed 11th last spring) while Rudin is making her NCAA II national track debut. Junior Dan Nielsen will also be making his first-ever NCAA II track appearance in the 3,000-meter steeplechase.

(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.



### MINNESOTA STATE (5)

#### Men's Track & Field

Seniors Jerrell Hancock and Chris Reed as well as freshman Myles Hunter have been selected by the NCAA to take part in the Division II Outdoor Track and Field Championships at Grand Valley State in Allendale, Mich., May 22-24.

Hancock (St. Louis, Mo.) was selected to in two events, the 100 and 200-meter dashes. Hancock's time of 10.37 was a provisional-qualifying time and was tied sixth in NCAA Division II. He also ranks sixth in the 200 meeting the automatic-qualifying standard with a time of 20.86.

Reed (Omaha, Neb.) will be taking part in the shot put, discus throw, and the hammer throw. Reed met the automatic-qualifying standard in both the shot put and the hammer throw and provisionally qualified in the discus throw with a throw of 172' 11" ranking 12th in Division II. His put of 60' 7 3/4" ranks fourth while his toss of 215' 11" is third in the rankings.

Hunter (Conyers, Ga.) made the cut and was selected to take part in the 110-meter hurdles at the championships. He ran a time of 14.06 at the Beach Invitational ranking sixth in the nation to meet the qualifying standard.

#### Women's Track & Field

Juniors Morgan Stampley and Bryanna Sudman have been selected by the NCAA to take part in the Division II Outdoor Track and Field Championships at Grand Valley State in Allendale, Mich., May 22-24.

Stampley (St. Paul, Minn.) will be competing in the hammer throw for the Mavericks. She qualified for the championship meet with a throw of 180' 4", breaking the school record in the process. That toss ranks her 12th in NCAA Division II.

Sudman (Eden Prairie, Minn.) was selected to take part in the pole vault for the Purple and Gold. Her vault of 12' 6 1/4" at the Carleton Relays qualified for this year's championship meet and ranks 14th in NCAA Division II.

### MSU MOORHEAD (4)

The Minnesota State University Moorhead women's track and field team is sending four athletes to the NCAA Division II Outdoor Track and Field Championships, it was announced on Tuesday. Senior Kara Nygaard, juniors Chelsea Klemetson and Tia Knight and sophomore Molly Montonye will represent the Dragons at the national meet on May 22-24 in Allendale, Mich.

Nygaard will be making her first trip to nationals as she qualified in the javelin throw with a mark of 148-2 (45.17 meters). She is ranked 13th in that event. Nygaard was second in the javelin at the NSIC Outdoor Track and Field Championships last weekend.

Klemetson qualified for the nationals in the high jump with a height of 5-7 3/4 (1.72 m). She is ranked ninth going into the event. Klemetson, who transferred to MSUM from Concordia, was fourth in the event at the conference meet last weekend.

Knight, who transferred to MSUM prior to the 2013-14 school year, qualified in the 100-meter hurdles with a time of 13.99, which is a school record she set at the conference meet last weekend. She is ranked 18th out of 21 runners in that event. Knight qualified for the indoor nationals in the 60-meter dash and 60-meter hurdles.

Montonye, who qualified for the nationals indoors in the mile, qualified in the women's 1,500-meter run with a time of 4:31.24, which is 13th-best in the field of 21 runners.

### NORTHERN STATE (1)

Alex Webster will be the Wolves' lone participant at the NCAA Championships this week as she will compete in the javelin throw for NSU. Webster, who is the two-time defending NSIC Champion in the event holds the school record and holds the 14th-best throw this season with a toss of 148'-0".

### SIoux FALLS (6)

The University of Sioux Falls track and field team has qualified six athletes for the 2014 NCAA Outdoor Track and Field Championships held in Allendale, Michigan hosted by Grand Valley State University and the West Michigan Sports Commission. On the men's side, two of the Cougars three qualifiers came in the Pole Vault as Scott Greenman and Jagger Gran will make their second straight appearance at the NCAA Outdoor Championships. Greenman enters the meet with the 5th highest vault this season (16-11.5/5.17m) while Gran's clearance of the bar at 16-7.25 (5.06m) is the 12th best vault in Division II this season. Jordon Bents will also join the Pole Vaulters in Allendale as he qualified in the Shot Put with his toss of 55-4.25 (16.87m) which is the 17th best mark coming into the meet. Each of the three entries for the USF women came in the Pole Vault as Brigitte Gross, Samantha Slaubaugh and Courtney Crandall will each be making the trip to compete in the Championships. Gross enters the meet with the 3rd best mark of the field (13-5.25/4.10m) while Slaubaugh (12-6/3.81m) and Crandall (12-5.5/3.80m) hold the 18th and 19th best marks respectively. The women's Pole Vault is set to begin at 2:00 p.m. on Thursday, May 22 at Grand Valley State Track and Field Stadium. The men's Shot Put and the men's Pole Vault are set for Saturday, May 24 at 2:15 p.m. and 2:30 p.m. respectively.

### WAYNE STATE (4)

The Wayne State College women's track and field team has four athletes that qualified in seven events for this weekend's NCAA Division II Outdoor Track and Field Championships in Allendale, Michigan. The Wildcats enter the national meet ranked 12th in the USTFCCA National Team Championship Rankings, the lone NSIC team listed in the Top 25.

NSIC Women's Outdoor Field Athlete of the Year Sara Wells, a junior from Albion, Neb., has qualified in three events. She was an automatic qualifier in the shot put and has the second best throw in NCAA Division II (52' 4"). Wells is a returning All-American in the discus, where she ranks fourth nationally (164' 0") and is 22nd in the hammer throw.

Wayne senior Carly Fehringer has will compete in two events. She is a returning All-American in the hammer throw and ranks second in NCAA Division II with an automatic qualifying mark of 205' 10" and she also qualified in the shot put.

Albion senior Emily Wells was an automatic qualifier in the hammer throw at 187' 9", the seventh-best throw in NCAA Division II, while Hartington freshman Michaela Dendinger qualified in the discus with the 14th longest throw in NCAA Division II at 155' 2".

### WINONA STATE (1)

Winona State junior Caitie Zepczyk qualified for the NCAA Division II Outdoor Championship in the discus. Zepczyk holds the eighth-best throw in the event in the nation this season and is coming off a second-place finish in the discus at the NSIC Championship two weekends ago. She is making her first career appearance at the NCAA Outdoor Championship.

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