WILDCAT CONFERENCE CHAMPIONSHIP TEAMS

2006 NSIC Indoor Champions

2006 NSIC Outdoor Champions

2007 NSIC Indoor Champions

2007 NSIC Outdoor Champions

2008 NSIC Outdoor Champions
### 2017-18 Indoor Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 1-2</td>
<td>South Dakota State Holiday Open</td>
<td>Brookings, S.D.</td>
</tr>
<tr>
<td>January 12-13</td>
<td>UNL Holiday Inn Invite</td>
<td>Lincoln, Neb.</td>
</tr>
<tr>
<td>January 19</td>
<td>South Dakota State Division II Open</td>
<td>Brookings, S.D.</td>
</tr>
<tr>
<td>January 26-27</td>
<td>Minnesota State Open</td>
<td>Mankato, Minn.</td>
</tr>
<tr>
<td>February 2-3</td>
<td>Husker Invite</td>
<td>Lincoln, Neb.</td>
</tr>
<tr>
<td>February 3</td>
<td>Fred Beile Invite</td>
<td>Crete, Neb.</td>
</tr>
<tr>
<td>February 9-10</td>
<td>South Dakota State Classic</td>
<td>Brookings, S.D.</td>
</tr>
<tr>
<td>February 11-12</td>
<td>NSIC Pentathlon/Heptathlon</td>
<td>Mankato, Minn.</td>
</tr>
<tr>
<td>February 16</td>
<td>South Dakota State Tune Up Invite</td>
<td>Brookings, S.D.</td>
</tr>
<tr>
<td>February 16</td>
<td>Nebraska Tune Up Invite</td>
<td>Lincoln, Neb.</td>
</tr>
<tr>
<td>February 23-24</td>
<td>NSIC Indoor Championships</td>
<td>Mankato, Minn.</td>
</tr>
<tr>
<td>March 9-10</td>
<td>NCAA Division II Indoor Nationals</td>
<td>Pittsburg, Kan.</td>
</tr>
</tbody>
</table>

### 2018 Outdoor Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>March 30</td>
<td>Southwest Minnesota State Invite</td>
<td>Marshall, Minn.</td>
</tr>
<tr>
<td>April 6-7</td>
<td>Concordia Invite</td>
<td>Seward, Neb.</td>
</tr>
<tr>
<td>April 14</td>
<td>Nebraska-Kearney Invite</td>
<td>Kearney, Neb.</td>
</tr>
<tr>
<td>April 13-14</td>
<td>Sioux City Relays</td>
<td>Sioux City, Iowa</td>
</tr>
<tr>
<td>April 20-21</td>
<td>Doane Invite</td>
<td>Crete, Neb.</td>
</tr>
<tr>
<td>April 24</td>
<td>South Dakota Twilight Meet</td>
<td>Vermillion, S.D.</td>
</tr>
<tr>
<td>April 25</td>
<td>Mount Marty Invite</td>
<td>Yankton, S.D.</td>
</tr>
<tr>
<td>April 26-28</td>
<td>Drake Relays</td>
<td>Des Moines, Iowa</td>
</tr>
<tr>
<td>April 29-30</td>
<td>NSIC Heptathlon/Decathlon</td>
<td>Aberdeen, S.D.</td>
</tr>
<tr>
<td>May 5</td>
<td>Nebraska Invite</td>
<td>Lincoln, Neb.</td>
</tr>
<tr>
<td>May 11-12</td>
<td>NSIC Outdoor Championships</td>
<td>Winona, Minn.</td>
</tr>
<tr>
<td>May 24-26</td>
<td>NCAA Division II Outdoor Nationals</td>
<td>Charlotte, N.C.</td>
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</tbody>
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All Area Codes (402)

**Administration**
Dr. Marysz Rames, President’s Office .......... 375-7200
Mike Powicki, Athletic Director ............... 375-7520
Mike Barry, Associate Athletic Director / Sports & Rec Facilities Director ......................... 375-7521
Linda Anderson, Assistant Athletic Director
for Internal Affairs/Senior Woman Administrator .... 375-7308
TBA, Asst. AD/Business Management ............. 375-7183
Chuck Parker, Faculty Athletic Representative ... 375-7078
Deb Harm, Athletic Administrative Assistant .... 375-7520
Athletic Department FAX .............................. 375-7120

**Sports Information**
Mike Grosz, Sports Information Director ........ 375-7326
Lexie Lenihan, Graduate Assistant SID .......... 375-7326
Sports Information FAX .............................. 375-7271

**Training Room**
Muffin Morris, Head Athletic Trainer .......... 375-7310
Jade Johnson, Assistant Athletic Trainer ........ 375-7310

**Strength and Conditioning**
Grant Darnell, Head Coach ....................... 375-7465

**Baseball**
Alex Koch, Head Coach ............................. 375-7012

**Men’s Basketball**
Jeff Kaminsky, Head Coach ....................... 375-7309
Nathan Stover, Assistant Coach ................. 375-7728

**Women’s Basketball**
Chris Kielsmeier, Head Coach .................... 375-7311
Kelly Kielsmeier, Assistant Coach .......... 375-7122

**Cross Country**
Marlon Brink, Head Coach ....................... 375-7507

**Football**
Dan McLaughlin, Head Coach .................... 375-7315
Scott McLaughlin, Defensive Coordinator .... 375-7157
Ben Curran, Offensive Coordinator ............ 375-7115

**Women’s Soccer**
Joe Cleary, Head Coach ......................... 375-7733
Alex Piekarski, Assistant Coach ............... 375-7506

**Softball**
Shelli Manson, Head Coach ....................... 375-7522
Krissi Oliver, Assistant Coach ................. 375-7227

**Track and Field**
Marlon Brink, Head Coach ....................... 375-7507
Brett Suckstorf, Assistant Coach ............. 375-7507

**Volleyball**
Scott Kneifl, Head Coach ....................... 375-7303
Kim DePew, Assistant Coach .................... 375-7560

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An annual event that has become very popular in a short time is the WSC Youth Track Meet that is normally held the first Friday in March in the WSC Recreation Center. This year will mark the sixth annual meet and last year attracted over 130 youth competitors from Wayne, Wakefield, Laurel and Winside that will compete in a variety of eight events.
Innovative programs. Excellent career preparation. Personal attention. Active campus life. Scenic surroundings. Founded in 1891 as Nebraska Normal College, Wayne State College, in Wayne, Neb. earned a distinguished reputation as a teachers’ college from its early days. We’re still a great teachers’ college—but so much more!

Innovative Programs
Wayne State’s four academic schools—Arts and Humanities, Business and Technology, Education and Counseling, and Natural and Social Sciences—offer a comprehensive selection of courses. You’ll find over 150 majors and minors ranging from pre-professional studies to criminal justice to a nationally accredited undergraduate sports management program, and many others in 14 academic departments across campus.

The Rural Health Opportunities Program (RHOP) at Wayne State College provides pre-professional training in medicine, pharmacy and dentistry in cooperation with the University of Nebraska Medical Center. Students who successfully complete the program at WSC are automatically accepted into medical, pharmacy, or dental school at UNMC.

Upper-level education majors at Wayne State have the opportunity to participate in the Northeast Nebraska Teacher Academy (NENTA), the first of its kind in the nation, where WSC students receive classroom experience with participating K-12 schools in the region.

Through WSC WebCat On-line, students can register for class, check on grades and student accounts, from the convenience of their home or residence hall room.

Excellent Career Preparation
Whether students plan to be accountants or wildlife biologists, they receive the preparation they need at Wayne State College. In addition to classes taught by experts in their fields, Wayne State College provides internship and cooperative programs for students in a number of majors. Many regional businesses actively recruit Wayne State students for internships, with many of these internships resulting in full-time employment after graduation.

The WSC Career Services office assists students with career exploration, job preparation skills, interviews, as well as arranging internships and cooperative experiences.

Personal Attention
Students at Wayne State College don’t get lost in the crowd. With an average class size of 21 and a student/faculty ratio of 20:1, WSC students get to know their professors and classmates. Eighty percent of Wayne State professors have the highest degree in their field—and most teach first-year as well as upper-level classes. You will find dedicated professors and instructors at Wayne State College where teaching is their life’s work and their enthusiasm is contagious.

Wayne State College offers a variety of support services and programs to students. The heart of the WSC campus is the Student Center, where academic and personal support services are located. The Learning Center and Peer Tutoring Program are designed to help all students achieve the highest possible level of success in their studies.

Active Campus Life
With more than 90 clubs and organizations on campus, Wayne State College students have many opportunities to be involved in campus and community life.

Wayne State College has an active Greek life, with Greek Olympics being held at Homecoming each fall, as well as other social and service activities. The Student Activities Board (SAB) plans a variety of special programs each year, bringing musical groups such as Dierks Bentley, Three Doors Down, Terri Clark, Vertical Horizon, Five for Fighting, Goo Goo Dolls, Sawyer Brown, Blackhawk, Firehouse, Jason Aldean, Blake Shelton and others to campus. Comedian Adam Sandler and other national performers have performed on campus.

The Multicultural Center, one of the newest campus programs, provides outreach and support to Wayne State College students and the region through special events during the year.

Wayne State College competes in NCAA Division II, and is a member of the Northern Sun Intercollegiate Conference. Competitive sports include football, volleyball, men’s and women’s basketball, men’s and women’s track and field (indoor and outdoor), men’s and women’s cross country, baseball, softball and women’s soccer.

Scenic Surroundings
You’ll feel right at home on Wayne State’s beautiful, historic campus located in the northeast Nebraska community of Wayne. The campus combines stately, historic buildings with the newly renovated Willow Bowl, Student Center, Ramsey Theatre, Studio Arts Building and Connell Hall. A new state-of-the-art outdoor track was completed in the summer of 2013 while field turf was installed in the summer of 2013 to complete a $1.3 million athletic renovation at Bob Cunningham Field/Memorial Stadium.

Wayne State College’s seven residence halls provide students with a comfortable, affordable and convenient place to live with easy access to the entire campus community. Each hall has lounges and recreation areas, laundry facilities, mail service, academic tutors and study areas. Six of the seven halls are wired for access to the campus computer network from your personal computer.
Dr. Marysz Rames  
President

Dr. Marysz Rames was appointed the 13th president of Wayne State College by the Nebraska State College System Board of Trustees on June 14, 2015. She came to Wayne State from Dakota State University in Madison, S.D., where she had served as interim president since Aug. 15, 2014.

Rames earned her education doctorate in adult and higher education in 1997 from the University of South Dakota in Vermillion. She earned her bachelor of science degree in business administration and communication studies, with a minor in economics, in 1982, and her master’s degree in educational administration in 1986, from University of Northern Colorado in Greeley, Colorado.

She spent one year (2014-15) as interim president at Dakota State University (DSU) in Madison, South Dakota. During this time she was instrumental in promoting a strong shared governance system, finalizing the university’s five-year strategic plan, revitalizing the university’s Foundation and actively raising funds to increase scholarships. Rames also worked with the legislature and others in several major new construction and renovation projects.

Prior to her interim appointment, Rames served as the vice president for student affairs from 2000 until June 2015 at South Dakota State University (SDSU) in Brookings. As the senior student affairs officer, Rames oversaw numerous university divisions and initiatives, including, but not limited to, enrollment management, student success, strategic planning, fundraising, fiscal management, diversity and inclusion, collaborative partnerships, leadership development, and increasing efficiency and effectiveness for students.

Rames served as an assistant professor of education at SDSU, teaching courses in administration and leadership in student affairs; serving on master’s and doctoral students’ graduate committees; and conducting research in financial trends in higher education, student retention and completion, and affordability and access to higher education. Rames also served as the interim associate vice president of student affairs (1997-1999) and the interim director for diversity enhancement (1999) at SDSU.

Prior to her arrival at SDSU, Rames worked at Aims Community College in Greeley, Colo., and the University of Wyoming in Laramie. Her scholarly presentations include topics such as student services, retention efforts, and working with today’s college students.

Rames and her husband, Steve, have two children. Their son, Matthew, graduated from college in Missouri and daughter, Jessica, attends college in Minnesota.

Mike Powicki  
Director of Athletics

Mike Powicki is in his sixth year as Director of Athletics at Wayne State College. Powicki began his duties at Wayne State College on July 23, 2012 and has been instrumental in improvements to athletic facilities during his first five years at the institution.

In his five years at WSC, over $2.3 million has been invested in facility improvements, staffing and operations enhancements.

WSC athletics is currently on pace to successfully complete a second major capital improvement project under Powicki with the Memorial Stadium Press Box Construction Project covering $3 million. Construction is set to begin in the fall of 2017 with completion due at the start of the 2018-19 school year.

The first major athletic project that was completed under the guidance of Powicki was the Bob Cunningham Field/Memorial Stadium Renovation project. The project began in May, 2013 and was highlighted by installation of artificial turf, ornamental fencing, press box graphics and new goal posts. The $1.6 million project also included the widening, lengthening and re-sodding of the Wildcat Soccer Pitch, along with installing new irrigation, facility fencing, scoreboard and making the facility ADA accessible.

The Dr. LeRoy Simpson Track at Memorial Stadium was re-surfaced and painted in the summer of 2016 as the final phase of the project.

Powicki currently serves on the NCAA Division II Athletic Directors Association Board, NCAA Division II Central Regional Advisory Committee for baseball and is on the Northern Sun Conference Hall of Fame Committee.

Powicki currently serves on the NCAA Division II Athletic Directors Association Board, NCAA Central Regional Advisory Committee for baseball and is on the Northern Sun Conference Hall of Fame Committee. He also serves locally as the Wayne Kiwanis Board President along with the Wayne Area Economic Development Board of Directors and Revitalize Wayne Committees.

Prior to arriving at Wayne State, Powicki served as Assistant Athletic Director at Minnesota State University in Mankato, Minnesota. He was the Assistant Athletic Director for Marketing and Corporate Partnerships from 2008-10 and was promoted to Assistant Director of Athletics for Development and Strategic Partnerships in 2010 where he served in that role until July 2012 when he arrived at Wayne State.

While at MSU, Powicki successfully developed and executed the athletics department revenue generation plan, responsible for generating $1.7 million annually. Powicki managed all fundraising, development and marketing operations while overseeing the athletics department marketing/ fundraising staff. Powicki also served as the athletic department’s senior development officer functioning as a liaison to the MSU Foundation and the Vice President for Advancement, focusing on major gifts and special projects.

Powicki oversaw the implementation of numerous media rights contracts for MSU’s athletic department including radio broadcast rights, television broadcast carriage rights and the department’s multi-year advertising sales rights with the firm Front Row Marketing Services.

Powicki also served as Associate Athletic Director for External Affairs at Upper Iowa University from 2004-2008 where he was a part of the Peacocks transition from NCAA Division III to NCAA Division II status and into the Northern Sun Intercollegiate Conference. While at Upper Iowa, Powicki monitored all team operations, recruiting and fundraising budgets. Powicki oversaw the UIU Recreation and Fitness Center staff, budget and overall operation.

In his time at Upper Iowa he created and sold athletic corporate sponsorship opportunities, supervised and coordinated all athletic department fundraising activities, developed and implemented the Peacock Club for donors and successfully completed the “Road to Glory” athletic facility capital improvement project. He also served as tournament director for various national and regional NCAA Division II Championship events.

During his tenure at UIU, Powicki served as an adjunct professor for the Exercise and Sports Studies within the Department of Education. Powicki obtained his bachelor degree from the University of Iowa in exercise science in 1986 and earned his masters degree in exercise and sport science/ sport administration from Wisconsin-La Crosse.

Powicki has two daughters – Faith and Elle (pronounced L) - and resides in Wayne.

Mike Barry  
Associate Director of Athletics  
Facilities/Rec Center Director

Mike Barry is in his 18th year (2017-18) as associate director of athletics and in his 20th year as the director of sports and recreational facilities at Wayne State College. His duties include scheduling athletic contests and practices, home game management and serving as the athletic and recreational facilities’ coordinator.

Barry was the Wayne State women’s basketball head coach for seven seasons from 1989-96. He compiled a 96-91 record, which is second all-time on the school’s career victory list. His best team was the 1993-94 squad which posted a 22-5 record.

Prior to arriving at Wayne State, Barry served two years as an assistant women’s basketball coach at Pratt Community College in Kansas. He also coached at Chadron State, Eastern New Mexico University and Fullerton and Stuart high schools in Nebraska.

Minor, a native of Grant, was a four-sport athlete at Chadron State. He was a three-time NAIA national qualifier in the triple jump, and also lettered in basketball, football, and cross country. Barry earned his bachelor’s degree in physical education from Chadron State in 1983 and earned his master’s degree in secondary education from Chadron State in 1988.

Mike and his wife, Jeannette, have two children: Jordan (24) and Jalen (21), and they reside in Wayne.
Rice Auditorium

Rice Auditorium serves as the home for the Wildcat men's and women's basketball teams as well as the volleyball squad. Recent upgrades to the arena include: a new locker room for the women's basketball team and an upgraded locker room with new oak lockers for the men's team; new balcony seats and a new stage curtain and a new playing surface in the summer of 2005. The gymnasium area seats approximately 2,500 for basketball games and volleyball matches. Named for John D. Rice, Wayne State College's president from 1951-56, Rice Auditorium was the site of the 1999 NCAA Division II North Central Regional Men's Basketball Championships, the 2006 NSIC Red Baron Women's Basketball Classic and the 2012 NCAA Division II Central Regional Women's Basketball Championships.

Memorial Stadium / Bob Cunningham Field

Memorial Stadium has been "Home of the Wildcats" since 1931 when the college purchased 11 acres of land for athletic fields. The grandstand was constructed in 1933. The stadium was officially designated Memorial Stadium followed World War II in honor of the Wayne State students who served in the war. Bob Cunningham Field was named in 1993 for the WSC three-sport Hall of Fame standout (1936-39). The main stadium has seating for 2,500 fans while the bleachers on the east side of the field can seat an additional 750 fans. In the fall of 2010, Cunningham Field had new chairback seats installed in the middle three sections of the west stadium bleachers while the remaining bleacher seats in the west stadium were also replaced. The fall of 2011 saw the installation of a new scoreboard and videoboard and in the summer of 2013, Cunningham Field underwent a renovation with synthetic field turf replacing the grass surface.

LeRoy Simpson Track

The track at Memorial Stadium/Bob Cunningham Field was named the LeRoy Simpson Track on October 8, 2011 in honor and recognition of the man who started the women's track program at WSC and coached cross country and track and field at Wayne State from 1968-1997. LeRoy Simpson Track received a new surface in the summer of 2014, replacing the original surface that was installed as part of the Tim and Leslie Bebee Plaza Project at Cunningham Field in 2003.
Recognizing the importance of first-class facilities for their student athletes, the Wayne State College athletic department has just completed a state-of-the-art renovation to its athletic facilities, including a new weight room constructed at Memorial Stadium.

All Wayne State student athletes, including softball players, have utilized the benefits of new weight room equipment in the 2008-09 school year and the project will enhance Wayne State's ability to attract high quality student athletes and provide current team members the resources necessary to compete at the NCAA Division II level.

Wayne State Soccer Complex

Located east of Memorial Stadium and adjacent to the Pete Chapman Baseball Complex, the WSC Soccer Complex made its debut in the fall of 1997, in time for the inaugural Wildcat soccer season. Prior to becoming the varsity soccer venue, the field was used as an athletic practice facility and an intramural playing field.

During the spring and summer of 2013, the Wayne State Soccer Complex underwent major renovations that were part of the $1.5 million athletic improvement project. Improvements to the soccer field included a new scoreboard, fencing and widened playing surface.

Pete Chapman Softball Complex

Located north of Memorial Stadium, the softball complex opened in the spring of 1996. In the spring of 2006, the facility was named the Pete Chapman Softball Complex in honor of the late Wayne State College athletic director/football coach and his contributions to the Wildcat athletic department.

The Pete Chapman Softball Complex has evolved into one of the nicest facilities in the Central Region. Improvements made over the years include a concrete pad/walkway to the facility from the Rec Center parking lot, enclosed pitching cage and bullpen areas for both teams, a new wood fence in the summer of 2009 and digital scoreboard for the 2011 season.

The Pete Chapman Softball Complex hosted the 2010 NCAA Central Regional Softball Tournament.
WAYNE STATE FACILITIES

Pete Chapman Baseball Complex

Located north of Memorial Stadium, the baseball complex opened in the spring of 1996 after playing its home games off campus at the local American Legion Field. In the spring of 2006, the facility was named the Pete Chapman Baseball Complex in honor of the late Wayne State College athletic director/football coach and his contributions to the Wildcat athletic department.

The baseball field received a facelift in the summer of 2004 with the additions of locker rooms, restrooms, a concession stand and press box. A new wood fence was installed on the baseball field in the summer of 2005 followed by a new 10-inning scoreboard placed in right-center field in the fall of 2007. The Pete Chapman Baseball Complex hosted the NSIC Baseball Tournament in 2005, 2006, 2007 and 2008.

Recreation Center

The Wayne State College Recreation Center opened in 1987. It is the college’s main facility for student recreation and selected activities.

The main area in the Recreation Center provides a six-lane running track that was resurfaced in 2001 and has three full-size courts for basketball, volleyball, tennis and badminton. Racquetball, weight training, aerobics, gymnastics, wrestling and sauna facilities are all available to WSC students, faculty and staff as well as residents of the Wayne community.

The Recreation Center also houses locker rooms for Wildcat athletic teams and offices for the WSC athletic department.

Carlson Natatorium

Carlson Natatorium adjoins the Recreation Center and Rice Auditorium. The 25-yard long pool is used for a variety of functions, including lap swimming, aquaize classes, senior wellness aquaize classes, Health and Human Performance and Sport classes, intramural activities and athletic training rehabilitation exercises. The natatorium is open in the summer for use by the athletic camps and Recreation Center members.
Muffin Morris

Head Athletic Trainer

Dr. Muffin Morris is in her 10th year at Wayne State College as the Head Athletic Trainer. She oversees athletic training for all 13 sports at Wayne State College and is the head athletic trainer for football and men's basketball. She also serves as advisor to the WSC Student Athletic Advisory Committee and worked three years (2013-16) as senior women's administrator.

Prior to arriving at Wayne State, Morris worked four years at the University of South Dakota. She served as a graduate assistant athletic trainer and worked with football, swimming/diving, track and field/cross country and volleyball programs with the Coyotes.

Morris, a native of Chariton, Iowa, earned her bachelor's degree from Buena Vista University in athletic training in 2004. She received her master's degree from the University of South Dakota in 2006 in health, physical education and recreation and obtained her doctorate degree in adult/higher education from the University of South Dakota on July 31, 2008.

Morris resides in Wayne.

Dr. Joseph Carreau

Team Orthopedist

Dr. Joseph Carreau joined CNOS in 2016 after completing fellowship in Orthopaedic Sports Medicine at the University of Iowa. He is originally from Colorado where he attended Colorado State University for his undergraduate education. Thereafter, he pursued medical school at Creighton University in Omaha, Nebraska and in 2005 traveled to San Diego to complete his orthopaedic surgery residency at the University of California, San Diego. There he received extensive training in adult and pediatric trauma and joint replacement surgery. He developed a special interest in advanced arthroscopy and the treatment of athletic injuries, thus chose to pursue fellowship training in Sports Medicine through the University of Iowa.

At the University of Iowa, Dr. Carreau was trained by national leaders in the practice of advanced arthroscopic techniques, cartilage transplantation, shoulder instability, patellofemoral problems, ligamentous injury of the knee and shoulder replacement surgery. He also received extensive training in the treatment of all athletes at the University of Iowa and was assistant team physician to the Hawkeye Football Team during their historic 2015 season.

Carreau currently serves as Orthopaedic team physician to the Wayne State Wildcats and assists with multiple local high schools. Dr. Carreau has published papers on various orthopaedic topics and is a member of the American Academy of Orthopaedic Surgery, the American Orthopaedic Society for Sports Medicine and the Arthroscopy Association of North America.

Dr. Carreau and his wife have four children. He is an avid fisherman and enjoys the outdoors.

Jade Johnson - Assistant Athletic Trainer

Katie Kroenke - Graduate Assistant Athletic Trainer

Tyler Schwartz - Graduate Assistant Athletic Trainer

Athletic Training Room

The Athletic Training Room is the site of taping, treatment and injury evaluations. It has a variety of up to date, quality equipment. A partial inventory of modalities available for athletes include: three whirlpools, RichMar Theratouch 7.7 electrical stimulation machine, RichMar HV-II combination ultrasound/electrical stimulation machine, RichMar portable ultrasound machine, Game-ready intermittent compression machine, Therabath Parafin machine, and Hydrocollator heat pack units. The athletic training room also has six computers.

Other WSC athletic training staff members

Dr. Michael Nguyen

Team Orthopedist

Dr. Michael Nguyen joined CNOS as a Primary Care Sports Medicine Physician after completing his fellowship training in Sports Medicine at Morristown Medical Center in Morristown, NJ. He initially trained in family medicine in Waterloo, IA through the University of Iowa. He earned his medical degree as well as his MS in Hyperbaric Medicine from Saba University School of Medicine in Saba, Netherland-Antilles. Dr. Nguyen also earned a MS in Health Sciences Research from Texas State University at San Marcos.

Utilizing his specialized training, Dr. Nguyen will focus on treating patients with orthopaedic injuries and conditions. His expertise includes treating sports medicine issues, concussions, osteoporosis and other musculoskeletal injuries using a comprehensive approach. Prior to joining CNOS Dr. Nguyen practiced at Atlantic Sports Health in Morristown, NJ. During his fellowship in NJ, Dr. Nguyen cared for athletes of all ages, both amateur and elite. He helped cover the NY Jets football team, mixed martial arts events, as well as major triathlons and marathons in the tri-state area. He worked as an ER physician at Grundy Memorial Hospital in Grundy Center, IA and Waverly Health Center in Waverly, IA as well as several other towns across the state.

Dr. Nguyen is passionate at providing a multifaceted approach to the care of his patients and has learned many non-surgical treatments for musculoskeletal ailments. His exposure to the professional athletic population has given him an understanding of an athlete’s unique needs and circumstances requiring high quality care and increased performance.

Dr. Nguyen is a member of the American Medical Society for Sports Medicine, the American Academy of Family Physicians, and the American Medical Association.

Wildcat Sports Medicine Center

The Wildcat Sports Medicine Center, which opened December 1, 2005, is a 4,000 square foot state-of-the-art facility. The center is located next to the Wayne State College Recreation Center and serves as the hub for therapy and athletic training services.

Dedicated to quality care, the Wildcat Sports Medicine Center provides the finest in sports rehabilitation, physical therapy and athletic training services to Wayne State College student-athletes, campus community.

The Wildcat Sports Medicine Center represents excellence - a total commitment by Wayne State College to the health of its’ students and student athletes.
The Wayne State College cross country teams competed in six meets during the 2017 season, starting the year running in the dark at the Augustana Twilight Meet and ending the year at the NCAA Central Regional Championships in Kearney.

Senior Antoine Bardou battled injury and was the top Wildcat runner in three races while junior Isaias Solorio was the top finisher in the other three meets.

Bardou recorded a season-best eighth place finish at the Briar Cliff Invitational and was 30th overall at the NSIC Championships in Moorhead, Minnesota where the Wildcats placed 10th as a team with 263 points. The team's top placing was tied for fifth at the Briar Cliff Invitational.

### 2017 Northern Sun Conference Women's Cross Country Championships
October 21, 2017 at Moorhead, Minnesota
(Moorhead Soccer Complex)

<table>
<thead>
<tr>
<th>Men's Standings</th>
<th>Individual Placings (8,000 meters)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. University of Mary</td>
<td>4. Josh Young - MSUM 24:50</td>
</tr>
<tr>
<td>5. Minnesota State</td>
<td>5. Aaron Runge - AUGIE 24:51</td>
</tr>
<tr>
<td>6. MSU Moorhead</td>
<td></td>
</tr>
<tr>
<td>7. Concordia-St. Paul</td>
<td></td>
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<tr>
<td>8. Winona State</td>
<td></td>
</tr>
<tr>
<td>9. Southwest Minn. St.</td>
<td></td>
</tr>
<tr>
<td><strong>10. Wayne State</strong></td>
<td><strong>263</strong></td>
</tr>
<tr>
<td>11. Northern State</td>
<td></td>
</tr>
<tr>
<td>12. Minot State</td>
<td></td>
</tr>
</tbody>
</table>

**WSC Runners**

30. Antoine Bardou 25:52
46. Jack Doughty 26:19
69. Isaias Solorio 26:58
87. Brock Hegarty 27:51
90. Bailey Peckham 28:06
93. Nathan Pearson 28:39

### 2017 NCAA Division II Central Region Women's Cross Country Championships
November 4, 2017 at Kearney, Nebraska
(Kearney Country Club)

<table>
<thead>
<tr>
<th>Men's Standings</th>
<th>Individual Placings (10,000 meters)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Augustana</td>
<td>1. Mason Phillips - USF 31:12</td>
</tr>
<tr>
<td>5. Sioux Falls</td>
<td>5. Josh Young - MSUM 31:54</td>
</tr>
<tr>
<td>6. Minnesota State</td>
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</tr>
<tr>
<td>7. Lindenwood</td>
<td></td>
</tr>
<tr>
<td>8. Neb.-Kearney</td>
<td></td>
</tr>
<tr>
<td>9. Emporia State</td>
<td></td>
</tr>
<tr>
<td>10. Pittsburg State</td>
<td></td>
</tr>
<tr>
<td><strong>25. Wayne State</strong></td>
<td><strong>707</strong></td>
</tr>
</tbody>
</table>

**WSC Runners**

114. Isaias Solorio 34:38
117. Jack Doughty 34:50
154. Bailey Peckham 36:25
156. Brock Hegarty 36:27
166. Nathan Pearson 37:22
174. Nathan Hiemer 39:54
The Wayne State College cross country teams competed in six meets during the 2017 season, starting the year running in the dark at the Augustana Twilight Meet and ending the year at the NCAA Central Regional Championships in Kearney.

Freshman Molly McCartney, who never ran cross country until this season, was the top finisher for the Wildcat women’s team at all six meets this season. Her best placing was 26th at the Briar Cliff Invitational followed by a 30th place finish at the UNL Woody Greeno Invite.

The Wildcat women improved one spot at this year’s Northern Sun Conference Championships in Moorhead, Minnesota with a 13th place team finish scoring 378 points. The top team finish for the Wildcats this season was ninth at the Briar Cliff Invitational.

2017 Northern Sun Conference Women’s Cross Country Championships
October 21, 2017 at Moorhead, Minnesota
(Moorhead Soccer Complex)

Women’s Standings
1. University of Mary 30
2. Minnesota Duluth 74
3. Augustana 75
4. Winona State 114
5. Minnesota State 138
6. Northern State 140
7. Sioux Falls 189
8. MSU Moorhead 264
9. St. Cloud State 281
10. Conc.-St. Paul 310
13. Wayne State 378

Individual Placings (6,000 meters)
1. Alexis Zeis - Mary 20:49
2. Jaiden Schuette - Mary 21:01
3. Emilee Trost - UMD 21:07
4. Sasha Hovind - NSU 21:15
5. Dakotah Bullen - NSU 21:20

WSC Runners
61. Molly McCartney 23:47
95. Joan Jelimo 25:01
99. Kim Lowman 25:05
117. Brianna Crouch 25:55
122. Josephine Peltz 26:50
130. Sabrine Sack 28:13
135. Mary Alderson 29:52

2017 NCAA Division II Central Region
Women’s Cross Country Championships
November 4, 2017 at Kearney, Nebraska
(Kearney Country Club)

Women’s Standings
1. University of Mary 61
2. Pittsburg State 102
3. Augustana (SD) 110
4. Minnesota Duluth 150
5. Oklahoma Baptist 160
6. Southwest Baptist 198
7. Winona State 224
8. Minnesota State 244
9. Northern State 249
10. Fort Hays State 260
29. Wayne State 835

Individual Placings (6,000 meters)
1. Alexis Zeis - Mary 20:53
2. Sasha Hovind - NSU 21:11
3. Mackenzie Kelly - AUGIE 21:16
4. Emilee Trost - UMD 21:23
5. Dakotah Bullen - NSU 21:32

WSC Runners
135. Molly McCartney 24:37
152. Kim Lowman 24:59
158. Joan Jelimo 25:11
187. Brianna Crouch 26:28
203. Josephine Peltz 27:33
211. Sabrine Sack 29:51
Marlon Brink moves into his 18th season (2017-18) as the Head Coach for Track and Field at Wayne State College. He has coached the Wildcats to three NSIC men's outdoor titles (2006, 2007, 2008) and a pair of indoor men's conference championships (2006, 2007).

In 2017, the Wildcats recorded another Top 20 finish at the NCAA Division II Championships under Brink as WSC finished 12th with 21 points at the May Outdoor Championships in Florida. Junior Michaela Dendinger was a National Champion in the shot put on her way to three All-American finishes (second, hammer throw, sixth, discus). It was the fourth Top 20 national finish for the Wildcat women in the last five years.

Under Brink in 2017, the Wildcat men had their best team finish since 2008 at the NSIC Indoor Championships by scoring 69 points to finish in third place. Both Wildcat track and field teams shine in the classroom under Brink. The WSC women earned an 12th straight USTFCCCA All-Academic Team Award with a 3.54 cumulative grade point average, which was ninth in NCAA Division II. The men's team captured All-Academic Team honors for a eighth straight season with a 3.22 grade point average (21st in NCAA Division II).

The Wildcat track program had at least one All-American for the 10th time in the last 11 years in 2016 under Brink as Bryan Dunn recorded a sixth place finish in the weight throw at the NCAA Division II Indoor Championships in Montgomery. Brink coached the Wildcat men to a seventh place finish in the outdoor season and eighth indoor at the NSIC Championships. National qualifiers for WSC in 2016 included Dunn during the indoor season in the weight throw and Kacie O'Connor in the women's discus (outdoor). Both athletes won NSIC championships in their respective event.

Under Brink in 2015, the Wildcat women's team recorded the best-ever finish in school history at an NCAA Championship, finishing in a tie for eighth with 26 points at the outdoor nationals in Allendale, Michigan. Senior Sara Wells captured a national title in the shot put while placing third in the discus and sophomore Michaela Dendinger earned two All-American honors with a second place finish in the discus and seventh place effort in the shot put. The WSC women had another national championship during the 2015 indoor season as Sara Wells reigned over the entire field to win the shot put at Birmingham, Alabama, becoming the first-ever indoor women's champion for the Wildcats. As a team, WSC finished tied for 23rd with 10 points.

The WSC women's team recorded a pair of top 20 national finishes in the 2014 season under Brink's coaching. The Wildcats placed 16th at the NCAA Division II Indoor Championships scoring 12 points with three All-American finishes while the outdoor team tied for 16th with 14 points and two All-Americans. Carly Fehringer (weight throw, outdoors/hammer throw, indoors), Sara Wells (shot put, indoors and outdoors) and Emily Wells (weight throw, indoors) were Wildcat All-Americans in the 2014 season.

Under Brink in 2013, the WSC women had the second best finish in school history at an NCAA championship scoring 16 points and finishing in 18th place. The 'Cats had three All-Americans – Carly Fehringer (hammer throw), Lachel Milander (hammer throw) and Sara Wells (discus). The WSC women also placed sixth at the NSIC Outdoor Championships scoring 67 points with three individual champions – Carly Fehringer (hammer throw), and Sarah Wells (shot put, discus). The men's team had senior Brad Wright qualify for both indoor and outdoor nationals in the weight throw and discus respectively.

In 2012, Brink coached the WSC women to a season best fourth place finish at the NSIC Outdoor Championships. The Wildcats had four conference champions while setting five new school records and one new NSIC record. The WSC women had three indoor national qualifiers and four athletes qualified in six events for outdoor nationals. Nicole Brungardt earned All-American honors in the 100 meter dash with an eighth place finish and career-best time of 11.70 seconds. A total of 19 new school records were set by the Wildcat women's team in 2012 (six indoor, 13 outdoor).

The WSC men's team placed seventh at both indoor and outdoor NSIC Championships. Senior thrower Ross Bunchek was an All-American during the indoor season in the weight throw and the outdoor season in the hammer throw. A highlight during the season was a career-best and Olympic Trials qualifying mark by Bunchek in the hammer throw at the Drake Relays with a mark of 217 2”. The Wildcat men's squad set five new school records during 2012 with two indoor and three outdoor new marks.

In 2011, the Wildcat women's indoor team made school history qualifying in six events with five All-American finisher at the National meet. Nicole Brungardt was fifth in the long jump and the 60 meter dash; Christina King was sixth in the 400 meter dash and Paige Pollard was sixth in the 800 meter run. The 4 x 400 relay team of Brungardt, King, Pollard and Erin Klein took eighth to give Wayne State 15 points for the meet, placing 13th nationally for the school's best ever finish at an NCAA Division II National meet.

Under Brink the Wildcats had 31 new school records during the 2011 indoor season and 2012 outdoor season (13 men 18 women). The men's team had its first indoor All-American since 2001 when Ross Bunchek placed sixth in the 35 pound weight throw. He also went on to earn All-American honors in the outdoor season with a sixth place finish in the hammer throw.

In 2009, Brink coached two All-Americans as Misty Rystrom finished sixth place in the high jump (5' 7 1/4”), marking the fourth straight season that the Wayne State College women's track and field team had an All-American. The WSC men's team also had an All-American during the 2009 season as Matt Schneider earned a fourth place finish in the 3,000 meter steeplechase at the 2009 NCAA Division II Men's Outdoor Nationals. Schneider was the first NCAA men's track and field outdoor All-American since James Mc Gowin in 1998 in the 10,000 meter run.

Under his tenure, WSC athletes have won 61 (30 indoor, 31 outdoor) individual NSIC championships for men and 55 more for women (23 indoor, 32 outdoor) in track and field. In addition to the successes at the conference level, WSC tracksters have also excelled on the national level. The Wildcats have had a total of 43 NCAA Division II national qualifiers in indoor track and field (seven men, 36 women) with two male All-Americans and 15 female All-Americans with another 49 national qualifiers (nine men, 40 women) in outdoor track and field with two male All-Americans, 14 female All-Americans and three National Champions – Katie Wilson (2008 outdoor/shot put), Sara Wells (2015 indoor/shot put) and Sara Wells (2015 outdoor/shot put).

In 2008, the Wayne State women's squad recorded a pair of third place finishes at the NSIC indoor and outdoor championships. At the NCAA Division II National Outdoor Championships the Wildcats scored 18 points to finish in 17th place overall. WSC had three All-Americans with Katie Wilson posting a first place finish in the shot put to become the school's first-ever NCAA individual champion. She also placed fourth in the discus while Kylie Herian recorded a sixth place finish in the 100 meter hurdles to round out Wayne State's All-American performers.

In recent years, Brink has helped Wayne State host several conference championship events, including the 2004 NSIC Indoor Track and Field Championships and the 2006, 2008 and 2009 NSIC Outdoor Track and Field Championships. He has been awarded the NSIC Men's Indoor Track and Field Coach of the Year three times (co-2004, 2006 and 2007) and has received the NSIC Men's Outdoor Track and Field Coach of the Year award three times (2006, 2007 and 2008) after coaching the Wildcats to the team title in each season.

Before coming to Wayne State College, Brink spent six years at Mount Marty College in Yankton, S.D. He spent his last five years at Mount Marty as the head coach of the men's and women's cross country and track and field programs. He was an assistant coach with the Lancers during the 1994-95 season.

Brink was instrumental in building successful programs at Mount Marty. He took over the programs in their third year of existence and quickly turned them into one of the top teams in the South Dakota Interscholastic Conference. He has coached 34 SDIC individual conference champions, 16 NAIA Scholar-Athlete award winners and 9 NAIA All-Americans. In addition, 72 school records have been set or broken during Brink's tenure.

The Lancer women's track team placed third at the NAIA indoor and outdoor nationals. On the cross country side, the cross country team placed second at the 1995 SDIC Championships, while the indoor track and field team finished second at the SDIC Championships in 1998.

Brink, a native of Atkinson, Neb., began his coaching career as an assistant coach at South Dakota State University. He spent two years with the Jackrabbits.

A 1991 graduate of Midland Lutheran College, Brink was a standout cross country and track and field performer for the Warriors. He qualified for the 1990 NAIA National Cross Country Championships, and he was a two-time national qualifier in the marathon. In 1991, Brink placed 12th at the NAIA National Outdoor Championships. In addition, Brink earned three NAIA Scholar-Athlete awards.

Marlon and his wife Jeannine are the parents of five children - daughters Courtney (13) and Marissa (4) and sons Andrew (11), Lance (9) and Max (7) - and they reside in Wayne.
Brett Suckstorf
Assistant Coach

Brett Suckstorf is in his eighth season (2017-18) as the Assistant Track & Field Coach with the Wildcat Track and Field program, working with the throwers. He served as Graduate Assistant coach for three years before moving up to full-time status in 2013-14. The Pierce, Nebraska native began his collegiate career with the Wildcats and competed two seasons (2007-08), setting new school records in the weight throw and hammer throw.

Suckstorf coached a third National Champion thrower in the 2017 season as junior Michaela Dendinger won the shot put at the NCAA Division II Outdoor Championships in Florida on her way to three All-American finishes. It marked the eighth straight year that WSC had an All-American thrower under the coaching of Suckstorf. Dendinger, who won the discus, hammer and shot put, was named NSIC Outdoor Field Athlete of the Year and helped Wayne State to a 12th place finish with 21 points at the NCAA DII Outdoor Championships, the second best finish for a Wildcat team in the NCAA era.

Wayne State College had an All-American thrower for a seventh straight year under Suckstorf in the 2016 season as senior Bryan Dunn earned All-American honors with a sixth place finish in the weight throw at the NCAA Division II Indoor National Championships. WSC also had two NSIC conference champions in throwing events during the 2016 season - Bryan Dunn (indoor-weight throw) and Kacie O'Connor (outdoor-discus).

Under Suckstorf in 2015, Wayne State throwers reached new heights setting several school records while winning two national titles. The 2015 indoor season saw senior Sara Wells become the first-ever indoor women's national champion, taking first in the shot put at the NCAA Division II Indoor Championships in Birmingham, Alabama. Other national qualifiers for the Wildcats included sophomore Michaela Dendinger in the shot put and weight throw and freshman Shandan Platt in the shot put.

Suckstorf helped coach the Wildcats to the best-ever finish at an NCAA Championship in the 2015 outdoor season, finishing in a tie for eighth place with 26 points. WSC had four All-Americans, led by senior Sara Wells capturing a second straight national title in the shot put while also earning All-American honors with a third place finish in the discus. Sophomore Michaela Dendinger also recorded two All-American placings, taking second in the discus and seventh in the shot put. Freshman Shandan Platt was also a national qualifier in the hammer throw.

Suckstorf helped WSC achieve a pair of top 20 national finishes in 2014. The Wildcats had three All-Americans and five national qualifiers during the 2014 indoor season, scoring 12 points and finishing in a tie for 16th at the NCAA Indoor National Championships. All-Americans included Carly Fehringer in the weight throw (2nd), Sara Wells in the shot put (6th) and Emily Wells in the weight throw (8th).

During the 2014 outdoor season, Wildcat throwers accounted for 59 of Wayne State's 60 team points and saw four athletes qualify in seven events for nationals. Sara Wells placed second in the shot put while Carly Fehringer was third in the hammer throw to give the Wildcat program two more All-Americans. As a team, WSC tied for 18th scoring 14 points to give the Wildcat program a fourth straight top 20 national finish dating back to the 2013 indoor season.

As a result of his athletes' success, Suckstorf was honored as the 2014 USTFCCA Central Region and National Women's Assistant Coach of the Year during both indoor and outdoor seasons.

Under Suckstorf in the 2013 season, WSC had five indoor national qualifiers and two All-Americans, while adding another eight outdoor national qualifiers with three additional All-American finishers. Carly Fehringer (weight-throw-indoor/hammer-throw-outdoor) and Sara Wells (shot-put-indoor/discus-outdoor) each earned All-American honors in the indoor and outdoor seasons while Lachel Milander was an outdoor All-American in the hammer throw. For his athletes' success, Suckstorf was named the 2012 USTFCCA Central Region Women's Assistant Coach of the Year.

In 2012, Suckstorf coached six NCAA national qualifiers and had two All-American finishers. Ross Bunchek earned Indoor All-American honors in the weight throw and Outdoor All-American honors in the hammer throw. Carly Fehringer (weight-throw, hammer throw and shot put) and Emily Wells (hammer throw) also qualified for nationals.

In the 2011 season, Suckstorf coached three NCAA National qualifiers for the Wildcats. Ross Bunchek was an indoor All-American placing sixth in the 35 pound weight throw while also earning outdoor All-American honors in the hammer throw with a sixth place finish. Freshman Carly Fehringer of Wayne was also a national outdoor qualifier in the women's shot put.

Suckstorf won Northern Sun Conference championships in the hammer throw (181-1) and discus (150-7) at the 2008 NSIC Outdoor Championships and was an NCAA Division II national qualifier in the hammer throw in the 2008 outdoor season. He then transferred to Nebraska and competed for the Huskers for two seasons. Suckstorf earned All-Big 12 honors as a junior in 2009 in the hammer throw with a fifth place finish (193-2). In the 2010 indoor season, Suckstorf earned a second place finish in the weight throw at 66-7 to help Nebraska win the weight throw at 66-7 to help Nebraska win a second place finish at 193-2. Brett and his wife Erin reside in Wayne and they have two children - Parker (5) and daughter Peyton (2).
**Travis Kamm**  
**Track and Field Coaching Assistant**

Travis Kamm enters his sixth year as a track & field coaching assistant (three years as a graduate assistant) with the Wildcat track and field program. He will work with sprinters, hurdlers and jumpers.

Kamm comes to Wayne State after competing in track and field at Northern State University in Aberdeen, South Dakota. He was a multiple placer in NSIC meets in the high jump and triple jump while also participating in the heptathlon, long jump, 400 meters and 1600 meter relay team during his time with the Wolves. Kamm was named the team's Most Improved Male Athlete during his junior season (2009-10).

Following his four years as a member of the Wolve track and field team, Kamm spent the 2011-12 season working as an intern with the school's strength and conditioning program. His duties included helping athletes with lifting technique while supervising workouts and athletic testing.

Kamm earned his bachelor degree from Northern State University in May, 2012 in human performance and fitness. He obtained a master's degree from Wayne State in May, 2015 majoring in physical education and excercise science.

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**Carly Fehringer**  
**Volunteer Assistant Coach**

Carly Fehringer enters her fourth year (2017-18) as a volunteer assistant coach with the Wildcat track and field program.

Fehringer is no stranger to the Wildcat program as the Wayne native was a standout thrower at Wayne State from 2011-2014. She was a four-time All-American and 12-time national qualifier and was named the WSC Female Athlete of the Year as a senior in 2014.

She earned All-American honors in the hammer throw as a senior in 2014, placing third at 198' 11". Fehringer also collected All-American honors in the weight throw as a junior and senior and was second in the 2013 hammer throw as a junior.

Fehringer was named the NSIC Indoor Field Athlete of the Year as a senior in 2014 and qualified for the USA Outdoor National Track and Field Championships in the summer of 2015. She also competed in the USA Olympic Trials in the hammer throw during the summer of 2016 in Eugene, Oregon.

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**Mickey Doerr**  
**Volunteer Assistant Coach**

Former Wildcat track and field standout Mickey Doerr is in his third year (2017-18) as a volunteer assistant coach for the Wayne State College track and field program.

A native of Bloomfield, Doerr competed as a sprinter for the Wildcat men's track and field team from 2010-2014.

Doerr became the first athlete in school history to achieve three Academic All-American honors. He was a Capital One Third Team Academic All-American as a sophomore in 2012, moved up to Second Team honors as a junior and was named First Team Academic All-American as a senior with a perfect 4.00 grade point average. Doerr was also named the Bob Cunningham Male Scholar Athlete of the Year during his senior season.

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**Megan Cada**  
**Volunteer Assistant Coach**

Megan Cada moves into her third season (2017-18) as a volunteer assistant coach with the Wayne State College track and field teams.

The Howells native, formerly Megan Svitak, was a member of the Wildcat track and field team from 2012-15 and was named the Most Valuable Women's Track Athlete as a senior.

(Svitak) Cada placed sixth in the NSIC Heptathlon and was seventh in the 100 meter hurdles during the NSIC Outdoor Championships in 2015 as a senior and recorded an NCAA provisional mark of 3,260 points in the pentathlon during the indoor season.
James Bowlin
Volunteer Assistant Coach

James Bowlin is in his first season (2017-18) as a volunteer assistant coach for the Wildcat cross country and track and field teams. He will work with middle distance and distance runners.

Bowlin comes to WSC with five years of running experience at the NCAA Division II and Junior College level. He graduated from Emporia State in August 2016 with a bachelor's degree in business administration and entrepreneurship and earned an associate's degree from Johnson County Community College (automotive technology, science and arts).

A native of Parkville, Missouri, Bowlin resides in Wayne and will pursue a master's degree in sport management at WSC.

Madison Spear
Volunteer Assistant Coach

Madison Spear is in her first year as a volunteer assistant for the Wayne State College track and field team and will work in the hurdles area.

She is a native of Gilbert, Iowa and graduated from Buena Vista University with a bachelor's degree in human performance. Spear was a standout on the Beaver's track and field team, placing second in the 100-meter hurdles (14.62) and third in the 400-meter hurdles (1:04.14) at the IIAC Outdoor Championships. She also placed second at the IIAC Indoor Championship in the 55-meter hurdles with a personal best time of 8.35 seconds.

Madison Spear is working on a master's degree in physical education and exercise science at WSC.

Mallory Spear
Volunteer Assistant Coach

Mallory Spear enters her first season as volunteer assistant for the Wildcat track and field program and will work with sprinters.

Spear obtained her bachelor of arts degree from Buena Vista University in Iowa, majoring in human performance with a minor in coaching. While at BVU, she was a standout sprinter placing fifth in the 200-meter dash (24.97) and seventh in the 100-meter dash (12.44) at the IIAC Outdoor Championships. During the indoor season, she earned three medals placing fourth in the 55-meter dash (7.35), fourth in the 200-meter dash (25.99) and sixth in the 400-meter dash (58.94).

Mallory Spear will pursue a master's degree in physical education and exercise science at Wayne State College.
2018 SEASON OUTLOOK

WOMEN

2017 NSIC Indoor Finish: 11th - 17 points
2017 NCAA Indoor National Qualifiers (2): Michaela Dendinger - Shot Put; Michaela Dendinger - Weight Throw
2017 NSIC Outdoor Finish: 8th - 37 points
2017 NCAA Outdoor National Qualifiers (3): Michaela Dendinger - Discus (6th place/All-American); Michaela Dendinger - Hammer Throw (2nd place/All-American); Michaela Dendinger - Shot Put (NATIONAL CHAMPION/All-American)

Senior All-American thrower Michaela Dendinger will lead a young Wayne State women’s indoor track team that has just two seniors and 11 freshmen to go with one junior and four sophomores. Dendinger had a sensational outdoor season in 2017, earning three All-American honors that included a national championship in the shot put. She was also All-NSIC in a pair of indoor field events, placing second in the weight throw and third in the shot put while qualifying in both events for the NCAA Indoor Nationals for a second straight season.

18th year head coach Marlon Brink also brings back experienced throwers in seniors Kacie O’Connor (5th discus) and Tessia Ives and sophomore Tia Jones, who placed seventh in the NSIC indoor weight throw last year and sixth in the outdoor shot put.

Gillette College transfer Joan Jelimo, Wayne State’s Track Athlete to Watch in the NSIC, brings quality mid-distance experience to the Wildcat squad. Freshman distance runner Molly McCartney, a five-time state high school champion from Lawrence-Nelson HS in the 1,600 and 3,200-meter runs, was the top Wildcat cross country runner in the fall and will look to score points in the distance events this season. Both athletes will look to score points in running events for WSC this season.

WSC also added four more throwers to the freshmen class, anchored by Iowa State High School champions Kenzie Sullivan and Jadin Wagner, that will provide the Wildcats with plenty of depth in the field events.

MEN

2017 NSIC Indoor Finish: 3rd - 69 points
2017 NSIC Outdoor Finish: Tie 7th - 49 points
2017 NCAA Outdoor National Qualifiers: None

18th year head coach Marlon Brink arguably enters the 2018 season with his deepest and most-talented squad since the 2006-08 teams that won back-to-back NSIC indoor and outdoor titles for the Wildcats. This year's Wildcat roster of 34 athletes is balanced featuring seven seniors, nine juniors, seven sophomores and 11 freshmen.

Wayne State returns all but two points scored from last year’s indoor team that placed third at the NSIC Championships with 69 points. WSC returns a pair of conference champions in senior Antoine Bardou, who won the 1,000-meter run last year, and junior Robert Sullivan, the NSIC heptathlon champion who was an NCAA Indoor National qualifier. Bardou was later named NSIC Men's Indoor Newcomer of the Year. The duo are listed as Wayne State's Athletes to Watch in the NSIC this season.

Senior Derek Lahm scored points in three events last year at the NSIC Indoor meet, including All-NSIC honors with a third place finish in the heptathlon. He also continued the Wildcat tradition of excellence in the classroom last year by earning CoSIDA Third Team Academic All-American honors for the second time in three years. It was the fifth time in the last six years that a Wildcat men's athlete was named Academic All-American.

Other returning All-NSIC performers include senior sprinter Braxton Adams (second in the 60 meter dash) and senior Brady Metz (third in the triple jump indoors/fourth in long jump and triple jump outdoors).

In the hurdles, junior Habib Jallow scored points in the 400 intermediate hurdles during the outdoor season.

WSC also looks to be stronger in the throws where junior Matt Nemec scored points at both indoor and outdoor conference championships. He was All-NSIC in the outdoor season in the hammer throw. Junior Richard Sweeney and sophomore Dylan Kaup will look to score points and add depth in the throws area for the Wildcats.

Wildcat relays scored steady points at last year's conference meets, led by senior Brandon Marker, Adams and junior Jordan Zautke as top returners in the sprint relays.
## 2018 WILDCAT WOMEN'S ROSTER

### Women's Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Event</th>
<th>Hometown (Last School)</th>
</tr>
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<tbody>
<tr>
<td>Mary Alderson</td>
<td>Senior</td>
<td>Sprints</td>
<td>North Bend, Neb. (Archbishop Bergan HS)</td>
</tr>
<tr>
<td>Michaela Dendinger</td>
<td>Senior</td>
<td>Throws</td>
<td>Coleridge, Neb. (Hartington HS)</td>
</tr>
<tr>
<td>Tessa Ives</td>
<td>Senior</td>
<td>Throws</td>
<td>Verdigre, Neb. (Verdigre HS)</td>
</tr>
<tr>
<td>Kacie O'Connor</td>
<td>Senior</td>
<td>Throws</td>
<td>Sundance, Wyo. (Sundance HS)</td>
</tr>
<tr>
<td>Joan Jelimo</td>
<td>Junior</td>
<td>Distance</td>
<td>Gillette, Wyo. (Gillette College)</td>
</tr>
<tr>
<td>Morgan Shearer</td>
<td>Junior</td>
<td>Multis</td>
<td>Mondamin, Iowa (West Harrison HS)</td>
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<tr>
<td>Tia Jones</td>
<td>Sophomore</td>
<td>Throws</td>
<td>Elkhorn, Neb. (Elkhorn HS)</td>
</tr>
<tr>
<td>Kim Lowman</td>
<td>Sophomore</td>
<td>Distance</td>
<td>Avoca, Neb. (Syracuse HS)</td>
</tr>
<tr>
<td>Riana Noelle</td>
<td>Sophomore</td>
<td>Jumps</td>
<td>Omaha, Neb. (Millard South HS)</td>
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<td>Josephine Peitz</td>
<td>Sophomore</td>
<td>Distance</td>
<td>Wakefield, Neb. (Wakefield HS)</td>
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<tr>
<td>Brianna Crouch</td>
<td>Freshman</td>
<td>Distance</td>
<td>Omaha, Neb. (Omaha North HS)</td>
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<td>McKayla Hanson</td>
<td>Freshman</td>
<td>Sprints</td>
<td>Cedar Bluffs, Neb. (Cedar Bluffs HS)</td>
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<tr>
<td>Alissa Kimpson</td>
<td>Freshman</td>
<td>Sprints</td>
<td>Omaha, Neb. (Millard West HS)</td>
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<td>Hanna Lazure</td>
<td>Freshman</td>
<td>High Jump</td>
<td>Ford Calhoun, Neb. (Fort Calhoun HS)</td>
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<td>Molly McCartney</td>
<td>Freshman</td>
<td>Distance</td>
<td>Nelson, Neb. (Lawrence Nelson HS)</td>
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<td>Sophie Noecker</td>
<td>Freshman</td>
<td>Sprints</td>
<td>Hartington, Neb. (Hartington-Newcastle HS)</td>
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<tr>
<td>Sabrina Sack</td>
<td>Freshman</td>
<td>Distance</td>
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<td>Mckenzie Scheil</td>
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<td>Sarah Stang</td>
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<tr>
<td>Jadin Wagner</td>
<td>Freshman</td>
<td>Throws</td>
<td>Lawton, Iowa (Lawton-Bronson HS)</td>
</tr>
</tbody>
</table>
Michaela Dendinger
Senior
Throws
Coleridge, Neb.
(Hartington HS)

2017 Outdoor: Earned All-American Honors in three events and was National Champion in the shot put during outdoor season...set new school record with mark of 54’ 9 1/4” to win shot put on 5/27/17 in Bradenton, Florida...collected second place finish in hammer throw with mark of 206’ 1” and was sixth in the discus (165’ 4”) for third All-American finish...named NSIC Women’s Field Athlete of the Year after winning three events at NSIC Championships...set new meet and school record winning hammer throw with heave of 208’ 5”...also won the discus (157’ 8”) and shot put (53’ 10 1/4”)...placed in the top three during the regular season at every meet in the discus, hammer throw and shot put...was named NSIC Outdoor Field Athlete of the Week all six weeks of the regular season...also excelled in the classroom named CoSIDA Academic All-American Second Team and First Team Academic All-District VII with a 3.63 GPA majoring in biology.

2017 Indoor: Was All-NSIC in the shot put and weight throw and qualified for nationals in both events...placed second in weight throw with season best mark with 63’ 4 1/4” and was third in the shot put at 46’ 3/4”...was 10th at nationals in both events, missing All-American Honors by inches...in weight throw missed finals by four inches at 61’ 3” and missed finals in shot put by 2 3/4” with mark of 47’ 2 1/4”...named USTFCCCA All-Region in both events and was Second Team All-American...won both shot put and weight throw at SDSU DII Invite (1/20/17)...also won the shot put at Minnesota State Open (1/27/17) and weight throw at USD Last Chance Meet (2/17/17)...one of five Wildcats named to the NSIC Winter All-Academic Team.

2016 Outdoor: Medical redshirt.

2016 Indoor: Sat out as a medical redshirt.

2015 Outdoor: Earned All-American and All-NSIC honors in the shot put and discus while also placing at the NSIC Championships in the hammer throw...set new school record in the discus with a second place finish (178’ 3”) at the NCAA Division II Outdoor Nationals (5/22/15) in Allendale, Michigan...also placed seventh in the shot put (49’ 5 3/4”) to earn second All-American honor...at the NSIC Championships in Sioux Falls, was All-NSIC with second place finishes in the shot put thanks to a season-high throw of 50’ 6 1/4” and the discus (162’ 1”) to go with a seventh place finish in the hammer throw (173’ 2”)...had season-high mark of 178’ 10” in the hammer throw at the Howard Wood Dakota Relays (5/2/15)...named to the NSIC Spring All-Academic Team.

Five Time All-American
2017 Outdoor - 1st/Shot Put
2017 Outdoor - 2nd/Hammer Throw
2017 Outdoor - 6th/Discus
2015 Outdoor - 2nd/Discus
2015 Outdoor - 7th/Shot Put
2015 Indoor: Placed at the NSIC Indoor Championships in two events and was a national qualifier in the shot put and weight throw...finished fourth in the shot put (46' 7 1/2") and weight throw (57' 10 1/2") at the NSIC Indoor Championships (2/27/15)...at the NCAA Indoor Nationals, finished 17th in the weight throw (55’ 11”) and tied for 16th in the shot put (foul)...recorded season-best marks of 52’ 2 3/4” in the shot put (NCAA automatic mark) and 59’ 2 1/4” (NCAA provisional mark) at the Wildcat Open (1/31/15)...had first place finishes in the weight throw at the Minnesota State Preseason Open (12/6/14) and the Nisely Classic at Doane (1/17/15)...named to the NSIC Winter All-Academic Team.

2014 Outdoor: Was a national qualifier in the discus during freshman season after recording season best mark of 155’ 2” at the Mt. Marty Twilight Invite (4/22/14)...placed in two events at the NSIC Championships taking fifth in the discus (142’4”) and fifth in the hammer throw (167’1”)...was 19th at the NCAA Division II Nationals in the discus (130’2”).

2014 Indoor: Competed in the shot put and weight throw during the season...was 10th at the NSIC Indoor Championships in the shot put (40’ 10 1/4”) and 18th in the weight throw (47’ 11”)...threw season-best 53’ 9” in the weight throw at UNK Pre Holiday Invite (12/14/13) to place fifth...had season-best mark of 43’ 3 3/4” in shot put at USD Twilight Meet (2/21/14) to finish ninth in the event.

High School: Graduate of Hartington Public Schools where she competed in track and field, volleyball and basketball...was a three year state qualifier in track and field...as a senior in 2013, was the Class D runner-up at state in both the shot put and discus...had personal best marks of 151’ 3” in the discus and 42’ 8” in the shot put, a meet record at the Northeast Nebraska Track and Field Classic in Norfolk...medaled in the shot put in 2012 with a toss of 37’11”, winning a district championship and a conference championship...was part of two track and field conference championship teams and two district championship teams in 2010 and 2012...holds the school record in the discus with a throw of 133’10”...part of a 4 x 100 meter relay team that holds the school record at 51.976.

Personal: Daughter of Terry and LouAnn Dendinger...born on May 9, 1995...majoring in biology at Wayne State.
Mary Alderson
Senior
Sprints
North Bend, Neb.
(Archbishop Bergan HS)

2015 Indoor: Ran in sprints and middle distances during the outdoor season...was first in the 400-meter dash (1:00.59) at the Mount Marty Twilight Meet (4/26/17)...ran season best time of 59.44 seconds to place third at UNK Loper Invitational (4/15/17) and was sixth in the 200-meter dash in 26.57 seconds...named to the NSIC Spring All-Academic Team.

2015 Indoor: Competed in middle distance events during indoor season...ran career best time 1:41.22 in the 600-meter run to place 16th at NSIC Indoor Championships...had career best time of 2:30.44 in the 800-meter run at the SDSU DII Invitational (1/20/17)...selected to the NSIC Winter All-Academic Team.

2016 Indoor/Outdoor: Redshirted.

2015 Outdoor: Participated in sprints, running the 200 meter dash and legs on the 4 x 100 and 4 x 400 meter relay teams...ran season-best time of 26.23 in the 200 meter dash at the Howard Wood Dakota Relays (5/2/15) to place ninth...had top time of 13.15 in the 100 meter dash at the Sioux City Relays (4/18/15)...won the 200 meter dash at the Mount Marty Twilight Meet (4/22/15) in 26.34 seconds...selected to the NSIC Spring All-Academic Team.

2015 Indoor: Ran season-best time of 27.05 seconds in the 200 meter dash at the NSIC Indoor Championships (2/27/15)...top time in the 60 meter dash was 8.26 seconds for a sixth place finish at the Wildcat Open (1/31/15)...had season-best finish of fourth in the 200 meter dash (27.33) at Wildcat Open...named to the NSIC Winter All-Academic Team.

2014 Outdoor: Competed in sprint events during outdoor season...season best times were 13.17 in the 100 meter dash (UNK Loper Invitational), 26.60 in the 200 meter dash to place third at the Prairie Wolf Invitational (4/18/14)...also ran legs on the 4 x 100 meter and 4 x 400 meter relay teams.

2014 Indoor: Competed in three meets during the indoor season...won the 200 meter dash at Wildcat Open (1/25/14) with season-best time of 27.88 seconds...was fourth in the 60 meter dash (8.40) and fifth in the 200 meter dash (27.99) at the UNK Pre Holiday Invitational on 12/14/13.

High School: Graduate of Archbishop Bergan in Fremont, Nebraska where she was a four sport athlete competing in track, volleyball, swimming and basketball...was named Academic All-State in volleyball, swimming and track while also taking Academic All-Conference honors in volleyball and track...qualified in four events at the 2012 state track meet competing in the 100 meter dash, 200 meter dash, 4 x 100 meter relay and the high jump while placing sixth in the 200 m with a time of 26.8.

Personal: Daughter of Twila Flamme and Jeff Alderson, born on 9/11/1994...majoring in chemistry/health science at Wayne State.

Tessa Ives
Senior
Throws
Verdigre, Neb.
(Verdigre HS)

2017 Outdoor: Recorded season best mark in the hammer throw of 154’ 1” at the UNK Loper Invitational (4/15/17)...had mark of 154’ 1” to place eighth at SMSU Mustang Open (4/17/17)...had season best finish of sixth at USD Twilight Meet (4/24/17) with mark of 143’ 6”...named to the NSIC Spring All-Academic Team.

2017 Indoor: Competed in the weight throw during the indoor season...threw career best mark of 49’ 8 1/2” to place 15th at NSIC Indoor Championships (2/24/17)...was third at South Dakota Last Chance Meet (2/17/17) with mark of 49’ 6 1/4” and placed fifth at SDSU Holiday Open (12/3/16) at 48’ 3/4”...also had sixth place finishes at USD Alumni Meet (2/4/17) and SDSU DII Invite (1/20/17)...repeate selection to the NSIC Winter All-Academic Team.

2016 Outdoor: Participated in the hammer throw in seven meets during the outdoor season...recorded a season-high finish (6th place) and throw of 45.65 meters at the NSU Twilight meet (4/22/16)...at the Wildcat Classic (3/22/16) threw for a mark of 44.17 meters in the hammer throw...also named to the NSIC Spring All-Academic Team.

2016 Indoor: Competed in the weight throw in eight meets during the indoor season...posted a season-high mark of 14.84 meters at the Concordia Indoor Invitational (2/12/16)...also posted a fourth place finish at the Wildcat Open (1/30/16) with throw of 14.66 meters...named to the NSIC Winter All-Academic Team.

2015 Outdoor: Participated in the hammer throw in seven meets...top mark was 143’ 1” for an 11th place finish at the Sioux City Relays (4/17/15)...placed 24th at the NSIC Outdoor Championships (5/9/15) with top throw of 139’ 6”.

2015 Indoor: Competed in the weight throw, recording top season mark of 47’ 6 1/2” to place ninth at the South Dakota Twilight Meet (2/20/15)...placed 23rd at the NSIC Indoor Championships with mark of 45’ 2 1/2”.

2014 Indoor/Outdoor: Sat out season as redshirt.

High School: Graduate of Verdigre High School where she competed in track and field, volleyball and basketball...was named All-Conference in basketball all four years she was in high school while also taking home All-Conference honors in volleyball in 2012 and 2013 and was All-Conference track in 2012...qualified for the state track meet in 2011 and 2012...holds the school record in the discus throw with a toss of 113’ 1/2”.

Personal: Daughter of Stephen and Debbie Ives...born on 2/4/1995...majoring in elementary education at WSC.
2016 NSIC OUTDOOR DISCUS CHAMPION

2016 OUTDOOR DISCUS NATIONAL QUALIFIER

2017 Outdoor: Earned fifth place finish in the discus at the NSIC Championships with mark of 138' 10"...took first place at UNK Loper Last Chance Meet (5/14/17) with season best throw of 155' 7"...was third at USD Twilight Meet (4/24/17) with mark of 147' 9" and took fourth at Sioux City Relays (4/21/17) with throw of 141' 4"...selected to the NSIC Spring All-Academic Team.

2016 Outdoor: Was the NSIC discus champion at NSIC Outdoor Championships with personal-best mark of 158' 7" and qualified for NCAA Division II Outdoor National Championships...recorded 18th place finish at nationals in Bradenton, Florida (5/27/16) with top mark of 141' 1"...had two other first place finishes during the season, winning the discus at Wildcat Classic (3/22/16) with throw of 149' 2" and finished first at Northern State Twilight Meet (4/22/16) with mark of 147' 11".

2015 Outdoor: Competed in the discus at eight outdoor meets as a freshman...had season-best throw of 152' 9", an NCAA provisional mark, to place second at the Howard Wood Dakota Relays (5/2/15)...also recorded a second place finish with a mark of 152' 7" at the Mount Marty Twilight Meet (4/22/15)...finished fifth at the NSIC Outdoor Championships (5/9/15) with a mark of 151' 11".

High School: Graduate of Sundance High School in Wyoming...was a three time Class 2A state discus champion in Wyoming with a personal best throw of 151' 8", a state record...also placed third at state in the shot put during senior season (35' 1/2")...was named Best of the Best for the Class 2A state meet and in 2013, finished third in the discus at the World Youth Track and Field Trials in Edwardsville, Illinois, just missing a spot on the US National Team...is also a state golf champion in Wyoming and basketball standout that will also play at Wayne State College.

Personal: Daughter of Jim and Sheryl O'Connor...born May 8, 1996...majoring in physical education at WSC.

2018 NSIC TRACK ATHLETE TO WATCH

Before Wayne State: Competed two years at Gillette College in Wyoming...pronounced (juh-lee-mo)...competed in cross country and track and field...helped Gillette College to sixth place finish at 2016 JUCO Nationals in cross country and fifth place in 2015...ran track and field one year at Gillette before program was cut for 2016-17 season...was fifth at 2016 Region 11 Championships in the 800-meter run (2:23.15) and 1,500-meter run (5:08.90).

High School: Graduate of St. Michael's Kabisaga Secondary High School in Kabiyet, Kenya...was a four year letter winner in track and field.

Personal: Daughter of Meshack and Sarah Magut...born November 9, 1993...majoring in respiratory therapy.
Tia Jones  
Sophomore  
Throws  
Elkhorn, Neb.  
(Elkhorn HS)

2017 Outdoor: Recorded a sixth place finish in the shot put at the NSIC Championships with a mark of 43' 9 3/4"...had season best mark in the shot put of 45' 1/4" to place fourth at the Sioux City Relays (4/21/17)...top season throw in the hammer throw was 144' 4" to place fifth at the USD Twilight Meet (4/24/17)...selected to the NSIC Spring All-Academic Team.

2017 Indoor: Competed in the shot put and the weight throw during indoor season...recorded season best mark of 43' 4 1/4" in the shot put to place seventh at NSIC Indoor Championships (2/25/17)...in the weight throw had season best mark of 47' 7" to place eighth at USD Alumni Meet (2/4/17)...finished fifth in the shot put (41’8 1/2”) and seventh in the weight throw (45’8 1/2”) at South Dakota Last Chance Meet (2/17/17).

2016 Outdoor: Sat out as a redshirt.

2016 Indoor: Redshirted.

High School: Graduate of Elkhorn High School...three year letter winner in track and field...was a Class B state qualifier in the shot put as a junior in 2014, placing 13th at 35’ 6"...was also a district runner up in shot put during junior season.

Personal: Daughter of Angela Jones...born April 18, 1997...majoring in sport management.

Morgan Shearer  
Junior  
Multis  
Mondamin, Iowa  
(Upper Iowa / West Harrison HS)

2017 Outdoor: Redshirted

2017 Indoor: Sat out season as redshirt

Before Wayne State: Attended Upper Iowa University for one year

High School: Graduate of West Harrison High School in Iowa

Personal: Daughter of Travis and Janet Shearer...born May 9, 1997...majoring in agriculture and international business.

2016 Outdoor: Sat out as a redshirt.

2016 Indoor: Redshirted.
High School: Graduate of Syracuse High School...three-time Class C State qualifier in cross country...during senior season was individual qualifier and placed 65th (23:43.2)...helped team to 11th place finish in junior season (2014) with time of 22:53.2 to place 40th overall...came in 48th place as a sophomore at 22:33.8.

Personal: Daughter of Jeffrey and Tammy Lowman...born April 3, 1995...majoring in human services counseling.

Kim Lowman
Sophomore
Distance
Avoca, Neb.
(Syracuse HS)

Josephine Peitz
Sophomore
Distance
Wakefield, Neb.
(Wakefield HS)

High School: Graduate of Wakefield High School...was a two year starter in volleyball and basketball and lettered four years in track and field...was a three year Class C State Track qualifier...placed fifth in the Class C 800 meter run as a junior (2015) with time of 2:23.55...also qualified for state in 1,600 meter run as a junior and was a Class C 800 meter run state qualifier three years...was also an All-Lewis and Clark Conference selection in volleyball and Academic All-State honoree in volleyball and basketball.

Personal: Daughter of Dave and Candyce Peitz...born July 21, 1997...majoring in pre-veterinarian medicine at WSC.

Riana Noelle
Sophomore
Jumps
Omaha, Neb.
(Millard South HS)

High School: Graduate of Millard South High School...was a two year letter winner and Class A state qualifier in the triple jump...placed eighth in Class A triple jump as a senior with mark of 36' 2"...improved nearly three feet in triple jump during senior season - 33' 4" to 36' 2"...helped Millard South to Class A runner up finishes as a junior and senior.

Personal: Daughter of Toni and Ryan Noelle...born July 24, 1998...major is undeclared.
Brianna Crouch
Freshman
Distance
Omaha, Neb. (Omaha North HS)

High School: Graduate of Omaha North High School...three year starter in cross country, two in soccer and two in track and field...Class A State Cross Country qualifier during senior season, placing 48th with time of 20:54.5...placed 13th at Class A-3 District as a senior with personal-best time of 20:50.5.

Personal: Daughter of Chad Crouch and Angie Crouch...born April 29, 1999...majoring in Psychology.

Hanna Lazure
Freshman
High Jump
Fort Calhoun, Neb. (Fort Calhoun HS)

High School: Graduate of Fort Calhoun High School...was a three year state qualifier in the high jump, tied for eighth as a sophomore in 2015 (5’ 0”), tied for 10th as a junior (5’ 0”) and was 12th this year in Class B as a senior at 5’ 0”...also ran a leg on Fort Calhoun’s 400-meter relay team at state placing eighth...holds the school record in the high jump at 5’ 4 ½” and is an Academic All-State selection the last two years.

Personal: Daughter of Thomas and Yvonne Lazure...born October 2, 1998...majoring in elementary education.

McKayla Hanson
Freshman
Sprints
Cedar Bluffs, Neb. (Cedar Bluffs HS)

High School: Graduate of Cedar Bluffs High School...was a three-sport standout (volleyball, basketball and track and field) and a four-year letter winner competing in sprints on the track and field team...was a four-year Class D state qualifier in the 400-meter relay and helped Cedar Bluffs to a second place finish and new school record time of 50.47 seconds as a junior...also earned an eighth place medal as a freshman and just missed medals the other two years with ninth place finishes...earned Academic All-State honors in basketball and received the Academic All-Conference Award in 2017 from the Frontier Conference.

Personal: Daughter of Howard and Barbara Hanson...born October 12, 1998...majoring in art education.

Molly McCartney
Freshman
Distance
Nelson, Neb. (Lawrence-Nelson HS)

High School: Graduate of Lawrence / Nelson High School...was a three-year state qualifier in the high jump, tied for eighth as a sophomore in 2015 (5’ 0”), tied for 10th as a junior (5’ 0”) and was 12th this year in Class B as a senior at 5’ 0”...also ran a leg on Fort Calhoun’s 400-meter relay team at state placing eighth...holds the school record in the high jump at 5’ 4 ½” and is an Academic All-State selection the last two years.

Personal: Daughter of Thomas and Yvonne Lazure...born October 2, 1998...majoring in elementary education.

Allysa Kimpson
Freshman
Sprints
Omaha, Neb. (Millard West HS)

High School: Graduate of Millard West High School...Allysa was a sprinter and a three year Class A State qualifier and four year letter winner at Millard West...as a senior she ran a leg on the third place 400-meter relay team and was an individual qualifier in the 100-meter dash placing 12th in 12.88 seconds...during junior season, ran the opening leg on the first place 400-meter relay team and was 14th in the 200-meter dash (26.55) and as a sophomore was a state qualifier in three events – fifth in the 400-meter relay, 10th in the 200-meter dash (26.39) and 11th in the 100-meter dash (12.92)...helped Millard West win the Class A State title in May and was a part of four district championship teams during her high school career.

Personal: Daughter of Tim and Cindy Kimpson...born March 11, 1999...majoring in psychology.

Sophie Noecker
Freshman
Sprints
Hartington, Neb. (Hartington/Newcastle HS)

High School: Graduate of Hartington-Newcastle High School...was a multi-sport standout for the Wildcats, earning All-Lewis and Clark Conference Honors in volleyball and basketball as a sophomore, junior and senior...qualified for state track in four events as a senior and earned medals in three, placing sixth in the Class C 100-meter dash (12.8) and eighth in the 300-meter hurdles (48.0) while running a leg on the fourth place 400-meter relay team (51.3) while also qualifying in the 200-meter dash... was an Academic All-State selection in all three sports.

Personal: Daughter of William and Laura Noecker...born October 15, 1998...majoring in pre-veterinary science.
Sabrina Sack
Freshman
Distance
Lincoln, Neb.
(Waverly HS)

High School: Graduate of Waverly High School...four year letter winner in cross country and three years in track and field...was a Class B State cross country qualifier as a junior in 2015...coached by former Wildcat track and field standout Cody Gregory.

Personal: Daughter of Herbert and Patricia Sack...born September 28, 1998...majoring is elementary education.

Kenzie Sullivan
Freshman
Throws
Laurens, Iowa
(Laurens-Marathon HS)

High School: Graduate of Laurens-Marathon High School in Iowa...competed in track and field at Pocahontas Area Community High School and was a four year state track qualifier in the shot put and discus...during senior season, won the Class 2A State discus title with mark of 133’ 1” and was second in the shot put at 39’ 9”...as a junior was ninth in the shot put (36’ 7 3/4”) and 19th in discus (103’ 2”)...claimed second place medal in discus as a sophomore at 131’ 7” and was 19th in shot put...as freshman at Laurens-Marathon, was sixth in the Class 1A shot put (36’ 8 1/4”) and 10th in discus (108’ 5”).

Personal: Daughter of Patrick and Laurie Sullivan...born August 19, 1999...major is undecided.

Mckenzie Scheil
Freshman
Throws
Fairmont, Neb.
(Fillmore Central HS)

High School: Graduate of Fillmore Central High School...was a two-year Class C state qualifier in the shot put...as a senior, she placed sixth at 39’ 1” and was seventh in her junior year at 38’ 7”...was also a three-year starter in volleyball and lettered three years in basketball at Fillmore Central High School.

Personal: Daughter of Michael and Tamara Scheil...born September 29, 1998...majoring in social services counseling.

Sarah Stang
Freshman
Throws
Herman, Neb.
(Tekamah-Herman HS)

High School: Graduate of Tekamah-Herman High School...was a multi-sport standout in basketball and track and field...Class C state qualifier as a junior and senior in the shot put and discus...placed seventh in the discus as a senior (114’ 7”) and 16th in shot put (35’ 10”)...was 10th in the shot put (37’ 10”) and 14th in the discus during junior season... also earned Academic All-State honors in track as a junior and was Most Valuable Field participant as a sophomore and junior.

Personal: Daughter of Mike and Vickie Stang...born October 29, 1998...major is undecided.

Jadin Wagner
Freshman
Throws
Lawton, Iowa
(Lawton-Bronson HS)

High School: Graduate of Lawton-Bronson High School in Iowa...had a stellar senior season, earning Class 1A All-State honors in volleyball while winning a state title in the shot put at the Iowa Class 1A state meet...was a four-year state qualifier in the shot put and won the event as a senior at 40’ 11 1/2” while also placing fifth as a junior (37’ 4”) and third as a sophomore (38’ 1 1/2”)...was also a state qualifier in the discus as a senior...in volleyball, she led Lawton-Bronson to the Iowa Class 1A state tournament with a 33-8 record, recording First Team All-State honors with 344 kills (3.34 kills per set), 72 digs, 38 blocks and 20 service aces.

Personal: Daughter of Dane and Heather Wagner...born January 9, 1999...majoring in business.
# 2018 WILDCAT MEN'S ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Event</th>
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<td>Braxton Adams</td>
<td>Senior</td>
<td>Sprints</td>
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<td>Allen Arauz</td>
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<td>Sprints</td>
<td>Norfolk, Neb. (Norfolk HS)</td>
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<td>Antoine Bardou</td>
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<td>Saint-Chely-D'apcher, France (Indian Hills CC)</td>
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<td>Jumps/Sprints</td>
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<td>Cade Kalkowski</td>
<td>Sophomore</td>
<td>Throws</td>
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<td>Sophomore</td>
<td>Throws</td>
<td>Neligh, Neb. (Neligh-Oakdale HS)</td>
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<td>Mid-Distance</td>
<td>Aurelia, Iowa (Alta-Aurelia HS)</td>
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<td>Jesus Arellano</td>
<td>Freshman</td>
<td>Distance</td>
<td>Madison, Neb. (Madison HS)</td>
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<td>Throws</td>
<td>Lyons, Neb. (Lyons-Decatur Northeast HS)</td>
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<td>Freshman</td>
<td>Sprints</td>
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<td>Hurdles</td>
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<td>Dillon Lubischer</td>
<td>Freshman</td>
<td>Throws</td>
<td>Pierce, Neb. (Pierce HS)</td>
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<td>Bailey Peckham</td>
<td>Freshman</td>
<td>Distance</td>
<td>Benkelman, Neb. (Dundy County - StrattonHS)</td>
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<td>Justin Rohloff</td>
<td>Freshman</td>
<td>Sprints</td>
<td>Fremont, Neb. (Archbishop Bergan HS)</td>
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2018 Wildcat Track and Field - 25
Antoine Bardou
Senior
Distance
Saint-Chely-D'apcher, France
(Indian Hills CC / De Cha Depepchur)

Robert Sullivan
Junior
Jumps/Multi
Bennington, Neb.
(Omaha Burke HS)

2017 NSIC MEN'S INDOOR NEWCOMER OF THE YEAR

2017 Outdoor: Sat out season as a redshirt.

2017 Indoor: Named NSIC Men's Indoor Newcomer of the Year after winning the 1,000-meter run and placing fourth in the mile run at the NSIC Indoor Championships...also set two new indoor school records - 1,000-meter and one mile runs...was NSIC Indoor 1,000-meter run champion with time of 2:28.95 and placed fourth in the one mile run at 4:13.69...set new school record in 1,000-meter run with time of 2:26.83 at UNL Holiday Inn Invitational (1/13/17) to place third and was named NSIC Men's Indoor Track Athlete of the Week (1/17/17)...set new school mark in the one mile run with time of 4:08.27 to place third at Frank Sevigne Husker Invite in Lincoln (2/4/17)...took first place in the one mile run at SDSU DII Invite (1/20/17) in 4:12.48...had season-best time of 1:52.50 in the 800-meter run at SDSU Indoor Classic (2/11/17) to place third.

Before Wayne State: Competed two years at Indian Hills Community College...was a two-time national cross country qualifier.

High School: Graduate of De Cha Depepchur in France.

Personal: Son of Vincent and Sylvie Bardou...born June 24, 1996...majoring in business administration with a minor in international business.

2017 NCAA INDOOR NATIONAL QUALIFIER

2017 Outdoor: Scored points in three events and was All-NSIC in two at NSIC Outdoor Championships...recorded third place finish in the decathlon with NCAA provisional mark of 6,369 points...also took third in the long jump (23' 5 1/2") and was seventh in the 110-meter hurdles with time of 15.48 seconds...had NCAA provisional mark of 23' 8 1/4" in the long jump at NSIC decathlon (5/3/17).

2017 Indoor: Set new school record with 5,141 points to win the NSIC Heptathlon at NSIC Indoor Championships...also placed eighth in the 60-meter hurdles with time of 8.57 seconds...qualified for NCAA Indoor Nationals and finished 12th with 4,944 points...earned USTFCCCA All-Central Region honors in heptathlon...ran season-best time of 8.30 in the 60-meter hurdles to place third at UNL Holiday Inn Invitational (1/14/17)...won the 60-meter hurdles at the SDSU Holiday Open (12/3/16) in 8.38 seconds.

2016 Outdoor: Scored points in two events at the NSIC Outdoor Championships, finishing sixth in the decathlon with 5,993 points and eighth in the 110 hurdles with time of 15.68 seconds...took first place in the 110 hurdles with a season-best time of 15.12 seconds at the Jim Dutcher/Doane College Relays (4/23/16)...top mark in the high jump was 6' 4 3/4" to place fourth at the Sioux City Relays (4/16/16).

2016 Indoor: Just missed placing in the heptathlon at the NSIC Indoor Championships taking ninth with 4,316 points...cleared season-best 6' 6" in the high jump to place third at the SDSU Holiday Invite (12/5/15)...top mark in the long jump was 20' 10" at the Fred Beile Classic (2/6/16).

High School: Graduate of Omaha Burke High School...two year letter winner and starter in track and field and one year in basketball...placed sixth in Class A State high jump during senior season (2014) clearing 6' 2"...was Class A district high jump champion as a senior clearing 6' 6".

Personal: Son of Nakiecia Taffa...born January 20, 1996...majoring in exercise science.
2017 Outdoor: Ran leg on third place 4 x 100 meter relay team (42.24) at NSIC Outdoor Championships...finished 12th in 100-meter dash at NSIC Championships with time of 10.91 seconds...placed first in 100-meter dash (10.84) and ran leg on first place 4 x 100 meter relay team at SMSU Mustang Open (4/11/17)...ran leg on sixth place 4 x 100 meter relay team at Drake Relays (4/27/17).

2017 Indoor: Earned All-NSIC honors with second place finish in the 60-meter dash (6.93) at the NSIC Indoor Championships (2/25/17) in Mankato...also ran 6.93 seconds in the 60-meter dash finals at Minnesota State Open (12/28/17) to place second...was first in the 60-meter dash at season-opening SDSU Holiday Open (12/3/16) in 7.05 seconds...finished fifth at USD Alumni Meet (2/4/17) in 60-meter dash finals in 7.04 seconds.

2016 Outdoor: Scored points in two events at the NSIC Outdoor Championships, placing fourth in the 100 meter dash (wind-aided 10.66 seconds) and running leg on third place 4 x 100 meter relay team...took first place in the 100 meter dash at the Jim Dutcher Doane College Relays with wind-aided time of 10.77 seconds...won the 100 meter dash at the Sioux City Relays (4/16/16) with time of 10.86 seconds...named Most Valuable Track Athlete for 2015-16 season.

2016 Indoor: Recorded fourth place finish in the 60 meter dash with a time of 6.90 seconds at the NSIC Indoor Championships...ran season-best time of 6.86 seconds on the Frank Savigne Husker Invite (2/20/16)...had two first place finishes in the 60 meter dash, winning the event at Wildcat Open (1/30/16) in 6.99 seconds and running 6.88 to take first at Fred Belle Classic (2/6/16).

2015 Outdoor: Helped set two new school records while earning All-NSIC honors in two events at the NSIC Outdoor Championships (5/9/15) in Sioux Falls...placed third in the 100 meter dash with a time of 10.73 seconds in finals, but ran time of 10.58 in prelims to set new school record, topping old mark of 10.68 set by Tim Pilakowski in 2007...ran leg on 4 x 100 meter relay team that placed second with a new school record time of 41.43 seconds, breaking a 22-year old record of 41.77 set in 1993.

2015 Indoor: Earned All-NSIC honors in the 100 meter dash and was an NCAA Division II Indoor national qualifier in the event...placed second at the NSIC Indoor Championships (2/27/15) with a season-best time of 6.77 seconds in the 60 meter dash...at the NCAA Division II Indoor Nationals (3/13/15), ran time of 6.85 in heat to place fifth and 14th overall...ran the 200 meter dash at three meets and recorded season best time of 23.18 seconds at the Nisely Doane College Classic (1/17/15).

2014 Indoor/Outdoor: Redshirted

High School: Graduate of Burke High School where he competed in track and field and football...is part of the 4 x 100 meter relay school record team that ran a 41.99.

Personal: Son of John and Joyce Adams...born on 12/23/1994...majoring in sport management at Wayne State College.
Joey Black
Senior
Distance
Lincoln, Neb. (North Star HS)

2017 Outdoor: Ran in middle distance events during outdoor season...ran season-best time of 4:27.96 in the 1,500-meter run at MIAA vs. NSIC Showdown (4/11/17)...placed 13th at NSIC Championships in 1,500-meter run with time of 4:30.40...season-best mark in the 800-meter run was 2:05.73 at Howard Wood Dakota Relays (5/6/17).

2017 Indoor: Competed in five meets in distance events...placed 10th in the 3,000-meter run (10:07.50) at the Minnesota State Open (1/28/17)...ran season best time of 4:57.34 in the mile run at Minnesota State Open...top 3,000-meter run time was 9:52.32 at SDSU Indoor Classic (2/11/17).

2016 Outdoor: Had pair of 14th place finishes in the 1,500 meter run - Wildcat Classic (3/22/16) and MIAA/NSIC Showdown (4/8/16)...top time in the 800 meter run was 2:10.92 at the Emporia State Relays (4/2/16)...finished 17th in the 1,500 meter run at the NSIC Outdoor Championships with time of 4:30.92.

2016 Indoor: Ran leg on seventh place distance medley relay team at the NSIC Indoor Championships...posted top time of 4:53.56 in the mile run to place eighth at the Concordia Invite (2/12/16)...ran season-best time of 2:51.30 in the 1,000 meter run at the Fred Beile Classic (2/6/16).

2015 Outdoor: Ran three distance events while competing in six meets during the outdoor season...top time in the 3,000 meter steeplechase was 11:18.28 at the Wildcat Classic (3/29/15), 4:22.82 in the 1,500 meter run at the Mount Marty Twilight Meet (4/22/15) and 17:34.87 in the 5,000 meter run at the Sioux City Relays (4/18/15).

2015 Indoor: Competed at five meets in the mile and 3,000 meter runs...top time in the one mile run was 4:58.73 at the Fred Beile Classic (2/7/15) and 9:55.64 in the 3,000 meter run at the Concordia Invite (2/12/15).

2014 Indoor/Outdoor: Sat out season as a medical redshirt.

2017 Indoor: Scored points in three events at NSIC Indoor Championships...was All-NSIC performer with third place finish in heptathlon at 4,070 points, placed fifth in the long jump (23' 6 3/4") and was fifth in the triple jump (47' 3 3/4")...received USTFCCCA All-Region honors in heptathlon, placing in top five in the Central Region...took second in the heptathlon at Minnesota State Open (1/28/17) with 4,966 points...named to the CoSIDA Academic All-District VII First Team and selected to the NSIC Winter All-Academic Team.

2016 Indoor/Outdoor: Sat out season as a medical redshirt.

2015 Indoor: Scored points in four events at the NSIC Indoor Championships...placed second in the NSIC decathlon with new school record point total of 6,638 points and ran anchor leg on 4 x 100 relay team that set new school record of 41.43 seconds to place second overall...also placed fourth in the long jump (23' 2 3/4") and just missed placing with a ninth place finish in the triple jump (46' 9 1/2") at the NSIC Championships...also excels in the classroom, named to the Capital One Academic All-Academic All-District VII Men's Track and Field Team with a 3.98 grade point average majoring in chemistry/health science and was selected to the NSIC Winter All-Academic Team.

2015 Outdoor: Earned All-NSIC honors in two events while being a part of two new school records at the NSIC Outdoor Championships (5/9/15)...placed second in the NSIC decathlon with new school record point total of 6,638 points and ran anchor leg on 4 x 100 relay team that set new school record of 41.43 seconds to place second overall...also placed fourth in the long jump (23' 2 3/4") and just missed placing with a ninth place finish in the triple jump (46' 9 1/2") at the NSIC Championships...also excels in the classroom, named to the Capital One Academic All-Academic All-District VII Men's Track and Field Team with a 3.98 grade point average majoring in chemistry/health science and was selected to the NSIC Winter All-Academic Team.

2014 Outdoor: Placed in two events at the NSIC Outdoor Championships, taking sixth in the triple jump (45' 4 1/4") while running a leg on the 4 x 400 relay team that was sixth in a new school record time of 3:18.94...also finished 11th in the javelin (153' 10'') and competed in the long jump.

2014 Indoor: Scored points in three events at NSIC Indoor Championships in Bemidji, Minnesota on 2/28 and 3/1/14...finished fourth in the long jump (22' 5'')...finished sixth in the triple jump (45' 4 1/4") and ran third leg on 4 x 400 meter relay team that placed fourth in 3:23.88...had season-best marks of 22' 6 1/2" and 46' 3/4" to win the long jump and take second in the triple jump at the Wildcat Open on 2/25/14.

High School: Graduate of Lincoln North Star High School where he was a three year starter in both cross country and track and field.

Personal: Son of David and Tracey Black, born on 10/6/1994...majoring in physical education at Wayne State College.

2015, 2017 CoSIDA THIRD TEAM ACADEMIC ALL-AMERICAN

2015 Outdoor: Recorded fifth place finish in the javelin throw with mark of 168' 2" at NSIC Outdoor Championships, a season-best mark...placed second in the long jump (21' 6 3/4") and seventh in the javelin (158' 3") at the Sioux City Relays on 4/21/17...received CoSIDA Academic All-District VII First Team honors and was later named Third Team Academic All-American with a 3.91 grade point average majoring in chemistry and health science...was selected to the NSIC Spring All-Academic Team.

2017 Indoor: Scored points in three events at NSIC Indoor Championships...was All-NSIC performer with third place finish in heptathlon at 4,070 points, placed fifth in the long jump (23' 6 3/4") and was fifth in the triple jump (47' 3 3/4")...received USTFCCCA All-Region honors in heptathlon, placing in top five in the Central Region...took second in the heptathlon at Minnesota State Open (1/28/17) with 4,966 points...named to the CoSIDA Academic All-District VII First Team and selected to the NSIC Winter All-Academic Team.

2016 Indoor/Outdoor: Sat out season as a medical redshirt.

2015 Indoor: Earned All-NSIC honors in two events while being a part of two new school records at the NSIC Outdoor Championships (5/9/15)...placed second in the NSIC decathlon with new school record point total of 6,638 points and ran anchor leg on 4 x 100 relay team that set new school record of 41.43 seconds to place second overall...also placed fourth in the long jump (23' 2 3/4") and just missed placing with a ninth place finish in the triple jump (46' 9 1/2") at the NSIC Championships...also excels in the classroom, named to the Capital One Academic All-Academic All-District VII Men's Track and Field Team with a 3.98 grade point average majoring in chemistry/health science and was selected to the NSIC Spring All-Academic Team.

2015 Outdoor: Earned All-NSIC honors in two events while being a part of two new school records at the NSIC Outdoor Championships (5/9/15)...placed second in the NSIC decathlon with new school record point total of 6,638 points and ran anchor leg on 4 x 100 relay team that set new school record of 41.43 seconds to place second overall...also placed fourth in the long jump (23' 2 3/4") and just missed placing with a ninth place finish in the triple jump (46' 9 1/2") at the NSIC Championships...also excels in the classroom, named to the Capital One Academic All-Academic All-District VII Men's Track and Field Team with a 3.98 grade point average majoring in chemistry/health science and was selected to the NSIC Spring All-Academic Team.
Brandon Marker
Senior
Sprints
Springfield, Neb.
(Platteview HS)

2017 Outdoor: Ran leg on third place 4 x 100 meter relay team at NSIC Outdoor Championships...also ran leg on 10th place 4 x 400 meter relay team and was 22nd in the 400-meter dash with time of 52.72 seconds...ran season-best time of 50.91 seconds in 400-meter dash at Howard Wood Dakota Relays (5/6/17)...season-best mark in the 200-meter dash was 22.96 seconds at UNK Loper Invite (4/15/17)...ran leg on 4 x 100 meter relay team that placed sixth in the Drake Relays with time of 41.97 seconds...selected to the NSIC Spring All-Academic Team.

2017 Indoor: Scored points in two events at NSIC Indoor Championships, running legs on eight place distance medley relay and 4 x 400 meter relay teams...ran season-best time of 62.82 in the 400-meter dash at USD Alumni Meet (2/4/17)...posted top time of 1:29.72 in the 600-meter run at SDSU Indoor Classic (2/11/17)...placed seventh in 600-meter run at Minnesota State Open (1/28/17) in 1:29.77...named to the NSIC Winter All-Academic Team.

2016 Outdoor: Competed in sprints during outdoor season...ran leg on third place 4 x 100 meter relay team at NSIC Outdoor Championships...posted top time of 11.27 seconds in 100 meter dash to place 10th at Wildcat Classic (3/22/16)...season-best time in 200 meter dash was 23.74 seconds at Emporia State Relays (4/2/16).

2016 Indoor: Ran legs on seventh place distance medley and 4 x 400 meter relay teams at the NSIC Indoor Championships...posted season-best mark of 23.86 in the 200 meter dash at NSIC Indoor Championships...top 400 meter dash time was 55.37 at the Fred Beile Classic (2/6/16) and 7.46 seconds in the 60 meter dash at Dakota Reality Meet at South Dakota (1/16/16).

2015 Indoor/Outdoor: Redshirted

2014 Outdoor: Sat out season as redshirt.

2014 Indoor: Competed in the 60 and 200 meter dashes...ran season-best 26.26 in the 200 meter dash at the South Dakota Twilight Meet on 2/21/14 and had season-best time of 7.79 in the 60 meter dash at the UNK Pre Holiday Invite on 12/14/13.

High School: Graduate of Platteview High School where he competed in track and field, football and basketball...was part of the Class C-1 state runner-up team in football.

Personal: Son of Stewart and Stephanie Marker...born on 6/3/1995...majoring in engineering.

Brady Metz
Senior
Jumps
Grand Island, Neb.
(Grand Island HS)

2017 Outdoor: Recorded pair of fourth place finishes at the NSIC Outdoor Championships in the long jump and triple jump...broke 29-year-old school mark in triple jump with leap of 49' 5 3/4" to place fourth and was also fourth in the long jump with season-best mark of 23' 5 1/2"...was first in the triple jump at four meets during the season...posted mark of 49' 1" to win UNK Last Chance Meet (5/14/17), 47' 3/4" to win Sioux City Relays, 48' 10 1/4" to take first at UNK Loper Invite and also won Wildcat Classic triple jump...was USTFCCA All-Region with mark of 49' 5 3/4" in the triple jump.

2017 Indoor: Earned All-NSIC honors with a third place finish in the triple jump (48' 1/2") at the NSIC Indoor Championships...also placed seventh in the long jump with season-best mark of 22' 11 3/4"...led 28-year-old school record in triple jump at 48' 4 1/2", taking first place at the Concordia Invite (2/10/17)...also won triple jump at Nebraska Tune-Up Meet (46' 11 1/2"), Minnesota State Open (47' 1/4") and SDSU DII Invite (48' 6 1/4").

2016 Outdoor: Placed sixth in the triple jump (46' 2") and 12th in the long jump (21' 10") at the NSIC Outdoor Championships in Sioux Falls... finished second in the triple jump (46' 5 1/4") and third in the long jump (20' 10 3/4") at the Howard Wood Dakota Relays (5/7/16)...won the triple jump at the Sioux City Relays (4/16/16) with top leap of 45' 1".

2016 Indoor: Finished 13th in the triple jump at the NSIC Indoor Championships with mark of 44' 1 1/4"...top season mark in the triple jump was 46' 6 3/4" to place fifth at SDSU Holiday Invite (12/5/15)...took first place in triple jump with mark of 46' 1/2" at Dakota Reality Alumni Meet in South Dakota (1/16/16)...season-best leap in long jump was 20' 10" to place eighth at Concordia Invite (2/12/16).

2015 Outdoor: Recorded top marks of 45' 9 3/4" in the triple jump and 20' 10 3/4" in the long jump at the Concordia Invitational (4/11/15)...finished third in the triple jump (45' 3 3/4") at the Howard Wood Dakota Relays (5/2/15)...placed 16th in the triple jump with a mark of 43' 2 1/2" at the NSIC Outdoor Championships.

2015 Indoor: Competed at seven meets in the long jump and triple jump...finished 12th in the triple jump (43' 6") at the NSIC Indoor Championships (2/27/15)...season-best mark in the triple jump was 44' 8 3/4" to place fifth at the Beile Doane College Classic (2/7/15)...posted top mark of 19' 1 1/2" in the long jump at the Minnesota State Open (1/24/15).

High School: Graduate of Grand Island Senior High School...was a two year letter winner in track and field...during senior season recorded top mark of 42' 3" in the triple jump...helped Islanders to conference championships in track as a junior and football as a senior.

Personal: Son of Rick Metz and Jeanne Metz...born on November 9, 1995...majoring in Sport Management at Wayne State College.
2018 WILDCAT MEN’S BIOS

Alvyns Alcenord
Junior
Sprints
Pompano Beach, Fla.
(Waldorf College / Northeast HS)

2017 Outdoor: Participated in five meets during outdoor season in the sprints...ran leg on third place 4 x 100 meter relay team at NSIC Championships (42.24)...season-best time in 100-meter dash was 11.11 seconds at Sioux City Relays (4/21/17) to place sixth...top time in 200-meter dash was 22.53 seconds at UNK Loper Invite (4/15/17).

2017 Indoor: Competed in sprints at five meets during indoor season...was fifth in the 60-meter dash finals with season-best time of 7.03 seconds at the SDSU DII Invite (1/20/17)...took third in 60-meter dash at USD Last Chance Meet (2/17/17) with throw of 44' 11”...took ninth at season-opening SDSU Holiday Open (12/3/16) with mark of 46' 4 3/4”.

High School: Graduate of Northeast HS in Pompano Beach, Florida.

Personal: Son of Raymonde Casimyr and Angelot Alcenord...born November 1, 1996...majoring in business finance.

Jayle Hinkle
Junior
Throws
Ericson, Neb.
(Chambers Wheeler)

2017 Outdoor: Recorded season-best mark of 48' 2” in the shot put to place fourth at the Nebraska Invitational (5/6/17)...top mark in the discus was 132' 3” at the Concordia Invite (4/8/17)...placed 12th in the shot put at NSIC Outdoor Championships with mark of 45’ 1”.

2017 Indoor: Competed in shot put at seven meets during season...threw season-best mark of 46’ 7 1/2” at NSIC Indoor Championships to place 12th overall...was fifth at USD Last Chance Meet (2/17/17) with throw of 44’ 11”...took ninth at season-opening SDSU Holiday Open (12/3/16) with mark of 46’ 4 3/4”.

High School: Graduate of Chambers Wheeler Central High School...was a four year starter in football and track and field and two year starter in basketball...earned Class D-2 First Team All-State Defense honors from the Omaha World Herald and Lincoln Journal Star during senior season...holds school record with 35 career sacks...was a First Team All-District selection as a junior and senior in football and was a state track qualifier in the shot put, holding the school record at 49’ 2”.

Personal: Son of Jason and Anita Hinkle and Jennifer Hinkle...born August 22, 1996...majoring in industrial technology and construction management.

Kole Heller
Sophomore
Sprints
Platte, S.D.
(Platte-Geddes HS)

2017 Outdoor: Ran in sprints during outdoor season...posted season-best time of 11.37 seconds in the 100-meter dash at NSIC Outdoor Championships...top time in the 200-meter dash was 23.43 seconds at the MIAA vs. NSIC Showdown (4/17/17)...selected to the NSIC Spring All-Academic Team.

2017 Indoor: Competed in one meet during the indoor season - ran time of 7.37 seconds in the 60-meter dash at the UNL Holiday Inn Invitational (1/13/17)...named to the NSIC Winter All-Academic Team.

2016 Indoor/Outdoor: Sat out as a medical redshirt.

2015 Outdoor: Ran leg on 4 x 100 meter relay team that set new school record with second place finish (41.43) to earn All-NSIC honors at the NSIC Outdoor Championships (5/9/15)...ran season-best time of 11.27 seconds (wind-aided) to place 19th in the 100 meter dash at the NSIC Outdoor Championships.

High School: Graduate of Platte-Geddes High School in South Dakota...was the Class B state champion as a senior in the 100 meter dash (11.11) and placed third in the 200 meter dash (23.79)...was an All-Conference (Southeast South Dakota) selection in basketball as a senior helping team to second place finish in Class B state tournament...also excels in the classroom with Academic All-State accolades in basketball.

Personal: Son of John and Kathy Heller...born August 29, 1995...majoring in pre-pharmacy.
Clay Kramper  
Junior  
Sprints  
Homer, Neb.  
(Homer HS)

2017 Outdoor: Recorded fifth place finish in 200-meter dash at NSIC Outdoor Championships with season-best time of 21.67 seconds...posted career-best time of 48.90 seconds in the 400-meter dash to place fourth at UNK Loper Invite (4/15/17)...won the 100-meter dash at the SMSU Mustangs Open (4/1/17) with time of 11.06 seconds.

2017 Indoor: Placed sixth in the 200-meter dash with time of 22.38 seconds at the NSIC Indoor Championships in Mankato (2/25/17)...ran season-best time of 22.31 in 200-meter dash at SDSU Indoor Classic (2/11/17)...took season-best fourth place in 200-meter dash (22.59) at USD Alumni Meet (2/4/17)...top 60-meter dash time was 7.14 seconds at USD Alumni Meet (2/4/17).

2016 Outdoor: Earned All-NSIC honors with a second place finish in the 200 meter dash with time of 21.57 at the NSIC Outdoor Championships...set new school record with first place time of 21.34 in the 200 meter dash at Howard Wood Dakota Relays (5/7/16)...also ran leg on third place 4 x 100 meter relay team (42.03) at the NSIC Outdoor Championships...finished second in 200 meter dash at Kip Janvrin Open (4/28/16) with time of 21.76 seconds.

2016 Indoor: Posted season-best time of 22.72 in the 200 meter dash with time of 21.57 at the NSIC Indoor Championships in Mankato...top time in the 60 meter dash was 7.12 seconds to place second at Wildcat Open (1/30/16)...crossed tape first in the 200 meter dash at Wildcat Open with time of 23.05 seconds...ran leg on seventh place 4 x 400 meter relay team at NSIC Indoor Championships.

2015 Indoor/Outdoor: Sat out season as a redshirt.

High School: Graduate of Homer High School...was the Lewis and Clark Conference Champion in the 100 and 200 meter dashes all four years in high school...as a senior, placed second in the 200 meter dash (22.23) and third in the 100 meter dash (11.17)...also placed second and third in the events as a junior and was a state qualifier all four years in both events...his time of 22.23 seconds in the 200 was the fifth fastest overall time at state in 2014.

Personal: Son of Michael and KaLyn Kramper...born October 12, 1995...majoring in sport medicine.

Matthew Nemec  
Junior  
Throws  
Hayward, Minn.  
(Albert Lea HS)

2017 Outdoor: Earned All-NSIC honors with third place finish in the hammer throw (175' 10") at the NSIC Outdoor Championships, an NCAA provisional mark...also competed in discus and placed 12th at 136' 0"...threw season-best mark of 145' 10" in the discus at Wildcat Classic (3/26/17) to place eighth overall...was fifth in the hammer throw (164' 8") and eighth in the discus (137' 9") at the SMSU Mustang Open (4/1/17)...named to the NSIC Spring All-Academic Team.

2017 Indoor: Recorded season-best mark of 56' 1 3/4" in the weight throw to place sixth at the NSIC Indoor Championships (2/25/17)...placed fourth at the USD Last Chance Meet (2/17/17) at 53' 5 3/4" and at the SDSU DII Invite (1/20/17) with mark of 50' 8 1/4"...selected to the NSIC Winter All-Academic Team.

2016 Outdoor: Threw season-best mark of 154' 4" in the hammer throw to place 12th at NSIC Outdoor Championships in Sioux Falls on 5/14/16...finished 16th in discus at NSIC Championships with throw of 121' 1"...top mark in discus was 135' 2" at Concordia Invite in Seward on 4/9/16.

2016 Indoor: Placed 13th in the weight throw at the NSIC Indoor Championships with mark of 49' 9"...recorded season-best mark of 50' 1/2" to place 11th at the Nebraska Tune-up Open (2/19/16).

High School: Graduate of Albert Lea High School in Minnesota...was a three year starter in football, two years in track and field and one year in wrestling...served as team captain in football and track and field one year.

Personal: Son of Russ and Sheri Nemec...born November 24, 1996...majoring in secondary education at Wayne State.
Isaias Solorio  
Junior  
Distance  
Madison, Neb.  
(Northeast CC / Madison HS)

2017 Outdoor: Ran in three meets during outdoor campaign...was fourth in the 10,000-meter run at Wildcat Classic (3/26/17) with time of 35:51.02...took 10th at Sioux City Relays (4/21/17) with season-best time of 34:28.71 in the 10,000-meter run and was 12th in the 5,000-meter run at UNK Loper Invite (4/15/17) with time of 17:25.82.

2017 Indoor: Competed in distance events during the indoor season...posted second place finish in the 3,000-meter run (9:43.26) at the USD Last Chance Meet (2/17/17)...was eighth in the 3,000-meter run with season best time of 9:42.55 at Minnesota State Open (1/28/17)...ran time of 16:44.36 in the 5,000-meter run at SDSU Indoor Classic (2/11/17).

2016 Indoor/Outdoor: Sat out as a redshirt.

High School: Graduate of Madison High School...competed in cross country, wrestling and track and field for Dragons...was a four year state qualifier in cross country, placing 30th in senior season (2013) at Class C State Meet with time of 18:09...in wrestling, was a third place finisher at the Class C State Tournament at 132 pounds.

Personal: Son of Bertha Conchas...born March 28, 1996...majoring in construction management and drafting architecture design at Wayne State.

Richard Sweeney  
Junior  
Throws  
Blair, Neb.  
(Omaha Christian Academy HS)

2017 Outdoor: Finished 10th in the hammer throw at the NSIC Outdoor Championships with mark of 159' 8"...posted season-best throw of 167' 3" to place fifth at the Sioux City Relays (4/21/17)...also took fifth at USD Twilight Meet (4/24/17) with mark of 166' 11"...selected to the NSIC Spring All-Academic Team.

2017 Indoor: Competed at three meets in weight throw during indoor season...top mark of 52' 10" at the Minnesota State Open (1/28/17) was good for seventh place...finished ninth at the USD Alumni Meet (2/4/17) with mark of 48' 4 3/4"...named to the NSIC Winter All-Academic Team.

2016 Outdoor: Recorded season-best mark of 145' 10" in hammer throw to place 17th at NSIC Outdoor Championships...placed 10th in discus at Wildcat Classic (3/22/16) with throw of 120' 9".

2016 Indoor: Finished 11th in the weight throw at the NSIC Indoor Championships with mark of 52' 1/2"...season-best mark of 53 7 3/4" to place third at the Dakota Reality Alumni Meet in South Dakota (1/16/16).

2015 Indoor/Outdoor: Sat out season as a medical redshirt.

High School: Graduate of Omaha Christian Academy...was a Class C state qualifier in the shot put and discus as a junior, placing 11th in the shot put (47' 4") and 19th in the discus (131' 6")...was district champion in the discus as a sophomore and district runner up in the shot put and district as a junior...also a three year starter in football and one year in basketball.

Personal: Son of Rick and Beth Sweeney...born August 28, 1995...majoring in Industrial Technology.
Jordan Zautke
Junior
Sprints
Lindsay, Neb. (Battle Creek HS)

2017 Outdoor: Ran sprints on several relay teams during outdoor season... was anchor on third place 4 x 100 meter relay team (42.24) at the NSIC Outdoor Championships... also placed 13th in the 200-meter dash with time of 22.39 seconds... ran season-best mark of 22.29 in the 200-meter dash to place fourth at the Sioux City Relays (4/21/17)... posted wind-aided and season-best mark of 11.11 seconds in the 100-meter dash to finish fifth at the UNK Loper Invite (4/15/17)... ran anchor leg on 4 x 100 meter relay team that placed sixth at Drake Relays with time of 41.97 seconds.

2017 Indoor: Competed in sprints during the indoor season... ran top time of 7.29 seconds in the 60-meter dash at the NSIC Indoor Championships... posted time of 7.34 seconds in 60-meter dash at USD Alumni Meet (2/4/17)... top 200-meter dash time was 22.82 seconds at SDSU Indoor Classic (2/11/17)... placed third at 23.49 seconds in 200-meter dash at USD Last Chance Meet (2/17/17).

2016 Outdoor: Ran leg on third place 4 x 100 meter relay team and placed 10th in the 100 meter dash (wind-aided 11.11) at the NSIC Outdoor Championships in Sioux Falls... recorded season-best time of 23.02 seconds in the 200 meter dash to place 13th at Howard Wood Dakota Relays (5/7/16)... posted season-best mark of 11.11 seconds in the Wildcat Classic (3/22/16) to place eighth in the 100 meter dash.

High School: Graduate of Battle Creek High School... was a four year starter/letter winner in track and field, two year starter/letter winner in wrestling and three year letter winner in football for the Braves... during senior season, scored points in three events at Class C State Track Meet, placing seventh in the 100 meter dash (11.34), eighth in the 200 meter dash (23.22) and ran #2 leg on sixth place 4 x 100 meter relay team... as a junior, finished seventh in the 100 meter dash (11.41) and ran leg on fifth place 4 x 100 meter relay team... also ran leg as a sophomore on Class C first place 4 x 100 meter relay team... helped Battle Creek win three straight Class C District Track Titles.

Personal: Son of Chad and Jodi Goodwater... born January 9, 1997... majoring in chemistry.

Benjamin Allen
Sophomore
Throws
Ainsworth, Neb. (Nebraska Wesleyan / Ainsworth HS)

Before Wayne State: Attended Nebraska Wesleyan for one year and competed in football and track and field... placed second in the shot put at the Iowa Conference Outdoor Championships last month with a top mark of 50’ 2 ¼” and was second at the Nebraska Invitational with a season-best throw of 51’ 8 ½”.

High School: Graduate of Ainsworth High School... Allen was a Class C state qualifier in the shot put all four years and three years in the discus, collecting five state medals... as a senior in 2016, was fifth in the shot put (53’ 8 ½”) and seventh in the discus (150’ 0”)... Allen was fifth in the shot put as a junior (50’ 7 ½”) and was third during his sophomore season (53’ 1 ½”) while also placing eighth in the discus as a sophomore... also helped Ainsworth win four straight district titles in high school and placed no worse than eighth at state in Class C as a team.

Personal: Son of Terry and Erin Allen... born May 13, 1998... majoring in History and Business Marketing.

Kak Ayaj
Freshman
Distance
Lincoln, Neb. (Northeast HS)

2017 Outdoor: Had season-best third place finish in 800-meter run (1:58.63) at SMSU Mustang Open on 4/1/17... recorded season-best time of 1:57.07 in 800-meter run at Howard Wood Dakota Relays (5/6/17)... competed in 800-meter run and 4 x 400 meter relay at NSIC Championships - 10th place in relay (3:25.97) and 18th in 800-meter run with time of 1:58.80.

2017 Indoor: Competed in middle distance events during indoor season... ran leg on distance medley relay team that placed eighth at NSIC Indoor Championships... placed season best third at USD Last Chance Meet (2/17/17) in 800-meter run with time of 2:00.71... 800-meter run time of 2:00.48 was good for 14th place at NSIC Indoor Championships... placed 10th in the 400-meter dash at USD Alumni Meet (2/4/17) with season best time of 53.93 seconds.

High School: Graduate of Lincoln Northeast High School.

Personal: Son of Aiy and Hamesia Ayaj... born September 1, 1995... majoring in criminal justice at WSC.
2017 Outdoor: Posted season-best time of 15:57.52 in the 5,000-meter run to place eighth at the Howard Wood Dakota Relays (5/6/17)... had season-best third place finish in the 5,000-meter run (16:26.59) at the UNK Loper Invite (4/15/17) and was fifth at the SMSU Mustang Open (4/1/17) with time of 16:24.91.

2017 Indoor: Ran in four events in the 3,000-meter run in the indoor season... placed first at USD Last Chance Meet with time of 9:33.62 and was sixth at Minnesota State Open (1/28/17) with time of 9:38.06... top time during season was 9:18.74 at SDSU Indoor Classic (2/11/17).

2016 Indoor/Outdoor: Redshirted.

High School: Graduate of Elkhorn South High School... was a four year letter winner in track and field and cross country and three year letter winner in swimming... during senior season, was a Class A state qualifier in the 1600 and 3200 meter runs, placing 10th in 3200 meter run (9:49.06) and 13th in 1600 meter run (4:35.65).

Personal: Son of Steve and Michelle Doughty... born November 24, 1996... majoring in computer information systems.

2017 Outdoor: Placed fourth in the 400-meter hurdles at the NSIC Outdoor Championships with season-best time of 54.26 seconds... was first in the 400-meter hurdles at UNK Loper Invite (4/15/17) with time of 56.90 seconds... season-best time in the 200-meter dash was 23.18 seconds at Howard Wood Dakota Relays (5/6/17) to go with second place finish in 400 hurdles (55.33).

2017 Indoor: Ran leg on eighth place 4 x 400 meter relay team at NSIC Indoor Championships and also placed 13th in the 600-meter run at 1:25.41... posted season-best time of 51.19 in the 400-meter dash to place fifth at SDSU DII Invite (1/20/17)... top time in the 600-meter run was 1:24.85 at the SDSU Indoor Classic (2/11/17)... placed second in 400-meter dash at USD Last Chance Meet (2/20/17) with time of 52.71.

2016 Indoor/Outdoor: Redshirted.

High School: Graduate of Emmett J. Conrad High School in Dallas, Texas... was a four year letter winner in track and field and football... named MVP of track team during senior season... was a district champion in the 300 meter hurdles and runner up in 110 hurdles setting school records in both events... personal best times are 14.8 in 110 hurdles, 39.8 in 300 hurdles, 22.4 in 200 meter dash and 50.2 in 400 meter dash.

Personal: Son of Amadou Jallow and Ramatoulie Njie... born October 31, 1995... majoring in psychology.

2017 Outdoor: Did not compete.

2017 Indoor: Competed in weight throw during indoor season... made nearly 10 foot improvement from start of the season... placed seventh in the weight throw at NSIC Indoor Championships with personal best mark of 55' 6 1/2"... earned fifth place finish at USD Last Chance Meet (2/17/17) with mark of 52' 11 1/2"... posted sixth place finish at SDSU DII Invite with throw of 49' 1 3/4".

High School: Graduate of Niobrara Public Schools... multi sport standout, starting four years in football, basketball and track and field... had 290 career tackles in football, earning All-Niobrara Valley Conference and All-District honors four years while serving as team captain for three years... in track and field, had top mark in discus of 135' 1" to place fifth in Class C-8 District meet during senior season.

Personal: Son of Curtis and Carol Kalkowski... born December 26, 1997... majoring in agri-business at WSC.
2018 WILDCAT MEN'S BIOS

Dylan Kaup
Sophomore
Throws
Neligh, Neb.
(Neligh-Oakdale HS)

2017 Outdoor: Recorded season-best mark of 150’ 9” to place 14th in the hammer throw at the NSIC Outdoor Championships...posted season-best throw of 139’ 8” in the discus at the Concordia Invite (4/8/17)...finished 14th in the discus at the NSIC Outdoor Championships with top mark of 135’ 4”.

2017 Indoor: Participated in the weight throw during indoor season...top mark was 43’ 6” to finish seventh at USD Last Chance Meet (2/17/17)...was 11th with mark of 43’ 1 1/2” at USD Alumni Meet (2/4/17).

High School: Graduate of Neligh-Oakdale High School...competed in shot put and discus...during junior season (2015) placed eighth in Class C discus with mark of 147’ 4”...personal best marks are 149’ 1” in the discus and 42’ 8 1/2” in shot put.

Personal: Son of Chad and Beth Kaup...born August 15, 1997.

Nathan Pearson
Sophomore
Mid-Distance
Aurelia, Iowa
(Alta-Aurelia HS)

2017 Outdoor: Posted season-best time of 1:59.08 in the 800-meter run at the Howard Wood Dakota Relays (5/6/17)...was 21st in the 800-meter run at the NSIC Outdoor Championships with time of 1:59.77...finished fifth in the 800-meter run at the SMSU Mustang Open (4/1/17) with time of 2:00.18.

2017 Indoor: Ran in middle distance events during indoor season...ran leg on eighth place 4 x 400-meter relay team at NSIC Indoor Championships (2/25/17)...posted season best time of 2:00.32 in the 800-meter run to place 13th at NSIC Indoor Championships...season best time in 400-meter dash of 54.01 was good for fourth place finish at USD Last Chance Meet (2/17/17)...top time in 600-meter run was 1:27.16 and good for third place finish at Minnesota State Open (1/28/17).

High School: Graduate of Alta-Aurelia High School in Iowa...was a four year starter and letter winner in track and field...was a state qualifier and conference runner up in the 400 meter dash as a senior...ran legs on three relay teams at state as a senior - 4x800, 1600 medley and 4x400...helped team to state runner up finish as a junior, running legs on state champion 4x800 and 4x400 relay teams.

Personal: Son of Kathleen Pearson...born February 16, 1998...majoring in mass communications at WSC.

Jesus Arellano
Freshman
Distance
Madison, Neb.
(Madison HS)

High School: Graduate of Madison High School...was a Class C State Track qualifier in the 3,200-meter run as a senior in 2016, placing 22nd with time of 10:48.49...placed fifth in the 1,600-meter run at the Northeast Nebraska Classic in 4:51.26.

Personal: Son of Gerardo and Abigail Arellano...born July 24, 1998...majoring in pre-physical therapy at WSC.
Cole Christofferson
Freshman
Throws
Lyons, Neb.
(Lyons-Decatur Northeast HS)

High School: Graduate of Lyons-Decatur High School... was a three-year starter in football and basketball, a two-year starter in track and field and one in golf while also being a two-year state champion in powerlifting and one year as state runner-up... In his two years of track, was a state qualifier in the shot put both years and qualified for the discus at Class C State as a senior... placed ninth in the Class C State shot put (49' 2") and was 18th in the discus (124' 9") during senior season... personal-best mark in the shot put was 54' 4".

Personal: Son of Larry and Mindy Christoffersen... born April 23, 1999... majoring in business accounting.

Jediah Davis
Freshman
Sprints
Ferguson, Mo.
(McCluer HS)

High School: Graduate of McCluer High School in Missouri... was a four year letter winner in track and field and two year letter winner in basketball... ran on state qualifying 4 x 100 meter relay team.

Personal: Son of Andrea Harris and Edward Davis... born September 24, 1999... majoring in applied human sport and physiology.

Preston Davis
Freshman
Hurdles
Mondamin, Iowa
(West Harrison HS)

High School: Graduate of West Harrison High School in Iowa... was a Class 1A state qualifier in three events as a senior, setting a new school record with a third place finish in the 400-meter hurdles in 55.68 seconds... also ran legs on the 4 x 200 and sprint medley relay teams for West Harrison High School... was a Second Team All-District selection in football and Rolling Valley Conference honorable mention selection in basketball during senior season.

Personal: Son of Dale and Annette Davis... born January 6, 1999... majoring in exercise science.

Brock Hegarty
Freshman
Mid-Distance
Fremont, Neb.
(Fremont HS)

High School: Graduate of Fremont High School... three year letter winner in cross country and track and field... during senior season, qualified for two events in the Class A State Track Meet - running leg on second place 3,200-meter relay team and placing 16th in the 800-meter run (2:01.3)... was a Class A State Track qualifier in the 3,200-meter relay as a sophomore and junior, placing fifth in 2015 as a sophomore.

Personal: Son of Patrick and Lana Hegarty... born October 5, 1998... majoring in computer science at WSC.

Nathan Hiemer
Freshman
Distance
Columbus, Neb.
(Scotus Catholic HS)

High School: Graduate of Columbus Scotus Central Catholic High School... four year starter and letter winner in cross country and track and field... helped Shamrocks win four straight Class C district titles and was a two year state qualifier... as a senior, placed 26th overall with time of 18:13 to help Columbus Scotus to third place team finish in Class C... helped Shamrocks to fourth place team finish during junior season.

Personal: Son of Troy and Deb Hiemer... born November 6, 1998... majoring in computer information systems.
Bryce Holcomb
Freshman
Mid-Distance
Lincoln, Neb.
(Pius X HS)

High School: Graduate of Lincoln Pius X High School...was a four year letter winner in cross country and track and field...two time Class A State qualifier in cross country and earned Academic All-State honors during senior season...was a three-event Class A State Track qualifier during senior season (1,600 and 3,200 relays, 800 meter run)...earned seventh place medal in 3,200-meter relay and eighth place medal running leg on 1,600-meter relay.

Personal: Parents are Randy and Tracy Holcomb...born April 22, 1999...majoring in accounting.

Bailey Peckham
Freshman
Distance
Benkelman, Neb.
(Dundy County - Stratton HS)

High School: Graduate of Dundy County - Stratton High School...was a four year Class D state cross country qualifier...placed ninth during senior season with time of 17:27.98 while helping team to fifth place finish...was 28th overall as a junior (18:17.1), helping team to eighth place Class D finish.

Personal: Son of Doug and Tracy Peckham...born April 13, 1998...majoring in pre-dentistry.

Kyle Lowe
Freshman
Hurdles
Sibley, Iowa
(Sibley-Ocheyedan HS)

High School: Graduate of Sibley-Ocheyedan High School in Iowa....was a four-year starter in track and field and qualified for four events as a senior at the Iowa Class 2A State Meet...finished sixth in the 110-meter hurdles (15.48) and seventh in the 400-meter hurdles (56.05) while also running legs on the 400-meter relay and 440-shuttle hurdles relay...holds the school record in the 110-meter hurdles at 15.06 seconds and was an All-Siouxland Conference Track First Team selection as a sophomore, junior and senior.

Personal: Son of Matt and Michelle Lowe...born October 7, 1998...majoring in criminal justice.

Dillon Lubischer
Freshman
Throws
Pierce, Neb.
(Pierce HS)

High School: Graduate of Pierce High School...placed fifth in the shot put at the Class B District meet (41' 8 ½") and was sixth in the discus at the Mid States Conference meet (130' 0")...was an All-District football selection as a junior and senior and selected to play in the Northeast Nebraska All-Star Football Game in Norfolk...an Academic All-State selection in football and basketball.

Personal: Son of Brad and Kristie Lubischer...born April 18, 1999...majoring in business finance.

Justin Rohloff
Freshman
Sprints
Fremont, Neb.
(Archbishop Bergan HS)

High School: Graduate of Fremont Archbishop Bergan High School...competed in football, basketball and track and field...was a Class C State Track qualifier as a senior in the 100 and 200 meter dashes...ran personal best times of 11.31 in the 100 and 22.87 in the 200 at the District meet during senior season.

Personal: Son of Doug and Diane Rohloff...born March 5, 1999...major is undecided.
**2017 NSIC RESULTS**

**NSIC INDOOR TRACK AND FIELD CHAMPIONSHIPS**  
February 24-25, 2017  
Mankato, Minnesota

**MEN'S TEAM SCORES:**  

Wayne State medalwinners listed below:

<table>
<thead>
<tr>
<th>Event</th>
<th>Medalist</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 METER DASH</td>
<td>2. Braxton Adams</td>
<td>6.93</td>
</tr>
<tr>
<td>200 METER DASH</td>
<td>6. Clay Kramer</td>
<td>22.38</td>
</tr>
<tr>
<td>1,000 METER RUN</td>
<td>1. Antoine Bardou</td>
<td>2:28.95</td>
</tr>
<tr>
<td>ONE MILE RUN</td>
<td>4. Antoine Bardou</td>
<td>4:13.69</td>
</tr>
<tr>
<td>60 METER HURDLES</td>
<td>8. Robert Sullivan</td>
<td>8.57</td>
</tr>
<tr>
<td>4X400 METER RELAY</td>
<td>8. Wayne State</td>
<td>3:28.86 (Derek Lahm, Clay Kramer, Travis Eller, Habib Jallow)</td>
</tr>
<tr>
<td>DISTANCE MEDLEY</td>
<td>8. Wayne State</td>
<td>10:45.61 (Nick Schmit, Brandon Marker, Kak Ayaj, Nick Fly)</td>
</tr>
<tr>
<td>LONG JUMP</td>
<td>4. Derek Lahm</td>
<td>23' 6 3/4&quot;</td>
</tr>
<tr>
<td>TRIPLE JUMP</td>
<td>3. Brady Metz</td>
<td>48' 1/2&quot;</td>
</tr>
<tr>
<td>WEIGHT THROW</td>
<td>6. Matthew Nemec</td>
<td>56' 1 3/4&quot;</td>
</tr>
<tr>
<td>HEPTATHLON</td>
<td>1. Robert Sullivan</td>
<td>5,141 points</td>
</tr>
</tbody>
</table>

**Women's Team Scores:**  

Wayne State medalwinners listed below:

<table>
<thead>
<tr>
<th>Event</th>
<th>Medalist</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>600 METER RUN</td>
<td>7. Melissa Kroll</td>
<td>1:43.55</td>
</tr>
<tr>
<td>SHOTPUT</td>
<td>3. Michaela Dendinger</td>
<td>46' 3 4/&quot;</td>
</tr>
<tr>
<td>WEIGHT THROW</td>
<td>2. Michaela Dendinger</td>
<td>63' 4 1/4&quot;</td>
</tr>
</tbody>
</table>

**NSIC All-Conference honors are awarded to top three finishers in individual events and the top two relay teams**

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**NSIC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS**  
May 12-13, 2017  
St. Paul, Minnesota

**MEN'S TEAM SCORES:**  

Wayne State medalwinners listed below:

<table>
<thead>
<tr>
<th>Event</th>
<th>Medalist</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 METER DASH</td>
<td>DNP Clay Kramer</td>
<td>DNS</td>
</tr>
<tr>
<td>110 METER HURDLES</td>
<td>7. Robert Sullivan</td>
<td>15.48</td>
</tr>
<tr>
<td>400 METER HURDLES</td>
<td>4. Habib Jallow</td>
<td>54.26</td>
</tr>
<tr>
<td>4X100 METER RELAY</td>
<td>3. Wayne State</td>
<td>42.24 (Brandon Marker, Braxton Adams, Alyx Alcenord, Jordan Zautke)</td>
</tr>
<tr>
<td>POLE VAULT</td>
<td>5. Josh Spenner</td>
<td>15' 1 3/4&quot;</td>
</tr>
<tr>
<td>LONG JUMP</td>
<td>3. Robert Sullivan</td>
<td>23' 5 1/2&quot;</td>
</tr>
<tr>
<td>TRIPLE JUMP</td>
<td>4. Brady Metz</td>
<td>5' 1/2&quot;</td>
</tr>
<tr>
<td>HAMMER THROW</td>
<td>3. Matthew Nemec</td>
<td>175' 10&quot;</td>
</tr>
<tr>
<td>JAVELIN</td>
<td>5. Derek Lahm</td>
<td>168' 2&quot;</td>
</tr>
<tr>
<td>DECATHLON</td>
<td>3. Robert Sullivan</td>
<td>6,369 points</td>
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**WOMEN'S TEAM SCORES:**  

Wayne State medalwinners listed below:

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<tr>
<th>Event</th>
<th>Medalist</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>DISCUS THROW</td>
<td>1. Michaela Dendinger</td>
<td>157’ 8”</td>
</tr>
<tr>
<td>HAMMER THROW</td>
<td>1. Michaela Dendinger</td>
<td>208’ 5”</td>
</tr>
<tr>
<td>SHOTPUT</td>
<td>1. Michaela Dendinger</td>
<td>53’ 10 3/4”</td>
</tr>
</tbody>
</table>

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*NSIC All-Conference honors are awarded to top three finishers in individual events and the top two relay teams*
## PAST ALL-AMERICANS

### (MEN)

<table>
<thead>
<tr>
<th>Name, Year</th>
<th>Event</th>
<th>Dist./Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don Weitzenkamp, 1959 (NAIA)</td>
<td>Cross Country</td>
<td>4 miles 22:37</td>
<td>20th</td>
</tr>
<tr>
<td>Carl Owczarzak, 1964 (NAIA)</td>
<td>Cross Country</td>
<td>4 miles 21:22</td>
<td>13th</td>
</tr>
<tr>
<td>A.D. Benseon, 1966 (NAIA)</td>
<td>Cross Country</td>
<td>4 miles 21:05</td>
<td>14th</td>
</tr>
<tr>
<td>James McGown, 1997 (NCAA)</td>
<td>Cross Country</td>
<td>10 K 32:52.4</td>
<td>28th</td>
</tr>
<tr>
<td>Nate Preston, 2009 (NCAA)</td>
<td>Cross Country</td>
<td>10 K 32:00</td>
<td>27th</td>
</tr>
</tbody>
</table>

### Indoor Track

<table>
<thead>
<tr>
<th>Name, Year</th>
<th>Event</th>
<th>Dist./Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Vollmer, 1985 (NAIA)</td>
<td>Triple Jump</td>
<td>47’ 9”</td>
<td>6th</td>
</tr>
<tr>
<td>Mark Vollmer, 1988 (NAIA)</td>
<td>Triple Jump</td>
<td>47’ 7 1/2”</td>
<td>5th</td>
</tr>
<tr>
<td>Lamart Cooper, 1995 (NCAA)</td>
<td>55 Meter Dash</td>
<td>6.29</td>
<td>3rd</td>
</tr>
<tr>
<td>Lamart Cooper, 1996 (NCAA)</td>
<td>55 Meter Dash</td>
<td>6.30</td>
<td>1st</td>
</tr>
<tr>
<td>James McGown, 1998 (NCAA)</td>
<td>5,000 Meter Run</td>
<td>14:34.19</td>
<td>3rd*</td>
</tr>
<tr>
<td>(originally fourth, but second-place finisher later declared ineligible)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Matt Kneiff, 2001 (NCAA)</td>
<td>55 Meter Hurdles</td>
<td>7.55</td>
<td>7th</td>
</tr>
<tr>
<td>Ross Bunchek, 2011 (NCAA)</td>
<td>Weight Throw</td>
<td>65’ 4 1/4”</td>
<td>6th</td>
</tr>
<tr>
<td>Ross Bunchek, 2012 (NCAA)</td>
<td>Weight Throw</td>
<td>67’ 3 1/4”</td>
<td>6th</td>
</tr>
<tr>
<td>Bryan Dunn, 2016 (NCAA)</td>
<td>Weight Throw</td>
<td>63’ 5”</td>
<td>6th</td>
</tr>
</tbody>
</table>

### Outdoor Track

<table>
<thead>
<tr>
<th>Name, Year</th>
<th>Event</th>
<th>Dist./Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fred Kjer, 1959 (NAIA)</td>
<td>440 Yard Dash</td>
<td>48.5</td>
<td>6th</td>
</tr>
<tr>
<td>Merle McGee, 1959 (NAIA)</td>
<td>2 Mile Run</td>
<td>9:19.5</td>
<td>2nd</td>
</tr>
<tr>
<td>Don Weitzenkamp, 1961 (NAIA)</td>
<td>Mile Run</td>
<td>4:16.8</td>
<td>4th</td>
</tr>
<tr>
<td>Tom Katis, 1962 (NAIA)</td>
<td>Javelin</td>
<td>210’ 8”</td>
<td>3rd</td>
</tr>
<tr>
<td>Frank Burgasser, 1969 (NAIA)</td>
<td>Javelin</td>
<td>242’ 3”</td>
<td>1st</td>
</tr>
<tr>
<td>Ed Blackburn, 1980 (NAIA)</td>
<td>110 Meter Hurdles</td>
<td>14.2</td>
<td>5th</td>
</tr>
<tr>
<td>Ed Blackburn, 1981 (NAIA)</td>
<td>110 Meter Hurdles</td>
<td>14.7</td>
<td>6th</td>
</tr>
<tr>
<td>James McGown, 1998 (NCAA)</td>
<td>10,000 Meter Run</td>
<td>30:24.44</td>
<td>3rd</td>
</tr>
<tr>
<td>Matt Schneider, 2009 (NCAA)</td>
<td>3,000 M Steeple</td>
<td>9:05.82</td>
<td>4th</td>
</tr>
<tr>
<td>Ross Bunchek, 2011 (NCAA)</td>
<td>Hammer Throw</td>
<td>196’ 1”</td>
<td>7th</td>
</tr>
</tbody>
</table>

Lamart Cooper became Wayne State’s first national champion in any sport at the NCAA Division II level by winning the 55 meter dash in 6.30 seconds at the 1996 NCAA National Indoor Championships in Indianapolis, Indiana.

### ACADEMIC ALL-AMERICANS

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1983</td>
<td>Joe Ortmeier (NAIA Academic All-American)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>1998</td>
<td>James McGown (GTE Spring At-Large Third Team)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2012</td>
<td>Mickey Doerr (Capital One All-American Third Team)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2012</td>
<td>Alex Timperley (Capital One All-American Third Team)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2013</td>
<td>Mickey Doerr (Capital One All-American Second Team)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2014</td>
<td>Mickey Doerr (Capital One All-American First Team)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2015</td>
<td>Derek Lahm (Capital One All-American Third Team)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2017</td>
<td>Derek Lahm (CoSIDA All-American Third Team)</td>
<td>Track &amp; Field</td>
</tr>
</tbody>
</table>

### NAIA SCHOLAR ATHLETES

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>Mark Vollmer (NAIA Scholar Athlete)</td>
<td>Track &amp; Field</td>
</tr>
</tbody>
</table>

### ALL-ACADEMIC HONORS

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>James McGown</td>
<td>Cross Country</td>
</tr>
<tr>
<td>2015</td>
<td>James McGown</td>
<td>Cross Country</td>
</tr>
<tr>
<td>2016</td>
<td>James McGown</td>
<td>Cross Country</td>
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### ACADEMIC ALL-DISTRICT

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>Mark Beran (GTE Fall/Winter At-Large First Team)</td>
<td>Cross Country</td>
</tr>
<tr>
<td>1997</td>
<td>James McGown (GTE Fall/Winter At Large 3rd Team)</td>
<td>Cross Country</td>
</tr>
<tr>
<td>1998</td>
<td>James McGown (GTE Spring At-Large Third Team)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2001</td>
<td>Matt Kneiff</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2010</td>
<td>Jacob Mathieson (ESPN The Magazine 2nd Team)</td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td>2012</td>
<td>Alex Timperley (Capital One Academic All-District 1st Team)</td>
<td>Track and Field</td>
</tr>
<tr>
<td>2012</td>
<td>Mickey Doerr (Capital One Academic All-District 1st Team)</td>
<td>Track and Field</td>
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<tr>
<td>2014</td>
<td>Mickey Doerr (Capital One Academic All-District 1st Team)</td>
<td>Track and Field</td>
</tr>
<tr>
<td>2015</td>
<td>Derek Lahm (Capital One Academic All-District 1st Team)</td>
<td>Track and Field</td>
</tr>
<tr>
<td>2017</td>
<td>Derek Lahm (CoSIDA Academic All-District 1st Team)</td>
<td>Track and Field</td>
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</tbody>
</table>

### ALL-ACADEMIC TEAM AWARDS

<table>
<thead>
<tr>
<th>Year</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>Men's Cross Country Team</td>
</tr>
<tr>
<td>1997</td>
<td>Men's Track &amp; Field Team</td>
</tr>
<tr>
<td>1998</td>
<td>Men's Track &amp; Field Team</td>
</tr>
<tr>
<td>1999</td>
<td>Men's Cross Country Team</td>
</tr>
<tr>
<td>2005</td>
<td>Men's Cross Country Team</td>
</tr>
<tr>
<td>2010</td>
<td>Men's Track &amp; Field Team</td>
</tr>
<tr>
<td>2010</td>
<td>Men's Cross Country Team</td>
</tr>
<tr>
<td>2011</td>
<td>Men's Track and Field (3.20 GPA - Tie 12th)</td>
</tr>
<tr>
<td>2012</td>
<td>Men's Cross Country Team (3.07 GPA)</td>
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<tr>
<td>2012</td>
<td>Men's Track and Field (3.19 GPA - Tie 12th)</td>
</tr>
<tr>
<td>2013</td>
<td>Men's Track and Field (3.19 GPA - 15th)</td>
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<tr>
<td>2013</td>
<td>Men's Cross Country Team (3.08 GPA)</td>
</tr>
<tr>
<td>2014</td>
<td>Men's Track and Field (3.17 GPA - Tie 19th)</td>
</tr>
<tr>
<td>2014</td>
<td>Men's Cross Country Team (3.32 GPA)</td>
</tr>
<tr>
<td>2015</td>
<td>Men's Cross Country Team (3.14 GPA)</td>
</tr>
<tr>
<td>2015</td>
<td>Men's Track and Field (3.18 GPA - Tie 19th)</td>
</tr>
<tr>
<td>2016</td>
<td>Men's Track and Field (3.18 GPA)</td>
</tr>
<tr>
<td>2016</td>
<td>Men's Cross Country Team (3.12 GPA)</td>
</tr>
<tr>
<td>2017</td>
<td>Men's Track and Field (3.22 GPA - 21st)</td>
</tr>
</tbody>
</table>

**Mark Vollmer, a two-time All-American triple jumper at Wayne State in 1985 and 1988, was inducted into the Wayne State Athletic Hall of Fame on October 8, 2011. The Wisner native still holds the triple jump school records in both indoor and outdoor seasons.**

Mark Vollmer, a two-time All-American triple jumper at Wayne State in 1985 and 1988, was inducted into the Wayne State Athletic Hall of Fame on October 8, 2011. The Wisner native still holds the triple jump school records in both indoor and outdoor seasons.

---

2018 Wildcat Track and Field - 39
PAST ALL-AMERICANS

ALL-AMERICANS (WOMEN)

<table>
<thead>
<tr>
<th>Name, Year</th>
<th>Event</th>
<th>Dist./Time Place</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Indoor Track</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kelley Peterson, 1982</td>
<td>60 Yard Hurdles</td>
<td>8.63 6th</td>
</tr>
<tr>
<td>Vicki Wamberg, 1983</td>
<td>High Jump</td>
<td>5'4&quot; 5th</td>
</tr>
<tr>
<td>Vicki Wamberg Byrkit, 1984</td>
<td>High Jump</td>
<td>5'6&quot; 4th</td>
</tr>
<tr>
<td>Diana Asay, 1986</td>
<td>Shot Put</td>
<td>43' 9 1/4&quot; 5th</td>
</tr>
<tr>
<td>Cindy Heesacker, 1986</td>
<td>600 Yards</td>
<td>1:26.90 4th</td>
</tr>
<tr>
<td>Katie Wilson, 2006</td>
<td>Shot Put</td>
<td>47&quot; 3/4&quot; 5th</td>
</tr>
<tr>
<td>Tanna Walford, 2007</td>
<td>High Jump</td>
<td>5'7 1/4&quot; 7th</td>
</tr>
<tr>
<td>Kylie Herian, 2008</td>
<td>60 Meter Hurdles</td>
<td>8.73 7th</td>
</tr>
<tr>
<td>Katie Wilson, 2008</td>
<td>Shot Put</td>
<td>47&quot; 7&quot; 4th</td>
</tr>
<tr>
<td>Nicole Brungardt, 2011</td>
<td>60 Meter Dash</td>
<td>7.56 5th</td>
</tr>
<tr>
<td>Nicole Brungardt, 2011</td>
<td>Long Jump</td>
<td>18'10 3/4&quot; 6th</td>
</tr>
<tr>
<td>Christina King, 2011</td>
<td>400 Meter Dash</td>
<td>55.54 6th</td>
</tr>
<tr>
<td>Paige Pollard, 2011</td>
<td>800 Meter Run</td>
<td>2:12.60 6th</td>
</tr>
<tr>
<td>Erin Klein, Nicole Brungardt, 2011</td>
<td>1600 Meter Relay</td>
<td>3:51.31 8th</td>
</tr>
<tr>
<td>Carly Fehringer, 2013</td>
<td>Weight Throw</td>
<td>64'5 1/4&quot; 3rd</td>
</tr>
<tr>
<td>Sara Wells, 2013</td>
<td>Shot Put</td>
<td>47'2 1/2&quot; 6th</td>
</tr>
<tr>
<td>Carly Fehringer, 2014</td>
<td>Weight Throw</td>
<td>62'5 3/4&quot; 2nd</td>
</tr>
<tr>
<td>Emily Wells, 2014</td>
<td>Weight Throw</td>
<td>60'5 1/4&quot; 8th</td>
</tr>
<tr>
<td>Sara Wells, 2014</td>
<td>Shot Put</td>
<td>47'11 1/4&quot; 6th</td>
</tr>
<tr>
<td>Sara Wells, 2015</td>
<td>Shot Put</td>
<td>54'2 3/4&quot; 1st</td>
</tr>
<tr>
<td><strong>Outdoor Track</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kelley Peterson, 1982</td>
<td>100 Meter Hurdles</td>
<td>14.54 3rd</td>
</tr>
<tr>
<td>Janet Lee, 1982</td>
<td>1,500 Meter Run</td>
<td>4:43.26 4th</td>
</tr>
<tr>
<td>Kelley Peterson, Lisa Pyle, 1982</td>
<td>800 Meter Medley Relay</td>
<td>1:48.25 5th</td>
</tr>
<tr>
<td>Vicki Qualites, Marian Borgman, 1983</td>
<td>100 Meter Hurdles</td>
<td>14.8 4th</td>
</tr>
<tr>
<td>Kelley Peterson, Kim Pohlman, 1983</td>
<td>400 Meter Relay</td>
<td>49.01 6th</td>
</tr>
<tr>
<td>Marian Borgmann, Cindy Heesacker, 1984</td>
<td>100 Meter Hurdles</td>
<td>14.38 4th</td>
</tr>
<tr>
<td>Kelley (Peterson) Snyder, 1984</td>
<td>400 Meter Dash</td>
<td>55.47 6th</td>
</tr>
<tr>
<td>Cindy Heesacker, 1984</td>
<td>800 Meter Medley Relay</td>
<td>1:45.31 4th</td>
</tr>
<tr>
<td>Kelley Snyder, Lisa Pyle, 1984</td>
<td>800 Meter Medley Relay</td>
<td>1:46.26 5th</td>
</tr>
<tr>
<td>Missy Stoltenberg, Cindy Heesacker, 1985</td>
<td>800 Meter Medley Relay</td>
<td>1:46.4 6th</td>
</tr>
<tr>
<td>Linda Schnitzler, Cindy Heesacker, 1986</td>
<td>800 Meter Medley Relay</td>
<td>1:46.4 6th</td>
</tr>
<tr>
<td>Missy Stoltenberg, Ann Eisenmenger, 1989</td>
<td>Long Jump</td>
<td>18' 9 1/2&quot; 6th</td>
</tr>
<tr>
<td>Tanna Walford, 2007</td>
<td>High Jump</td>
<td>5'8 3/4&quot; 7th</td>
</tr>
<tr>
<td>Kylie Herian, 2008</td>
<td>100 Meter Hurdles</td>
<td>14.14 6th</td>
</tr>
<tr>
<td>Katie Wilson, 2008</td>
<td>Shot Put</td>
<td>51&quot; 11 3/4&quot; 1st</td>
</tr>
<tr>
<td>Katie Wilson, 2008</td>
<td>Discus</td>
<td>154&quot; 5&quot; 4th</td>
</tr>
<tr>
<td>Misty Rystrom, 2009</td>
<td>High Jump</td>
<td>5'7 1/4&quot; 6th</td>
</tr>
<tr>
<td>Nicole Brungardt, 2012</td>
<td>100 Meter Dash</td>
<td>11.70 8th</td>
</tr>
<tr>
<td>Carly Fehringer, 2013</td>
<td>Hammer Throw</td>
<td>197&quot;2&quot; 2nd</td>
</tr>
<tr>
<td>Lachel Milander, 2013</td>
<td>Hammer Throw</td>
<td>188&quot;6&quot; 5th</td>
</tr>
<tr>
<td>Sara Wells, 2013</td>
<td>Discus</td>
<td>1637&quot;5&quot; 5th</td>
</tr>
<tr>
<td>Sara Wells, 2014</td>
<td>Shot Put</td>
<td>49'9 3/4&quot; 2nd</td>
</tr>
<tr>
<td>Carly Fehringer, 2014</td>
<td>Hammer Throw</td>
<td>198&quot;11&quot; 3rd</td>
</tr>
<tr>
<td>Michaela Dendinger, 2015</td>
<td>Discus</td>
<td>178'3&quot; 2nd</td>
</tr>
<tr>
<td>Michaela Dendinger, 2015</td>
<td>Shot Put</td>
<td>49'5 3/4&quot; 7th</td>
</tr>
<tr>
<td>Sara Wells, 2015</td>
<td>Discus</td>
<td>175'6&quot; 3rd</td>
</tr>
<tr>
<td>Sara Wells, 2015</td>
<td>Shot Put</td>
<td>52' 5 1/2&quot; 1st</td>
</tr>
<tr>
<td>Michaela Dendinger, 2017</td>
<td>Discus</td>
<td>165'4&quot; 6th</td>
</tr>
<tr>
<td>Michaela Dendinger, 2017</td>
<td>Hammer Throw</td>
<td>206'1&quot; 2nd</td>
</tr>
<tr>
<td>Michaela Dendinger, 2017</td>
<td>Shot Put</td>
<td>54'9 1/4&quot; 1st</td>
</tr>
</tbody>
</table>

Kylie Herian earned two All-American honors in 2008, placing seventh in the 60 meter hurdles during the indoor season and sixth in the 100 meter hurdles in the outdoor season.

Katie Wilson (2005-09) was a four-time All-American in the shot put and discus at Wayne State, winning the 2008 NCAA Division II Outdoor Shot Put National Championship. She was inducted into the Wayne State College Athletic Hall of Fame on October 10, 2015.
**WOMEN'S ACADEMIC HONORS**

### ACADEMIC ALL-AMERICANS (WOMEN)

- **1990** Stacey Dieckman (NAIA) Track & Field
- **1996** Kathy Dalton (GTE Fall/Winter At-Large First Team) Cross Country
- **1997** Kathy Dalton (GTE Spring At-Large First Team) Track & Field
- **1999** Marsha Krienke (GTE Fall At-Large Third Team) Cross Country
- **2000** Marsha Krienke (GTE Spring At-Large First Team) Track & Field
- **2017** Michaela Dendinger (CoSIDA Academic All-America 2nd Team) Track & Field

### ACADEMIC ALL-DISTRICT (WOMEN)

- **1995** Kathy Dalton (GTE Spring At-Large Second Team) Track & Field
- **1995** Kathy Dalton (GTE Fall/Winter At-Large Second Team) Cross Country
- **1999** Marsha Krienke (GTE Fall/Winter At-Large) Cross Country
- **1999** Darr Nickerson (GTE Fall/Winter At-Large) Cross Country
- **2000** Marsha Krienke (GTE Fall/Winter At-Large) Cross Country
- **2006** Haley Reeves (ESPN The Magazine All-District 2nd Team) Track and Field
- **2008** Rachel Roebke (ESPN The Magazine All-District 2nd Team) Track and Field
- **2010** Sarah Thomsen (ESPN The Magazine All-District 2nd Team) Track and Field
- **2012** Nicole Brungardt (Capital One Academic All-District 1st Team) Track and Field
- **2012** Brianne Hofstetter (Capital One Academic All-District 1st Team) Track and Field
- **2012** Paige Pollard (Capital One Academic All-District 1st Team) Track and Field
- **2017** Michaela Dendinger (CoSIDA Academic All-District 1st Team) Track and Field

### NAIA SCHOLAR ATHLETES

- **1983** Kelley Peterson (NAIA Scholar Athlete) Track & Field
- **1984** Cindy Heesacker (NAIA Scholar Athlete) Track & Field
- **1988** Diana Asay (NAIA Scholar Athlete) Track & Field
- **1989** Linda Schnitzler (NAIA Scholar Athlete) Track & Field
- **1991** Stacy Dieckman (NAIA Scholar Athlete) Track & Field
- **1991** Lucy Peter (NAIA Scholar Athlete) Track & Field

Kathy Dalton (left) and Marsha Krienke (right) are pictured with late WSC athletic director Pete Chapman at the 1997 Wayne State Athletic Banquet. Krienke was a two-time Academic All-American (1999 & 2000) while Dalton received All-American honors in 1997.

### ALL-ACADEMIC TEAM AWARDS

- **2018** Wildcat Track and Field - 41

The 2005 WSC women's cross country team ranked fourth in NCAA Division II with a stellar 3.70 team grade point average.
<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
<th>Dist./Time</th>
<th>Year</th>
<th>Name</th>
<th>Event</th>
<th>Dist./Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>at Moorhead, MN</td>
<td>5th place, 28 points</td>
<td></td>
<td>1999</td>
<td>Andy Tucknott</td>
<td>10,000 Meter Run</td>
<td>33:20.7</td>
</tr>
<tr>
<td>2000</td>
<td>at Duluth, MN</td>
<td>5th place, 55.5 points</td>
<td></td>
<td>2000</td>
<td>Matt Kneff</td>
<td>110 Meter Hurdles</td>
<td>14:74</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2000</td>
<td>Matt Kneff</td>
<td>400 Meter Hurdles</td>
<td>54:32</td>
</tr>
<tr>
<td>2001</td>
<td>at Moorhead, MN</td>
<td>5th place, 104 points</td>
<td></td>
<td>2001</td>
<td>Jason Kneff</td>
<td>High Jump</td>
<td>6:6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2001</td>
<td>Matt Kneff</td>
<td>110 Meter Hurdles</td>
<td>14:48</td>
</tr>
<tr>
<td>2002</td>
<td>at Duluth, MN</td>
<td>4th place, 94 points</td>
<td></td>
<td>2002</td>
<td>Eric Havranek</td>
<td>Triple Jump</td>
<td>45' 9/16</td>
</tr>
<tr>
<td>2003</td>
<td>at Duluth, MN</td>
<td>5th place, 73.5 points</td>
<td></td>
<td>2003</td>
<td>Adam Meier</td>
<td>javelin</td>
<td>185' 0&quot;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2003</td>
<td>Eric Havranek</td>
<td>Long Jump</td>
<td>23' 4&quot;</td>
</tr>
<tr>
<td>2004</td>
<td>at Duluth, MN</td>
<td>3rd place, 135.5 points</td>
<td></td>
<td>2004</td>
<td>Korye Kriz</td>
<td>800 Meter Run</td>
<td>1:53:39</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2004</td>
<td>Eric Klein, Nate McIntire</td>
<td>4x800 Meter Relay</td>
<td>8:11:79</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2004</td>
<td>Matt Schaffer, Korye Kriz</td>
<td>Long Jump</td>
<td>22' 8&quot;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2004</td>
<td>Eric Havranek</td>
<td>Long Jump</td>
<td>45' 2/12&quot;</td>
</tr>
<tr>
<td>2005</td>
<td>at Moorhead, MN</td>
<td>4th place, 82 points</td>
<td></td>
<td>2005</td>
<td>Matt Schneider</td>
<td>3,000 Meter Steeplechase</td>
<td>9:36:30</td>
</tr>
<tr>
<td>2006</td>
<td>at Wayne, NE</td>
<td>1st place, 225 points</td>
<td></td>
<td>2006</td>
<td>Ben Jansen</td>
<td>400 Meter Dash</td>
<td>49:30</td>
</tr>
<tr>
<td>2007</td>
<td>at Moorhead, MN</td>
<td>1st place, 166 points</td>
<td></td>
<td>2007</td>
<td>Ben Jansen</td>
<td>800 Meter Run</td>
<td>1:54:57</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
<td>2007</td>
<td>Tim Pilakowski</td>
<td>Long Jump</td>
<td>22' 9&quot;</td>
</tr>
<tr>
<td>2008</td>
<td>at Wayne, NE</td>
<td>1st place, 164 points</td>
<td></td>
<td>2008</td>
<td>Ben Jansen</td>
<td>800 Meter Run</td>
<td>1:53:27</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2008</td>
<td>Nate McIntire, Ben Jansen</td>
<td>4x800 Meter Relay</td>
<td>7:52:42</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2008</td>
<td>Nathaniel Bergen, Ryan Williams</td>
<td>Hammer Throw</td>
<td>181' 1&quot;</td>
</tr>
<tr>
<td>2009</td>
<td>at Wayne, NE</td>
<td>7th place, 63 points</td>
<td></td>
<td>2009</td>
<td>Matt Schneider</td>
<td>3,000 Meter Steeplechase</td>
<td>9:21:55</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2009</td>
<td>John Sloup</td>
<td>Hammer Throw</td>
<td>181' 2&quot;</td>
</tr>
<tr>
<td>2010</td>
<td>at Moorhead, MN</td>
<td>9th place, 49 points</td>
<td></td>
<td>2010</td>
<td>Matt Schneider</td>
<td>3,000 Meter Steeplechase</td>
<td>9:21:55</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2010</td>
<td>John Sloup</td>
<td>Hammer Throw</td>
<td>181' 2&quot;</td>
</tr>
<tr>
<td>2011</td>
<td>at Aberdeen, SD</td>
<td>9th place, 60 points</td>
<td></td>
<td>2011</td>
<td>John Kern</td>
<td>10,000 Meter Run</td>
<td>31:55:90</td>
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<td></td>
<td></td>
<td></td>
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<td>2011</td>
<td>John Kern</td>
<td>3,000 Meter Steeplechase</td>
<td>9:25:77</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2011</td>
<td>Alex Timperley</td>
<td>Triple Jump</td>
<td>48' 5/4&quot;</td>
</tr>
<tr>
<td>2012</td>
<td>at Bismarck, ND</td>
<td>7th place, 42 points</td>
<td></td>
<td>2012</td>
<td>Ross Buncheck</td>
<td>Hammer Throw</td>
<td>212' 9&quot;</td>
</tr>
<tr>
<td>2013</td>
<td>at Sioux Falls, SD</td>
<td>10th place, 24 points</td>
<td></td>
<td>2013</td>
<td>Ross Buncheck</td>
<td>Hammer Throw</td>
<td>None</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>2013</td>
<td>Ross Buncheck</td>
<td>Hammer Throw</td>
<td>None</td>
</tr>
<tr>
<td>2014</td>
<td>at Winona, MN</td>
<td>11th place, 25 points</td>
<td></td>
<td>2014</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>2015</td>
<td>at Sioux Falls, SD</td>
<td>8th place, 44 points</td>
<td></td>
<td>2015</td>
<td>None</td>
<td>None</td>
<td>None</td>
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<tr>
<td>2016</td>
<td>at Sioux Falls, SD</td>
<td>7th place, 52 points</td>
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<td>2016</td>
<td>Josh Spender</td>
<td>None</td>
<td>6,496 points</td>
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<tr>
<td>2017</td>
<td>at Sioux Falls, SD</td>
<td>7th place, 49 points</td>
<td></td>
<td>2017</td>
<td>None</td>
<td>None</td>
<td>None</td>
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</tbody>
</table>

**Special Awards**

- Marlon Brink: NSIC Men's Cross Country Coach of the Year
- Ben Jansen: NSIC Men's Outdoor Newcomer of the Year
- Most Valuable Co-Track Athlete of the Year
- NSIC Men's Cross Country Coach of the Year
- NSIC Men's Outdoor Newcomer of the Year
- NSIC Men's Outdoor Coach of the Year
- NSIC Men's Outdoor Field Athlete of the Year
### Indoor Champions

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
<th>Dist./Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>Deanna Gollobit</td>
<td>Triple Jump</td>
<td>35' 8 1/4&quot;</td>
</tr>
<tr>
<td>2000</td>
<td>Marsha Krienke</td>
<td>800 Meter Run</td>
<td>2:17.96</td>
</tr>
<tr>
<td>2001</td>
<td>Tanna Walford</td>
<td>5,000 Meter Run</td>
<td>18:33.17</td>
</tr>
<tr>
<td>2002</td>
<td>Tiffany Schacter</td>
<td>55 Meter Hurdles</td>
<td>8.88</td>
</tr>
<tr>
<td>2003</td>
<td>Katie Wilson</td>
<td>Shot Put</td>
<td>48' 1 3/4&quot;</td>
</tr>
<tr>
<td>2004</td>
<td>Tanna Walford</td>
<td>High Jump</td>
<td>5' 4 1/4&quot;</td>
</tr>
</tbody>
</table>

### Outdoor Champions

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
<th>Dist./Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>Katie Wilson</td>
<td>5,000 Meter Run</td>
<td>18:33.17</td>
</tr>
<tr>
<td>2000</td>
<td>Erin Oswald</td>
<td>1,000 Meter Run</td>
<td>3:16.22</td>
</tr>
<tr>
<td>2001</td>
<td>Nicole McCoy</td>
<td>5,000 Meter Run</td>
<td>19:32.46</td>
</tr>
<tr>
<td>2002</td>
<td>Tanna Walford</td>
<td>5,000 Meter Run</td>
<td>19:01.12</td>
</tr>
<tr>
<td>2003</td>
<td>Lindsey Stockwell</td>
<td>Discus</td>
<td>129' 3&quot;</td>
</tr>
<tr>
<td>2004</td>
<td>Nicole McCoy</td>
<td>5,000 Meter Run</td>
<td>120' 2&quot;</td>
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</tbody>
</table>

### Special Awards

- **2005** Tanna Walford, Nicole McCoy: NSIC Outdoor Field Athlete of the Year
- **2006** Katie Wilson: NSIC Indoor Track Athlete of the Year
- **2007** Erin Oswald: NSIC Indoor Field Athlete of the Year
- **2008** Tanna Walford: NSIC Indoor Track Athlete of the Year
- **2009** Rachel Roebke: NSIC Outdoor Field Athlete of the Year
- **2010** Paige Pollard: NSIC Outdoor Field Athlete of the Year
- **2011** Nicole Brungardt: NSIC Outdoor Field Athlete of the Year
- **2012** Sara Wells: NSIC Outdoor Field Athlete of the Year
- **2013** Carly Fehringer: NSIC Outdoor Field Athlete of the Year
- **2014** Sara Wells: NSIC Outdoor Field Athlete of the Year

**2015** Michaela Dendinger: NSIC Outdoor Field Athlete of the Year

**2016** Katie Wilson: NSIC Tri-Women's Outdoor Newcomer of the Year

**2017** Katie Wilson: NSIC Tri-Women's Outdoor Newcomer of the Year

**2018** Katie Wilson: NSIC Indoor Field Athlete of the Year

**2019** Katie Wilson: NSIC Outdoor Field Athlete of the Year

**2020** Katie Wilson: NSIC Outdoor Field Athlete of the Year

**2021** Katie Wilson: NSIC Outdoor Field Athlete of the Year

**2022** Katie Wilson: NSIC Outdoor Field Athlete of the Year

**2023** Katie Wilson: NSIC Outdoor Field Athlete of the Year

**2024** Katie Wilson: NSIC Outdoor Field Athlete of the Year
## Men's Indoor

<table>
<thead>
<tr>
<th>Event</th>
<th>Record Holder</th>
<th>Mark/Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decathlon</td>
<td>Derek Lahm</td>
<td>6,638 points</td>
<td>4/27/15</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Ross Bunchek</td>
<td>217' 2&quot;</td>
<td>4/28/12</td>
</tr>
<tr>
<td>Javelin (OLD)</td>
<td>Frank Burgasser</td>
<td>253' 3&quot;</td>
<td>1969</td>
</tr>
<tr>
<td>Discus</td>
<td>Brad Wright</td>
<td>52' 6 3/4&quot;</td>
<td>2/15/13</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Lee Harper</td>
<td>23' 11&quot;</td>
<td>2/13/93</td>
</tr>
<tr>
<td>Distance Medley</td>
<td>Casey Ide</td>
<td>10:05.29</td>
<td>2/17/06</td>
</tr>
<tr>
<td>High Jump</td>
<td>Joe Ortmeyer</td>
<td>6' 8 1/4&quot;</td>
<td>1981</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Fred Kjer</td>
<td>23' 11&quot;</td>
<td>2/13/93</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Ross Bunchek</td>
<td>68' 6 1/4&quot;</td>
<td>2/25/12</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Matt Doggett</td>
<td>16' 1 1/4&quot;</td>
<td>2/24/07</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>Robert Sullivan</td>
<td>5,141 points</td>
<td>2/13/17</td>
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</table>

## Women's Indoor

<table>
<thead>
<tr>
<th>Event</th>
<th>Record Holder</th>
<th>Mark/Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decathlon</td>
<td>Kylie Herian</td>
<td>85' 6 1/4&quot;</td>
<td>3/10/08</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Rachel Roebke</td>
<td>27' 1/2&quot;</td>
<td>2/22/08</td>
</tr>
<tr>
<td>Javelin</td>
<td>Nicole Zavorka</td>
<td>175' 8 1/2&quot;</td>
<td>2/22/10</td>
</tr>
<tr>
<td>Discus</td>
<td>Carly Fehringer</td>
<td>64' 5 1/4&quot;</td>
<td>3/7/13</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Katie Malander</td>
<td>5' 7&quot;</td>
<td>2/27/04</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Sara Wells</td>
<td>54' 5 1/4&quot;</td>
<td>5/14/13</td>
</tr>
<tr>
<td>Weight Throw</td>
<td>Linda Bishop</td>
<td>208' 3 1/4&quot;</td>
<td>4/3/14</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>Paige Pollard</td>
<td>3,567 points</td>
<td>12/2/11</td>
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## Men's Outdoor

<table>
<thead>
<tr>
<th>Event</th>
<th>Record Holder</th>
<th>Mark/Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 Meters</td>
<td>Lamart Cooper</td>
<td>6.26</td>
<td>2/19/96</td>
</tr>
<tr>
<td>200 Meters</td>
<td>Todd Rolfe</td>
<td>22.00</td>
<td>2/24/07</td>
</tr>
<tr>
<td>400 Meters</td>
<td>Andy Jansen</td>
<td>49.44</td>
<td>2/11/94</td>
</tr>
<tr>
<td>500 Meters</td>
<td>Travis Fredricksen</td>
<td>1:06.00</td>
<td>2/17/96</td>
</tr>
<tr>
<td>800 Yards</td>
<td>Andy Jansen</td>
<td>1:13.98</td>
<td>2/19/10</td>
</tr>
<tr>
<td>1000 Meters</td>
<td>Ben Jansen</td>
<td>1:52.46</td>
<td>2/16/07</td>
</tr>
<tr>
<td>1000 Meters</td>
<td>Antoine Bardou</td>
<td>2:26.63</td>
<td>1/14/17</td>
</tr>
<tr>
<td>1500 Meters</td>
<td>Antoine Bardou</td>
<td>4:08.27</td>
<td>2/14/17</td>
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<tr>
<td>3000 Meters</td>
<td>John Kern</td>
<td>8:31.51</td>
<td>2/5/11</td>
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<tr>
<td>5000 Meters</td>
<td>James McGown</td>
<td>14:34.19</td>
<td>3/14/98</td>
</tr>
<tr>
<td>55-Meter Hurdles</td>
<td>Matt Kneif</td>
<td>7.55</td>
<td>3/9/01</td>
</tr>
<tr>
<td>60-Meter Hurdles</td>
<td>Matt Kneif</td>
<td>8.20</td>
<td>3/3/01</td>
</tr>
<tr>
<td>200-Meter Hurdles</td>
<td>Matt Kneif</td>
<td>26.10</td>
<td>2/21/98</td>
</tr>
<tr>
<td>4x100 Meter Relay</td>
<td>Lamart Cooper</td>
<td>44.87</td>
<td>2/24/94</td>
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## Women's Outdoor

<table>
<thead>
<tr>
<th>Event</th>
<th>Record Holder</th>
<th>Mark/Time</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Heptathlon</td>
<td>Robert Sullivan</td>
<td>5,141 points</td>
<td>2/13/17</td>
</tr>
</tbody>
</table>

* indicates a yard time converted using Track & Field News' conversion formulas

2018 Wildcat Track and Field - 44
CROSS COUNTRY LETTERWINNERS

MEN
Lee Anderson, 2007-08-09-10
Kak Ayar, 2016
Misael Azpeitia, 2012
Andrew Bachman, 2006-07
Jared Balady, 2011-12
Antoine Bardou, 2016
Mark Beran, 1993-94-95-96
Nathaniel Bergen, 2005-06-07-08
Chuck Bitker, 2002
Joey Black, 2013-14-15-16
Nathan Boggress, 2010-11-12-13-14
Justin Brueggemann, 2013-14-15
James Bruhn, 1998-99-00-01
Courtland Cassidy, 2015
Cheto Cerda, 2007-08-09
Joe Chebul, 2008-09
Jeremy Covey, 1997-98
Ben Crabtree, 2002-03-04-05
Steve Dinsmore, 1992-93
Jimmie Doherty, 2006-07
Jack Dougherty, 2015-16
Kirk Ermels, 2001
Nicholas Fly, 2014-15
Chris Garvin, 1994
Nick Hansen, 2000-01-02-03
Cody Hawley, 1991-92-93
Mark Heiman, 1996-97-98
Jeremiah Herron, 2015
Travis Ludwig, 1993
Garang Lual, 2010-11-12-13
Jeramie Lippman, 1996-97
Dustin Lippman, 1999-00-01-02
Dan Lilenkamp, 1998
Corbin Lehn, 2013-14-15-16
Dan Lilienkamp, 1998
Dustin Lippman, 1999-00-01-02
Jeramie Lippman, 1996-97
Garang Luol, 2010-11-12-13
Travis Ludwig, 1993
James McGown, 1993-96-97
Nathan Mcintire, 2003-04-05-06
Ryan Meek, 1995-96
Jared Meister, 2012
Mark Merritt, 1994-95-97
Chris Meyer, 1999-00
Gabe Musselman, 1996
B.J. Nilson, 1997
Noah Noecker, 2016
David Obermeyer, 2007
Dave Patten, 1992-93
Nathan Pearson, 2016
David Poots, 2010
Nathaniel Preston, 2007-08
Tom Richey, 2002
Dana Rider, 1999-00-01
Dave Rogers, 1998
Jason Schaaf, 2008-09-10-11
Troy Schaaf, 2003-04
Michael Schinstock, 2008
Nick Schmit, 2013-14-15
Matt Schneider, 2004-05-06-07
Dustin Schroeder, 1995-96
Matt Seiler, 2008-09-10
Isaías Solório, 2016
Greg Stohrbehn, 1995
Breit Stroebing, 2000-01
York Thomas, 2007-08-09-10
Greg Tracy, 2010-11-12-13
Andy Tucknott, 1998-99-00-01
Tom Whisnann, 1998-99-00-01
Ryan Williams, 2005-06
Taylor Witt, 2013

WOMEN
Mary Alderson, 2015-16
Michelle Baatz, 1994-95-96-97
Grace Black, 2015
Kasey Brown, 2011
Tammy Burnham, 1998
Laura Camacho, 2011-12-13
Charronna Chambers, 1994
Angie Chvala, 1992-93-94
Kinsey Clark, 2014
Ashley Cochran, 2006
Shelby Connelt, 2015
Valerie Corkle, 2004
Meghan Costello, 2006-07
Kathy Dalton, 1993-94-95-96
Laurie Deck, 2001
Tatiana DeLosSantos, 2008-09-10-11
Andrea DeSimone, 2013-14-15-16
Nikki Done, 1998
Audrey Emanuel, 2001-02
Ky’Lee Engelken, 2009-10
Holli Erickson, 2010-11-12-13
Lisa Frostad, 2004-05
Betsy Gahan, 2002
Jackie Heese, 1992-93
Elly Harder, 1999
Molly Gibson, 2006-07-08-09
Ely Harder, 1999
Jackie Reese, 2001
Keri Kamrath, 1992
Natasha Jensen, 2012
Megan Zavorka (2nd), Melissa Schmit (3rd), Sarah Thomasen (8th), Molly Gibson (11th) and Megan Knudson (12th). Two weeks later, the team finished 10th in the NCAA North Central Regional Championship hosted by WSC at the Wayne Country Club.

The 2006 Wayne State College women’s cross country team was inducted into the Wildcat Athletic Hall of Fame on October 7, 2017. The Wildcats won the Northern Sun Conference Championship in St. Paul, Minnesota, beating the University of Mary 36-49 in the seven-team competition. It is the first - and so far only - cross country conference championship for Wayne State women’s cross country.

WSC had five of the top 12 runners in the race – all freshmen. Megan Zavorka (2nd), Melissa Schmit (3rd), Sarah Thomasen (8th), Molly Gibson (11th) and Megan Knudson (12th). Two weeks later, the team finished 10th in the NCAA North Central Regional Championship hosted by WSC at the Wayne Country Club.
<table>
<thead>
<tr>
<th>Name</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mickey Doerr</td>
<td>2011-12-14</td>
</tr>
<tr>
<td>Jon Dickey</td>
<td>2008-09</td>
</tr>
<tr>
<td>Gerald Dennis</td>
<td>1929-30-31</td>
</tr>
<tr>
<td>Ben Crabtree</td>
<td>2003-04-05-06</td>
</tr>
<tr>
<td>Jeremy Covey</td>
<td>1998-99</td>
</tr>
<tr>
<td>Bob Cordes</td>
<td>1966-67-68-69</td>
</tr>
<tr>
<td>Lamart Cooper</td>
<td>1995-96</td>
</tr>
<tr>
<td>A. Scott Christensen</td>
<td>1996</td>
</tr>
<tr>
<td>Joe Chebul</td>
<td>2009-10</td>
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<tr>
<td>Byron Chamberlain</td>
<td>1994</td>
</tr>
<tr>
<td>Courtland Cassidy</td>
<td>2016</td>
</tr>
<tr>
<td>Robert Cooper</td>
<td>1970-71-72-73</td>
</tr>
<tr>
<td>Scott Bruning</td>
<td>2008</td>
</tr>
<tr>
<td>James Bruhn</td>
<td>1999-00-01-03</td>
</tr>
<tr>
<td>Timothy Buenz</td>
<td>1982-83-84-85</td>
</tr>
<tr>
<td>Ross Bunchek</td>
<td>2011-12</td>
</tr>
<tr>
<td>Frank Byrnes</td>
<td>1969</td>
</tr>
<tr>
<td>Justin Burhop</td>
<td>2001</td>
</tr>
<tr>
<td>Kevin Carpenter</td>
<td>1970-71-72-73</td>
</tr>
<tr>
<td>Steve Carroll</td>
<td>2009</td>
</tr>
<tr>
<td>Nathan Lechtenberg</td>
<td>2015-16</td>
</tr>
<tr>
<td>Corbin Lehner</td>
<td>2014-15-16-17</td>
</tr>
<tr>
<td>Ryan Leriger</td>
<td>2001-02-03-04</td>
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<td>John Lewis</td>
<td>1937-38-39-40</td>
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<td>J.C. Lightcap</td>
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<td>Dan Lilienkamp</td>
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<td>Virgil &quot;Joe&quot; Lindahl</td>
<td>1938-39-40-41</td>
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<td>Cecily Lingelfeltner</td>
<td>1935-36-37-38</td>
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<td>Dustin Lippman</td>
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<td>Jeramie Liptman</td>
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<td>Cole Liska</td>
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<td>Garang Lual</td>
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<td>Brandon Marker</td>
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<tr>
<td>Nathan Mathieson</td>
<td>2007-08-09-10</td>
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<td>Ted Matsukis</td>
<td>1953-57</td>
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<td>Don McClaran</td>
<td>1936-37-38-39</td>
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<td>Robert McConico</td>
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<td>Merle McGehee</td>
<td>1960-61-62-63</td>
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<tr>
<td>James McGown</td>
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<td>Nate McInrte</td>
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<td>Morland McManigal</td>
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<td>Joseph McNamara</td>
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<td>Ryan Meek</td>
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<td>Adam Meier</td>
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<td>Mark Merritt</td>
<td>1995-97</td>
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<td>Ryan Messerschmidt</td>
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<td>Brady Metz</td>
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<td>Nathan Pearson</td>
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<td>Steven Muir</td>
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<td>Jeremy Murphy</td>
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<td>Matt Nemec</td>
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<td>Chris Oberg</td>
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<td>Kyle O'Neill</td>
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<td>Christian Ohi</td>
<td>2004-05</td>
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<td>Joseph Ortmeier</td>
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<td>John Ostermeyer</td>
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<td>Mark Oswald</td>
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<td>Joel Ott</td>
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<td>Brad Ottis</td>
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<td>Carl Owczarzak</td>
<td>1962-63-64-65</td>
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<td>David Patten</td>
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<td>Kenneth Paul</td>
<td>1931-32-33-34</td>
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<td>Nathaniel Preston</td>
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<td>Ronald Peck</td>
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<td>Matt Peter</td>
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<td>Carter &quot;Cap&quot; Peterson</td>
<td>1964</td>
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<td>Jeff Pickirnag</td>
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<td>Joe Pickirnag</td>
<td>2006-07</td>
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<td>Tim Pilakowski</td>
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<td>David Poots</td>
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<td>Jerry Poulsen</td>
<td>1964-65-66-67</td>
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<td>Nathaniel Preston</td>
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<td>Cory Prochaska</td>
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<td>Jim Puetz</td>
<td>1959-60</td>
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<td>Douglas Radtke</td>
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<td>W. Lamontt Rainey</td>
<td>1933</td>
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<tr>
<td>Jack Ray</td>
<td>1927-28-29</td>
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<td>Peter Ray</td>
<td>2006-07-08</td>
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<td>Zach Reed</td>
<td>2012</td>
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<td>Harold Rembold</td>
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<td>Ervin Retzlaff</td>
<td>1935-36-37-38</td>
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<tr>
<td>Lawrence Retzlaff</td>
<td>1940-41-42-46</td>
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<tr>
<td>Tim Rexius</td>
<td>2002-03</td>
</tr>
<tr>
<td>Dana Rider</td>
<td>2000-01</td>
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</tbody>
</table>
MEN'S TRACK LETTERWINNERS

Don Rinehart 1975-76-77
Todd Rolfs, 1990-91-92-93
Matt Rosauer, 2001-02
Jeff Ruzicka, 1990-91-92-93
Dominique Samuel, 2012-14
Jason Schaaf, 2009-10-11-12
Troy Schaaf, 2005
Matt Schaffer, 2003-04-05-06
Nick Schnit, 2014-15-16-17
Matt Schneider, 2005-06-07-09
Robert Schnitzler, 1958
Anthony Schulenberg, 2007
Shannon Schumacher, 2000-01-02-03
Terry Sherman, 1991
Matt Seiler, 2009-10
Joe Simpson, 1938-39-40-41
Lucas Sirek, 2010
Jesse Staymaker, 2002
John Sloup, 2006-07-08-09
Dennis Smith, 1960-61-62
Virgil "Joe" Smith, 1939-40-41-42
Isaia Solorio, 2017
Josh Spenner, 2015-16-17
Norman Stammer, 1948-49-50-51
Van Steckleberg, 1964
Allen Stedry, 1927
Dwayne Strashiem, 1961
Brett Suckstorf, 2006-07-08
Robert Sullivan, 2016-17
Richard Sweeney, 2016-17
Norman Tegeler, 1934-35-36-37
Donald Teply, 1975-76-77-78
Fred Terry, 1932-33-34-35
Robert Theobald, 1933-34
David Thomas, 1992-94
York Thomas, 2009-10-11
Zach Thomsen, 2012-13-14-15
Donnty Thongdy, 1995
Robert Tiedgen, 1982
Alex Timperley, 2009-10-11-12
Travis Toepfer, 2009-10
Greg Tracy, 2011-12-13
Grant True, 1987-88-89-14
Andrew Tucknot, 1999-00-01-02
Steven Varela, 2014-15
Mark Vollmer, 1983-84-85-88
Mark Walker, 1981
Matt Walsh, 2005-06-07
Joel Warner, 1942
J.J. Washington, 2006-07-08
Joseph Warth, 2014
Tifton Weber, 1946-47-48-49
Charles Wehrer, 1937
Dean Weible, 1964-65
Don Weltzenkamp, 1958-59-60-61
Michael Wells, 2000
Tom Whisinnand, 1999-00
James Whitney, 1956-57
Johnny Widner, 1992
Andrew Wiedel, 2006-07-08
Duane Wilken, 1968-69
Jon Williams, 2012-13
Ryan Williams, 2006-07
Willard Witse, 1928
Travis Woockman, 2002-03-04
Brad Wright, 2010-11-12-13
Teddy Young, 2003-04-05-06
Ronald Zahourek, 1968
Jordan Zautke, 2016-17
Trenton Zink, 2016
Ron Zurovski, 1970

Ross Bunchek (2011-12) was a three-time NCAA Division II All-American competing for the Wildcats. He was an indoor All-American twice in the weight throw, placing sixth in 2011 and again in 2012. In the 2012 outdoor season, Bunchek was named NSIC Outdoor Field Athlete of the Year and was an All-American in the hammer throw with a mark of 196’ 1”.

No other athlete has won more NCAA or NAIA All-American honors in men’s track and field than Bunchek.
Angie Albers, 2003
Mary Alderson, 2014-15-17
Diana Ayay, 1986-87-88
Michelle Baatz, 1996-97-98
Deanna Badura, 1996
Lisa Barr, 2005
Stephanie Baumgart, 2012-13
Kelly Bausch, 1996-97
Traci Berneker, 2000-01-02
Michelle Blomberg, 1988
Sidney Blum, 2011-12-13-14
Marian Borgmann, 1980-81-82-83
Amy Brodersen, 1994
Nicole Brungardt, 2011-12
Kes Burke, 2016-17
Casey Buskirk, 2008-09-10-11
Trisha Franzluebbers, 1997
Vicki Byrkit, 1982-83-84-85
Laura Camacho, 2013-14
Charronna Chambers, 1993-95-96
Kinsey Clark, 2012-15
Ashley Cochran, 2007
Shelby Connett, 2015-16
Meghan Costello, 2007-08
Kathy Jo Dalton, 1994-95-96-97
Rebecca Davensport, 2012-13-14-15
Tatiana DeLosSantos, 2009-10-11-12
Michaela Dendinger, 2014-15-17
Andrea DeSimone, 2016-17
Megan Dias, 2010
Stacy Dieckman, 1990-91-92
Kelsey Dietrich, 2015-16
Kristy Doffin, 2008
Kari Droscher, 1998
Ann Eisenmenger, 1989
Audrey Emanuel, 2000-01-02-04
Ky’Lee Engelken, 2010
Holli Erickson, 2011
Carly Fehringer, 2011-12-13-14
Tracie Fehringer, 2001-02
Cindy Franzluebbers, 1998
Lorri Gage, 1985
Samantha Garrison, 2011-12
Kara Gebhardt, 1998
Molly Gibson, 2007-08-09
Madeline Glesinger, 2011-12
Deanna Gollobit, 1998-99
Melissa Green, 2003-04
Amy Gudmundson, 1995-96
Alexis Guhl, 2011-12-13-14
Danielle Hartl, 2014-15
Cindy Heesacker, 1983-84-85-86
Kyle Herian, 2007-08
Kristen Herrmann, 1989-90-91-92
Kristi Hoefener, 1997
Brianne Hofstetter, 2009-10-11-12
Tessa Ives, 2015-16-17
Roni Jackson, 1991-92-94
Meghan Jacob, 2008-09-10
Bobbi Jacobsen, 2009-02-03-04-05
Lacey Jensen, 2005-06-07-08
Amber Johnson, 2002-03
Amber Johnson, 2010
Andra Jones, 1984-85
Tia Jones, 2017
Emily Kaup, 2014
Cindy Keagle, 1977
Jennifer Kennedy, 1992
Samantha Kennedy, 2016
Christina King, 2008-09-10-11
Molly Kingsley, 2015-16
Erin Klein, 2011
Tanya Kleinschmit, 1999-00
Megan Knudson, 2007-08
Angie Kraus, 2002-03-04-05

Marsha Krienke, 1997-98-99-00
Melissa Kroenke, 2016-17
Anne LaBrayere, 1996-97
Makael Lanum, 2015
Jamie Larsen, 2017
Michelle Lau, 1988
Janet Lee, 1982
Jadriane Lippman, 2006-07-08-09
Skyler Lippman, 2011-12-14
Jeanna Luebe, 2001
Anne Lunsford, 1990-91
Katie Malander, 2003-04-05
Judith Martin, 1978
Laura Martin, 1998
Mackenzie Masching, 2011-12-13-14
Jenna McCoy, 2008-10
Nicole McCon, 2003-04-05-06
Melissa McIntosh, 2008-09-10-11
Jennifer Metheny, 1996
Lachel Milander, 2009-10-11-13
Tammie Miller, 1989-90-91-92
Darian Mochizuki, 2012
Cristina Munillo, 2014
Darr Nickerson, 1998-99-00-01
Riana Noelle, 2017
Jodi Nordquist, 2010
Erin Norenberg, 2003-04-05-06
Kacie O’Connor, 2015-16-17
Keely O’Neill, 2009
Dara Oglesby, 2002
Jennifer Olson, 1997-99-00
Erin Oswald, 2004-05-06-07
Lexi Oswald, 2017
Josephine Peitz, 2017
Laura Peter, 1978-79
Lucy Peter, 1990-91-92-93
Kelley Peterson-Snyder, 1981-82-83-84
Elizabeth Pille, 2014-15
Shandan Platt, 2015
Shelby Poell, 2017
Kim Pohlmeyer, 2003-84-85
Paige Pollard, 2008-09-10-11-12
Jessi Pongratz, 2014
Brenna Pribil, 2003-04
Lisa Pyle, 1982-84
Vicki Qualles, 1979-80-81-82
Amanda Ramberg, 2013
Ashley Ramberg, 2013
Rachel Ravener, 2016
Haley Reeves, 2004-05-06
Jodi Rhodig, 2002-03-04-05
Satu Riutta, 1998-99
Jennifer Robotham, 1991-92-93
Rachel Roebke, 2005-06-07-08
Shebly Roth, 2016-17
Misty Rystrom, 2008-09
April Rachack, 2000-01-02
Tiffany Schacher, 2003-04-05-06
Dana Schmersal, 1997-98-99
Melissa Schmit, 2007-08-09
Lindal Schmitzler, 1986-87-88-89
Mary Schnitzler, 1989-90
Kandy Schott, 1985
Sally Schwede, 1976-77-78-79
Jamie Seiler, 2001
Stefanie Senn, 1996-97
Shannon Short, 2000
Amy Smith, 2005
Ashley Smith, 2004-05-06-07
Lindsay Stockwell, 2003-04-05-06
Missy Stoltenberg, 1984-85-86
Danae Stuhr, 2008
Kyndra Sturm, 2013-14-15-16
Megan Swiatlak, 2012-13-14-15
Morgan Swanson, 2011-13-14
Sarah Thomsen, 2007-08-09-10
Aisha Todd, 1998-99-00

Kari Torgerson, 2002-03-04-05
Shay Tullberg, 2008
Jodi Van Voorst, 1998
Tanna Walford, 2004-05-06-07
Jaden Wamstad, 2014
Amy Wattier, 1987-88-89-90
Emily Wells, 2010-12-13-14
Sara Wells, 2012-13-14-15
Danielle Wessel, 2009
Katie Wilson, 2005-06-08-09
Amy Wintz, 1997-98
Ellen Wulf, 2013-14-15-16
Siera Zach, 2015-16
Megan Zavorka, 2007-08-09-10
Sara Zimmer, 1997
From its modest origin as a six-team alliance over eight decades ago, the Northern Sun Intercollegiate Conference has matured into a 16-team union of upper Midwest colleges and universities to form arguably the strongest affiliation in NCAA Division II.

The NSIC can trace its roots to 1932 when six schools, including Bemidji State University, Minnesota State University, Mankato, Minnesota State University Moorhead, St. Cloud State University, University of Minnesota Duluth and Winona State University signed on as charter members. All remain active subscribers of the league today.

Southwest Minnesota State University was added in 1969, followed by Northern State University in 1978, Wayne State College (NE) in 1998, Concordia University-St. Paul and the University of Minnesota Crookston in 1999, the University of Mary and Upper Iowa University in 2006, Augustana College in 2008 and Minot State University and the University of Sioux Falls in 2012.

The NSIC celebrates its 83rd season this year and clearly continues to make a major imprint nationally, winning 16 national titles since 2006. Winona State men claimed NCAA II Basketball Championships in 2006 and 2008 and narrowly missed a third crown, falling in a last second shot in 2007. In addition, the Warriors established a NCAA II record of 57 consecutive victories.

Concordia University launched an ongoing streak of seven consecutive NCAA II Volleyball Championships in 2007. In 2008 the Golden Bears won 37 straight matches after a season opening loss on their way to a second consecutive title and scripted a marvelous encore in 2009 with a perfect 37-0 finish, a third straight national crown and a winning streak of 74 straight matches. In 2010 the Golden Bear extended that NCAA record win streak to 75 before dropping their second match of the season. They started 2010 with a 10-4 record before ripping off 22 straight wins on their way to their fourth straight national title. In 2011, after overcoming midseason injuries, the Golden Bears hit their stride. The Golden Bears knocked off No. 1 and undefeated Cal State San Bernardino to become the first team in the history of NCAA Division II women’s volleyball, to captured a fifth consecutive NCAA Division II Championship. Then in 2012, the Golden Bears again made a late season and championship match surge as they defeated Tampa 3-2 after trailing 0-2 to win their sixth straight NCAA DII Volleyball National Championship. In 2013 Concordia-St. Paul won the NSIC regular season title, but was defeated in the NSIC Tournament Championship by Minnesota Duluth. But from there the Golden Bears ripped off six straight NCAA postseason wins, extending their streak to 42, on their way to a 3-0 sweep of BYU-Hawaii to win another NCAA National Championship.

In a most surprising run, Minnesota Duluth completed a perfect 15-0 season by winning the 2008 NCAA Division II Football Championship. The Bulldogs, limited to only 24 scholarships by league rule, swept a field of fully-funded teams, including top ranked Grand Valley State and number three Northwest Missouri State. Two years later, in 2010, the Bulldogs repeated that feat, going 15-0 again to win the national championship. The Bulldogs became the first NCAA DII football squad to win two national championships with undefeated records.

Minnesota State added more luster to the league by finishing 32-2 and claiming the 2008-09 NCAA II Women’s Basketball Championship. The Mavericks rolled to a wild 103-94 victory over Franklin Pierce to set a NCAA record for total points in the title game. Augustana College got into the mix of national championships in 2011 when their women’s cross country team turned in a true team performance in Spokane, Wash. All five Viking runners earned All-American status as Augustana won the first cross country national championship in NSIC history.

After multiple runnerup finishes, the St. Cloud State Huskies finally captured the national championship in wrestling in 2015 and repeated again in 2016. The Augustana men’s basketball team won their first-ever NCAA Division II national title in 2016 for the league’s 16th national championship.

The NSIC has also had 10 athletes awarded with the NCAA Elite 89 Award on 12 occasions. Earning the award were Leisa McClintock (Wayne State, Volleyball, 2015), Tavia Rutherford (USF, Golf, 2015) Claire Sames (SMSU, Volleyball, 2015), Ben Keller (Minnesota State, Baseball 2012 & 2013), Cody Lensing (Augustana, Wrestling 2012), Kendra Huettl (Minnesota State, Softball, 2011), Matt Braithwaite (Augustana, Cross Country, 2010) and Lauren Brown (Winona State, Outdoor Track & Field, 2010).

Member schools continue to emphasize the educational, entertainment and unifying value of sports while pointing with pride to the many advantages to be gained by attending these colleges and universities. The NSIC is committed to providing rewarding experiences for its student-athletes, and while the challenges that loom are sizable, indeed, the NSIC is surely well positioned for the future.

(By Larry Scott & Nick Kornder)