



Outdoor Track and Field

May 13, 2009



2009 MIAC Track and Field Awards



Joe DeFrance
University of St. Thomas

Men's Outstanding Outdoor Track Athlete - Joe DeFrance (Sr., Eagan, Minn./Eastview) won the 200 meter dash (21.90) and placed second in the 100 meter dash (10.94) at the championships. He was also a member of the winning 4x400 meter relay which broke a meet record with a time of 3:13.02.

Joe DeFrance
Senior - Sprints
Eagan, Minn.



Nikki Arola
University of St. Thomas

Women's Outstanding Outdoor Track Athlete - Arola (Jr., Chisholm, Minn.) contributed 41 points as the St. Thomas women rallied from a 40-point deficit on the final day to capture their 23rd MIAC team title in 25 seasons at the MIAC Championships. Arola won the 200 meter dash (25.60) and 400 meter dash (57.32) and ran on the winning 4x100 (48.57) and

Nikki Arola
Junior - Sprints
Chisholm, Minn.



Eric Buss
Saint John's University



Men's Outstanding Outdoor Field Athlete - Buss (Sr., Coon Rapids, Minn.) earned his third consecutive MIAC outdoor title in the triple jump with an NCAA provisional mark of 14.69 meters on Saturday. He also took second in the high jump with a height of 1.96 meters to earn outdoor All-MIAC honors for the eighth time in his career (16th time overall). On Friday, Buss finished third in the long jump with a distance of 6.89 meters.

Eric Buss
Senior - Jumps
Coon Rapids, Minn.



Sam Broderius
Gustavus Adolphus College



Women's Outstanding Outdoor Field Athlete - Sophomore Sam Broderius (Hector, Minn.) captured multiple event titles with NCAA provisional marks in the shot put with a distance of 44 feet, 8 3/4 inches and the discus with a distance of 148 feet, 3 inches. Broderius helped Gustavus compile 173 points as a team, the most in program history.

Sam Broderius
Sophomore - Throws
Hector, Minn.



4 x 400 Relay Team
University of St. Thomas

Men's Outdoor Outstanding Performance - The St. Thomas 4x400 meter relay team of Phil Bastron, Joe DeFrance, Pat Jager, and James Ewer broke the meet record with a time of 3:13.02. The foursome improved St. Thomas' NCAA provisional qualifying time and ranks seventh-best on the school all-time list. That time also ranks first in Division III this year and missed an NCAA automatic by just .02 of a second.

4 x 400 Relay Team
Bastron, DeFrance,
Jager, Ewer



Marie Borner
Bethel University

Women's Outdoor Outstanding Performance - Senior Marie Borner (Cottage Grove, Minn.) recorded a time of 4:29.20 in the 1500 meter run, which betters her own conference meet record by more than three seconds. Borner's time on Saturday is a NCAA Automatic Qualifying time.

Marie Borner
Junior - Distance
Cottage Grove, Minn.

2009 MIAC Men's Track and Field Championship - Team Scores

1	St. Thomas	182.0
2	Saint John's	125.0
3	Hamline	113.0
4	Bethel	102.5
5	St. Olaf	75.0
6	Concordia	72.0
7	Gustavus	65.5
8	Augsburg	55.0
9	Carleton	44.0
10	Macalester	13.0
11	Saint Mary's	9.0

2009 MIAC Coaches of the Year



MIAC Men's Track and Field
Steve Mathre
St. Thomas
(14th Season)



MIAC Women's Track and Field
Tom Thorkelson
Gustavus
(10th Season)

2009 MIAC Women's Track and Field Championship - Team Scores

1	St. Thomas	207.0
2	Gustavus	173.0
3	Saint Benedict	84.0
4	Concordia	77.0
5	Carleton	72.5
6	St. Olaf	55.0
7	Bethel	52.5
8	St. Catherine	48.0
9	Hamline	42.5
10	Saint Mary's	25.0
11	Augsburg	13.0
12	Macalester	6.0



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Women's MIAC Titles Won or Shared (1983-2009)

School	No.	Last Title
University of St. Thomas	24	2009
Concordia College	2	2004
St. Olaf College	1	1984



Men's MIAC Titles Won or Shared (1920-2009)

School	No.	Last Title
University of St. Thomas	28	2009
Macalester College	22	1969
Hamline University	14	1982
Saint John's University	11	2007
Carleton College	6	1925
St. Olaf College	4	1940
Concordia College	2	1956
Gustavus Adolphus College	1	1926

2009 MIAC Men's Sportsmanship Team

Augsburg - Shane Pantila (So., St. Michael, Minn.)
 Bethel - Zach Dahl (So., Edina, Minn.)
 Carleton - Jack Delehanty (Sr., Madison, Wis.)
 Concordia - Jeff Bakke (Sr., Grand Forks, N.D.)
 Gustavus - Cole Carlson (Jr., Mora, Minn.)
 Hamline - Brandon Gleason (Sr., Mantorville, Minn.)
 Macalester - Franz Meyer (Sr., Kirkwood, Mo.)
 Saint John's - David Rynda (Sr., Shakopee, Minn.)
 Saint Mary's - Derk Wherley (Sr., Missoula, Mont.)
 St. Olaf - Jake Kurczek (Sr., River Falls, Wis.)
 St. Thomas - Nick George (Jr., Salin, Mich.)

Men's USTFCCA Division III Poll May 7, 2009

	Team	Region	Points
1	Augustana College (Ill.)	Midwest	215.41
2	UW-Oshkosh	Midwest	213.05
3	North Central College	Midwest	210.83
4	Claremont McKenna	West	209.51
5	UW-Whitewater	Midwest	209.19
6	Willamette University	West	206.50
7	UW-Stevens Point	Midwest	200.11
8	UW-Eau Claire	Midwest	199.58
9	Saint John's	Central	198.95
10	St. Thomas	Central	198.71
11	Whitworth University	West	198.69
12	Linfield College	West	197.74
13	Ohio Wesleyan	Great Lakes	197.10
14	Tufts University	New England	196.94
15	Ithaca College	Atlantic	196.49
16	Washington University	Midwest	195.52
17	Lynchburg College	South	195.50
18	Nebraska Wesleyan	Central	193.75
19	Carthage College	Midwest	191.49
20	Bates College	New England	189.93
21	Central College	Central	189.43
22	UW-Platteville	Midwest	187.26
23	Emory University	South	187.08
24	Carnegie Mellon	Mideast	186.37
25	MIT	New England	186.10

Women's USTFCCA Division III Poll May 7, 2009

	Team	Region	Points
1	Washington Univ. (Mo.)	Midwest	194.46
2	UW-Oshkosh	Midwest	194.46
3	UW-Eau Claire	Midwest	190.44
4	St. Thomas	Central	190.33
5	Tufts	New England	189.74
6	UW-La Crosse	Midwest	189.54
7	North Central College	Midwest	185.86
8	Illinois Wesleyan	Midwest	182.25
9	Williams College	New England	181.05
10	University of Chicago	Midwest	181.05
11	Augustana College (Ill.)	Midwest	180.14
12	Ithaca College	Atlantic	178.05
13	College of New Jersey	Atlantic	174.14
14	Concordia College	Central	172.83
15	Wartburg College	Central	172.82
16	Hope College	Great Lakes	172.17
17	Claremont McKenna	West	170.72
18	SUNY-Brockport	Atlantic	167.92
19	Linfield College	West	167.06
20	Willamette University	West	166.26
21	MIT	New England	165.99
22	Central College	Central	165.65
23	Whitworth University	West	162.54
24	Moravian College	Mideast	162.43
25	Emory University	South	161.28

2009 MIAC Women's Sportsmanship Team

Augsburg: Whitney Holman (Jr., New Hope, Minn.)
 Bethel - Amy Neubauer (So., Rogers, Minn.)
 Carleton - Sarah Margoles (Sr., St. Louis Park, Minn.)
 Concordia - Kristina Bruns (Sr., Eagan, Minn.)
 Gustavus - Kaelene Lundstrum (Jr., Bird Island, Minn.)
 Hamline - Ashley Drake (Sr., Brainerd, Minn.)
 Macalester - Emily Matthews (Jr., Fort Collins, Colo.)
 Saint Benedict - Stephanie Kortan (So., Sioux Falls, S.D.)
 St. Catherine - Kristie Bronson (Sr., Princeton, Minn.)
 Saint Mary's - Emily Dee (So., Racine, Wis.)
 St. Olaf - Katie Duwell (Sr., West Bend, Wis.)
 St. Thomas - Shionna Evans (Sr., Woodbury, Minn.)



Photo courtesy of Greg Smith,
www.gsmithsports.com



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2009 Men's and Women's Outdoor Track and Field Championship Recap

MEN

The University of St. Thomas men successfully defended their team title by winning their 28th overall crown at the 2009 MIAC Outdoor Track & Field Championships. The Tommies won eight total events en route to recording 182.0 points. A total of 28 NCAA provisional qualifying standards were recorded at the two-day meet held at Carleton College's Laird Stadium.

Saint John's finished second with 125.0 points. Hamline University was third at 113.0 while Bethel University earned fourth place with 102.5 points. St. Olaf College rounds out the top five with 75.0 points. Host Carleton finished in ninth place with 44.0 points.

The most exciting race of the weekend may have been the championships' final event as five teams posted NCAA provisional qualifying times in the 4x400 meter relay. Leading the way was St. Thomas' quartet of Phil Bastron, James Ewer, Joe DeFrance, and Pat Jager, which broke the meet record with a time of 3:13.02. Gustavus (3:13.62) and Bethel (3:14.71) also bettered the old conference championship mark. St. Olaf (3:15.73) and Carleton (3:16.66) rounded out the top five in the tightly contested race.

WOMEN

The University of St. Thomas women claimed their fifth consecutive MIAC Outdoor Track and Field Championship with 207.0 points. It is the Tommies 24th overall outdoor track title as St. Thomas captured nine event titles, including a sweep of the three relay events at Laird Stadium.

Gustavus finished second with 173.0 points followed by Saint Benedict at 84.0 points and Concorida with 77.0. Host school Carleton College rounded out the top five of the 12-team field by grabbing fifth place at 72.5 points.

A total of 30 NCAA qualifying standards were hit during the two-day event, including four automatic qualifying marks. Gustavus' Lisa Brown secured a berth in the upcoming national championships with her winning distance of 157 feet, 10 inches in the javelin throw. This was her fourth title in the event in as many years.

For more news and results, visit the Track and Field Championship page at www.miac-online.org.



University of St. Thomas - Men's and Women's 2009 MIAC Outdoor Track and Field Champions (Courtesy of Greg Smith)

2009 NCAA
Championship Information

Thursday-Saturday, May 21st-23rd
Marietta College
Marietta, Ohio





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Men's Outdoor Track and Field News and Notes

Augsburg

- At the MIAC outdoor championships over the weekend at Carleton, Augsburg placed eighth with 55.0 points, improving its point total by 17 from last season's finish. Augsburg had three All-MIAC (top three) individual finishes, to go along with four All-MIAC honorable-mention (fourth to sixth place) efforts.

- Brent Haglund (JR, Fridley, Minn.) improved upon his school record and NCAA Division III national championships provisional qualifying time with a second-place finish in the 10,000-meter run, taking more than 17 seconds off of his previous school-record effort with a 30:49.24 time. His time currently stands 27th-fastest among the 38 individuals nationally who have recorded Division III championships provisional qualifying times, according to Racebry-ryjam.com. The championships automatic qualifying time is 30:20.00.

- Nick Ward (SO, Coon Rapids, Minn.) set an NCAA provisional qualifying distance in the long jump with a second-place finish, with a 7.02-meter (23-feet, 0.5-inches) effort. His distance, just one inch off the school record (23-feet-1.5, set by Dan Tangen in 1969), currently sits 25th among the 28 individuals nationally who have recorded provisional qualifying distances. Shane Pantula (SO, St. Michael, Minn./St. Michael-Albertville HS) had a solid all-around performance in field events for the Auggies at the MIAC meet, finishing second in the triple jump, fifth in the long jump and seventh in the hammer throw.

Bethel

- Four Bethel Royals earned the title of MIAC Champion this week at the outdoor track and field championships hosted by Carleton College. The team finished in fourth place out of 11 teams with a collective 102.5 points.

- Taylor Ferda (Jr., Whitefish, Mont.) won the 110 meter hurdles with at time of 14.48 seconds, improving his NCAA provisional time and putting his performance among the top five in the nation so far in 2009. He also broke his own school record by three-tenths of a second with the time. Teammate Jay Quick (So., Johnston, Iowa) repeated as the conference high jump champion by clearing 1.99 meters (6 feet, 6.25 inches).

- Tyler Hinrichs (Sr., Clara City, Minn.) won the 1500 meter race with a time of 3:58.76. Fellow All-MIAC cross country runner Carl Gladitsch (Sr., Bloomer, Wis.) won the 3000 meter steeplechase with a time of 9:27.19, which better his own school record set earlier this year at the Macalester Twilight meet. Gladitsch and Hinrichs were also part of the 4 x 800 meter relay team that finished second with a time of 7:48.47 and that broke a 32-year old school record.

Carleton

- Senior John Hanks (LeRoy, Minn./LeRoy-Ostrander) won the javelin throw at the MIAC Track and Field Championships with a personal-best throw of 184 feet, 1 inch. Hanks' final toss of the day landed less than five feet from the NCAA qualifying mark and is the second-best javelin throw (since new rules were enacted in 1985) at Carleton.

- Tom Ballinger (Sr./Wenatchee, Wash.) finished second in the 400-meter hurdles race. His prelim time of 52.92 is the seventh-fastest in the nation this season. He also anchored the Knights' 4x400 meter relay team, which was one of five squads to post NCAA provo times in the finals. It was the third-fastest relay (3:16.66) in school history.

- John Davis (So./Eden Prairie, Minn.) finished second in the steeplechase with a time of 9:29.00, earning All-MIAC distinction. Evan Franco (Jr./Austin, Texas/James Bowie) cleared 14-6 3/4 in the pole vault on Friday, the second-best mark in Carleton history.

Concordia

- Concordia senior multi-event athlete Paul Westmark (Appleton, Wis.) posted three top four finishes at the MIAC Championship Meet. He finished second in the decathlon and then placed third in the 110-meter hurdles in a time of 14.95 to become the first Cobber to break the 15-second barrier in that event since 1989. That is the third fastest time in school history. He then clocked a 55.23 in the 400-meter hurdles and placed fourth. That time is a career best and is the 11th fastest in program history.

- Concordia placed five athletes in the top nine of the javelin at the MIAC Meet and scored 19 team points in the one event. Tom Flynn (Sr., Shelby, Mont.) had a season-best distance of 182-03.00 and finished second. Jeff Bakke (Jr., Grand Forks, N.D./Red River HS) placed fourth with a mark of 180-00.00 while Paul Shol (Sr., Fergus Falls, Minn.), Nick Bircherm (Sr., Lisbon, N.D.) and Marly Simmons (Jr., Detroit lakes, Minn.) pulled down the No. 7, 8 and 9 slots.

- Concordia junior Xavier Carroll (El Cajon, Calif./Grossmont HS) ran a 10.97 in the qualifying heat on the 100 meters at the MIAC Championship Meet. That time ties for the second fastest in school history.

Gustavus

- The Gustavus men's track and field team finished in seventh place with 65.5 points at the MIAC Championships last weekend. Junior Cole Carlson (Mora, Minn.) was the lone event champion for the Gusties as he sprinted to a new school record in the 400-meter dash with a NCAA provisional time of 48.03. Carlson broke the previous mark of 48.23 set by Jack Henkemeyer in 2004.

- The 4x400 meter relay team of Matt Leeb (So., Kasota, Minn.), Tyler Geyen (Sr., Watertown, Minn./Watertown-Mayer), Colby Citrowske (So., Canby, Minn.), and Cole Carlson placed second at the MIAC Championships with a NCAA provisional time of 3:13.62. The mark, which bettered the previous school record of 3:16.63 set by the same team at the Drake Relays, is the fifth-fastest time in Division III.

- Dan Foley (Sr., Minneapolis, Minn./South) finished fourth in the 10,000 meters as he clocked a season-best time of 31:02.88. The result met a NCAA provisional standard and was nearly a minute faster than his previous season-best mark of 31:52.31.

Hamline

- The Pipers totaled 113.0 points en route to finishing third at the 2009 MIAC outdoor championships. They were led by the throwing corps' 53.0 total points. The throwers took four of eight scoring positions in shot put and had three second place finishes in four events. On the opening day, Aaron Wilkerson (Jr., Roseville, Minn.) and Andy Norman (So., Winona, Minn.) finished with All-MIAC honors in placing second and third, respectively, with NCAA provisional tosses in the hammer throw. Wilkerson threw 53.84 meters (176-8) while Norman tossed 52.58 meters (172-6).

- Also on the opening day, in the discus throw, Norman earned his second All-MIAC honor with a throw of 45.61 meters (149-7) to finish second. On day two, Derall King (So., Inver Grove Heights, Minn.) had a throw of 16.23 meters (53-3) to finish second, and All-MIAC, in the shot put. His throw also hit the NCAA provisional mark.

- The Piper runners had success, as well, as Brandon Gleason (Sr., Mantorville, Minn.) was crowned the champion in the 5000-meter run with a time of 15:00.34. He also finished fifth in the 1500-meter race finals earlier in the day with a time of 4:01.78. Brent Nelson (Jr., New London, Minn.) also turned in a pair of all-conference performances. He was All-MIAC with a third place finish in the 400-meter dash in 48.62 and earned honorable mention status with a fifth place finish in the 200-meter dash in 22.20.

Macalester

- Wade Ekstrom (Jr., La Crescent, Minn.) placed fourth in the 1500-meter run and an hour-and-a-half later ran to a seventh-place finish in the 5000 meters to lead the way for Macalester Saturday during the second day of competition at the MIAC championships.

- The Scots placed 10th in the team standings. Ekstrom's 1500 time was 4:00.34 and he crossed the finish line in the 5K in 15:13.30.

Saint John's

- Saint John's finished second out of 11 teams at the 2009 MIAC Outdoor Track and Field Championships on May 9 in Northfield. Nine Johnnies earned a total of 14 All-MIAC honors and claimed conference titles in five events. SJU has now finished second or better at the meet each of the past seven seasons.

- Senior Brayden Wagner (Englevale, N.D./Lisbon) won his second MIAC Outdoor title in a matter of eight days in the pole vault with a height of 4.64 meters, while sophomore Griffin Hayes (Mendota Heights, Minn./St. Thomas Academy) won the discus, the first for SJU in the event since 1998, with a throw of 46.12 meters. The Johnnies' 4x800-meter relay team consisting of senior Mitch Gesell (Alexandria, Minn.), sophomore Tom Hoffman (Mahtomedi, Minn.), freshman Ruairi Moynihan (Fargo, N.D./South) and junior Andrew Stevens (Stillwater, Minn.) claimed the title with a time of 7:46.25. On Saturday, senior Eric Buss (Coon Rapids, Minn.) earned his third consecutive MIAC outdoor title in the triple jump with an NCAA provisional mark of 14.69 meters to earn outdoor All-MIAC honors for the eighth time in his career (16th time overall).

- SJU returns to action at the "last chance" North Central Invitational this Thursday and Friday, May 14-15, in Naperville, Ill.

St. Olaf

- St. Olaf had two event winners on the way to a fifth place finish at the MIAC Men's Outdoor Track and Field Championships, which finished Saturday afternoon. John Schantzen won the shot put with a 16.69m effort (54' 9 1/4"), more than a foot and a half farther than the nearest competitor. Schantzen set a school record in the event last week with his 17.17m toss in Hamline's meet.

- The Oles' other strong performance on the field came from Ryan Doyle, who was third in the high jump (6-5).

- The team's win on the track came from Jacob Marotz, who won the 10,000 in 30:44.86, an NCAA provisional time. Marotz added a sixth place finish in the 5,000. Duboul Ruon just missed a win in the 5,000, finishing 3.4 seconds off the winning pace in second place.

St. Thomas

- Senior James Ewer had a hand in three firsts and 36 points to lead St. Thomas to its 23rd MIAC outdoor track and field team title in 27 seasons. The Tommies started the final day in third place, 25 points out of first. St. Thomas scored 85 points in the 100- through 1,500-meter races on the track on Saturday to take control, led by 1-2-3 finishes in both the 100 and 200 dashes. UST (182) had eight firsts and four seconds and pulled away from St. John's (125), Hamline (113) and Bethel (102.5) atop the 11-team competition.

- St. Thomas has now won 99 all-time MIAC team titles for men and women in indoor and outdoor track and field, including 91 of a possible 100 team championships in the last 25 years. Senior Brian Sames won the 800 meters in 1:52.86 as he completed a rare four-year sweep of the same outdoor event. Sames also won the 800 in the three last MIAC indoor championships.

- Ewer won Friday's long jump in 23-4 and came back Saturday to take first in the 100 (10.84), third in the 200 (22.00) and run on the winning 4x400, which broke a meet record in 3:13.02. Phil Bastron, Joe DeFrance and Pat Jager joined Ewer, and that foursome improved UST's provo time and ranks seventh-best on the school all-time list. That time also ranks first in Division III this year and missed an NCAA automatic by just .02 of a second. Sophomore Matt Griswold won the 400-meter hurdles in 52.86 -- a career best. That time ties for No. 3 in St. Thomas history and improves his NCAA provisional qualifying best. He now ranks fifth in Division III this spring.



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Women's Outdoor Track and Field News and Notes

Augsburg

- At the MIAC outdoor championships over the weekend at Carleton, Augsburg placed 11th at the MIAC meet with 13.0 points, scoring eight more team points than last year's finish.
- Caroline Senungi (FY, Shoreview, Minn./Mounds View HS) placed second in the 100-meter hurdles in a season-best 15.29 seconds, earning her second All-MIAC honor this season, after finishing fourth in the 55-meter hurdles at the MIAC indoor championships to earn all-conference honorable-mention honors.
- Whitney Holman (JR, New Hope, Minn./Robbinsdale Armstrong HS) set a personal-best and earned All-MIAC honorable-mention honors with a fourth-place finish in the 100-meter dash in 12.70 seconds. It marked the first All-MIAC outdoor performance and fifth All-MIAC effort in her track career.

Bethel

- Bethel had two competitors earn top spots in their events at the MIAC Outdoor Track and Field Championships this week. Overall, the team came in seventh out of 12 teams with 52.5 points.
- Marie Borner (Sr., Cottage Grove, Minn.) is once again the conference champion and record holder in the 1500 meter race. Borner's time of 4:29.20 betters her own conference meet record by more than three seconds. Heather Jelen (Sr., Sioux Falls, S.D.) reached her goal of achieving an NCAA automatic qualifying time in the same race as the duo took the top two spots at the meet. Jelen also beat Borner's former record by finishing with a time of 4:32.04, which guarantees her a spot in the national championship race.
- Kelley Frost (So., Bemidji, Minn.) placed fourth in the pole vault by clearing 3.22 meters (10 feet, 6.75 inches). Frost's finish is a new school record, beating the former mark of 10 feet, 6 inches, set in 2006.

Carleton

- Simone Childs-Walker (Fy./Seattle, Wash./Lakeside) dominated the 5,000 and 10,000-meter races, winning both races and recording NCAA provisional qualifying times. Childs-Walker cut 39 seconds off her career best in the 10K race on Friday, crossing the line at 35:52.17. Teammate Karen Campbell (Sr./Rochester, N.Y./Brighton) and Taylor Fitch (Fy./Portland, Ore./St. Mary's Academy) were All-MIAC honorable mention after finishing fourth and sixth respectively in both races.
- Claire Franco (Fy./Brunswick, Maine) earned All-MIAC honors after placing second in the 400-meter dash with a time of 57.41, both a personal-best and a NCAA provisional qualifying mark. She also placed seventh in the 200-meter dash and competed in the 4x400 relay. In addition, Franco placed fourth at last week's MIAC Heptathlon.
- Junior Laura Roach (Lakeville, Minn./Lakeville North) continues to inch up the list of provisional qualifiers for the national championships as she finished second and improved her personal-record time (10:55.84) in the steeplechase during a second-place performance. Sophomore Kelly Lovett (Portland, Ore./Lincoln) placed fourth in the javelin throw at the conference meet and is ranked sixth in the nation.

Concordia

- Concordia finished fourth at the MIAC Championship Meet and continued its streak of top five finishes at the Outdoor Championship Meet. The Cobbers have now placed in the top five over the last 20 years.
- Leah Kay (Jr., Dassel, Minn./Dassel-Cokato HS) had a trio of top five finishes at the MIAC Championship Meet. She finished second in the heptathlon and then placed fifth in the high jump and second in the javelin with a distance of 136-06.00. That mark is a season best and provisionally qualifies her for the national meet. Heading into the weekend that distance was the 14th best in the country. That mark is also the third farthest in program history.
- Cobber senior Britney Christianson (Glenburn, N.D.) capped her collegiate career by recording a pair of top ten finishes in running events at the MIAC Meet. She placed seventh in the 3000-meter steeplechase in a time of 11:42.98. She also finished seventh in the 800 meters with a final time of 2:32.01. Her time in the steeplechase is a season best and the fourth fastest in school history.

Gustavus

- The Gustavus women's track and field team won seven individual events as it compiled 173 points to finish second behind St. Thomas by 34 points at the MIAC Championships. The 173 points is the most points earned by any track and field team, men's or women's, in program history. Sam Broderius (So., Hector, Minn./Buffalo Lake-Hector) captured multiple event titles with NCAA provisional marks in the shot put with a distance of 44 feet, 8 3/4 inches and the discus with a distance of 148 feet, 3 inches.
- Lisa Brown (Sr., Lake Crystal, Minn./LCWM) claimed her fourth consecutive title in the javelin with a NCAA automatic distance of 157 feet, 10 inches. She joined Renee Erickson of Concordia as the only other female athlete to be a four-time event champion in the javelin. Brown also finished third in the shot put at 41 feet, 2 1/4 inches and fourth in the discus at 129 feet, 3 inches.
- Janey Helland (So., Mapleton, Minn.) set a new school record in the long jump with a distance of 18 feet, 2 1/2 inches to capture first place at the MIAC Championships. She broke the record of the 18 feet, 2 1/4 inches set by Michelle Pekel in 1999. Helland also earned all-conference honors in the 400-meter hurdles by finishing third with a time of 1:06.44.

Hamline

- The Pipers totaled 42.5 points en route to finishing ninth at the 2009 MIAC outdoor cham

Hamline (continued)

pionships. They were led by Margot Branigan (Jr., Roseville, Minn.), who finished second in both the 10,000- and 5000-meter runs. In the 5000-meter race on the second day, she ran a time of 17:39.88. This complimented her NCAA provisional finish from the day before in the 10,000-meter race of 36:03.43.
- In the field events, Katelyn Anderson (So., White Bear Lake, Minn.) had an All-MIAC honorable mention performance in the pole vault, clearing 3.22 meters (10-6 3/4) for fourth. She also earned honorable mention status in the triple jump, leaping 10.65 meters (34-11 1/4) to finish sixth. In the throws, Robyn Wernberg (So., Brainerd, Minn.) also had an All-MIAC honorable mention performance with a throw of 44.45 meters (145-10) for fifth place.
- Lynn Robohm (Fy., Rosemount, Minn.) jumped to All-MIAC Honorable Mention status in her first conference meet, finishing sixth in the high jump as she cleared 1.52 meters (4-11 3/4).

Macalester

- Macalester's top MIAC finish was turned in by Tara McCoy (So., Menomonie, Wis.), who placed fifth in the 800-meter run finals with a 2:20.20 clocking. She reached the finals with a 2:21.77 performance in Friday's preliminary round heat.
- Emily Matthews (Jr., Ft. Collins, Colo.) made the 200-meter dash finals and placed eighth (26.91). Emma Swinford (Fy., Columbus, Ohio / Grandview Heights) made the 1500-meter run finals and had the 10th best time overall (5:00.74).

Saint Benedict

- The College of Saint Benedict outdoor track and field team placed third at the MIAC Championships with 84 total points, tying their best finish under head coach Robin Balder-Lanoue last weekend. Sophomore Abby Neigebauer (Waseca, MN, Waseca) and senior Mary Schletty (St. Paul, MN, Cretin-Derham Hall) won events for the Blazers.
- Neigebauer won the 100 meter dash with an NCAA Provisional time of 12.26 seconds, and she also took second place in the 200 meter dash, finishing in 25.76 seconds. Schletty won the triple jump with a distance of 11.02 meters, while first-year jumper Julia Renner (Shoreview, MN, Mounds View) finished right behind Schletty in second place with a jump of 10.91 meters.
- The Blazers also found success in their relay teams. Their best finish relay finish came in the 4 x 100m of Allison Eckrich (Spearfish, SD, Spearfish), Patty King (St. Paul, MN, Cretin-Derham Hall), Daleiden and Neigebauer, taking second. The 4 x 800m relay team placed fifth and the 4 x 400 meter relay team placed sixth.

St. Catherine

- The St. Kate's track and field team finished eighth at the MIAC Outdoor Championships. The Wildcats 48 points are the second highest total in team history.
- Greta Sieve headlined the Wildcats efforts as she ran two NCAA provisional qualifying times at the meet. She finished third in both the 10k and the steeplechase. Sieve's time of 37:04.42 in the 10k was over 1:20 faster than former MIAC Champion Katie Jorgenson's school record. Sieve's 11:08.26 also lowered her own St. Kate's school record by over 20 seconds.
- Other top finishers for the Wildcats included Kayla Engel finishing fourth and setting a school record in the 800 meter run (2:16.93). Sam Levercom was the only freshman to advance to the finals of the 100 meter dash, where she placed fifth (12.92). The Wildcats also received top six finishes from Kim Engel (400 meter), Sami Larson (shot put), Celeste Ventura (discus throw), Jenny Ampe (pole vault) and all three relay teams.

St. Olaf

- Amie Fillmore won the pole vault to pace the St. Olaf women's track and field team in its sixth place finish at the MIAC outdoor championships, which completed its two-day schedule on Saturday afternoon. Fillmore went 11-9 1/4 (3.42m) to win the event.
- The Oles' Abby Smith had a solid championship, finishing third in the 800 and fourth in the 1,500. Katheryn Thompson had the team's other individual top four performance, as she was fourth in the 400 hurdles. Annie Knutson added a fifth place run in the 3000 steeplechase and an eighth place finish in the 5,000.
- First year Gina Collins added to her sixth place heptathlon finish by placing fourth in the long jump, an event that saw teammate Jordan Kling in fifth.

St. Thomas

- Junior Nikki Arola contributed 41 points and senior Katie Theisen had a hand in 38 points and St. Thomas rallied from a 40-point deficit on the final day to hold off Gustavus and capture their 23rd MIAC team title in 25 seasons at the MIAC Outdoor Track and Field Championships. Coach Joe Sweeney's team had nine firsts and six seconds and scored 207 points. Gustavus scored 173 while St. Ben's tallied 84 for third in the 12-team field.
- St. Thomas swept the conference women's cross country, indoor and outdoor track team titles for the third year in a row. It also was the 63rd career team title for Sweeney. St. Thomas has now won 99 all-time MIAC team titles for men and women in indoor and outdoor track and field, including 91 of a possible 100 team championships in the last 25 years.
- Theisen repeated as steeplechase champ and ran on the winning 4x400 relay for the fourth year in a row. In 12 career MIAC meets in cross country and track and field, Theisen helped UST win 11 team championships. She was a four-time All-MIAC honoree with three top-four finishes in cross country. In eight indoor and outdoor MIAC meets, she had a hand in 263 points, including five individual titles, 10 relay victories and five runner-up finishes.



Outdoor Track and Field

May 13, 2009



Men's Outdoor Track and Field Top Times 5.11.09

100 METER DASH

- *1 Nick Ward So Augsburg 10.74
- *2 Joe DeFrance Sr St. Thomas 10.75
- *3 Sam Moen Jr St. Thomas 10.77

200 METER DASH

- *1 Joe DeFrance Sr St. Thomas 21.63
- *1 Pat Jager Jr St. Thomas 21.66
- 3 Brent Nelson Jr Hamline 21.87

400 METER DASH

- *1 Pat Jager Jr St. Thomas 47.77
- *2 Cole Carlson Jr Gustavus 48.03
- *3 Eric Rhode Jr Bethel 48.38

800 METER RUN

- *1 Mike Hutton Fr St. Thomas 1:52.53
- *2 Brian Sames Sr St. Thomas 1:52.84
- *3 Mitch Gesell Sr Saint John's 1:52.86
- *3 Cullen O'Neill Sr St. Olaf 1:52.86

1500 METER RUN

- *1 Brian Sames Sr St. Thomas 3:51.92
- *2 Kyle Brandon Sr St. Thomas 3:52.72
- *3 Brandon Gleason Sr Hamline 3:52.86
- *4 Tyler Hinrichs Sr Bethel 3:52.99
- *5 Cullen O'Neill Sr St. Olaf 3:54.25

5000 METER RUN

- 1 Carl Gladitsch Sr Bethel 14:55.15
- 2 Dan Greeno Jr Bethel 14:57.10
- 3 Matt Boumeester Sr St. Thomas 14:58.52

10,000 METER RUN

- *1 Jacob Marotz Jr St. Olaf 30:44.86
- *2 Dan Greeno Jr Bethel 30:46.14
- *3 Brent Haglund Jr Augsburg 30:49.24
- *4 Ian Bauer Jr Hamline 31:08.56

110 METER HURDLES

- *1 Taylor Ferda Jr Bethel 14.48
- *2 Tyler Geyen Sr Gustavus 14.49
- 3 Paul Westmark Sr Concordia 14.95

400 METER HURDLES

- *1 Matt Griswold So St. Thomas 52.86
- *2 Tom Ballinger Sr Carleton 52.92
- 3 Tayler Ferda Jr Bethel 54.75

3000 METER STEEPLECHASE

- 1 Carl Gladitsch Sr Bethel 9:27.19
- 2 John Davis So Carleton 9:27.00
- 3 Ryan Noack Jr Saint John's 9:32.51

4X100 METER RELAY

- *1 St. Thomas 41.30
- 2 Augsburg 42.31
- 3 Hamline 42.61

4X400 METER RELAY

- *1 St. Thomas 3:13.02
- *2 Gustavus 3:13.62
- *3 Bethel 3:14.71
- *4 St. Olaf 3:15.73

LONG JUMP

- **1 J. Ewer Sr UST 7.34m (24-1)
- 2 N. Ward So AUG 7.02m (23-0 1/2)
- 3 E. Buss Sr SJU 6.89m (22-3 3/4)

TRIPLE JUMP

- *1 E. Buss Sr SJU 14.69m (48-2 1/2)
- 2 S. Pantilla So AUG 14.15m (46-5 1/4)
- 3 F. Okoth Fr CON 13.80m (45-3 1/2)

SHOT PUT

- **1 J. Schantzen Jr St. Olaf 17.17m (56-4)
- *2 D. King So HU 16.30m (53-5 3/4)
- *3 W. Oehlers Sr CC 15.45m (50-8 1/4)

DISCUS THROW

- 1 G. Hayes So SJU 46.15m (151-5)
- 2 A. Norman So HU 45.91m (150-7)
- 3 D. Peterson Jr HU 45.81m (150-3)

HAMMER THROW

- *1 A. Brueggan So UST 56.58m (185-7)
- *2 A. Wilkerson Jr HU 53.48m (176-8)
- *3 A. Norman So HU 52.48m (172-2)

JAVELIN THROW

- 1 C. Arlt Sr GAC 56.38m (185-0)
- 2 J. Hanks Sr CAR 56.11m (184-1)
- 3 T. Flynn So CON 55.55m (182-3)

HIGH JUMP

- *1 Jay Quick So BU 2.05m (6-8 3/4)
- 2 E. Buss Sr SJU 1.96m (6-5)
- 3 J. Murphy So BU 1.93m (6-4)

POLE VAULT

- 1 B. Wagner Sr SJU 4.85m (15-11)
- 2 C. Victor Jr UST 4.60m (15-1)
- 2 A. Norman So SJU 4.60m (15-1)

DECATHALON

- *1 B. Wagner Sr SJU 6435
- *2 P. Westmark Sr CON 6397
- 3 R. Doyle Sr STO 6207

* - NCAA Provisional Mark

** - NCAA Automatic Mark



Women's Outdoor Track and Field Top Times 5.11.09

100 METER DASH

- *1 Abby Neigebauer So CSB 12.24
- 1 Nikki Arola Jr UST 12.47
- 3 Teri Heinzen Jr SMU 12.51

200 METER DASH

- *1 Nikki Arola Jr St. Thomas 25.03
- 2 Abby Neigebauer So CSB 25.76
- 3 Teri Heinzen Jr SMU 25.83

400 METER DASH

- *1 Nikki Arola Jr St. Thomas 56.91
- *2 Clare Franco Fr Carleton 57.41
- 3 Shionna Evans Sr St. Thomas 57.60

800 METER RUN

- **1 Marie Borner Jr Bethel 2:09.51
- *2 Erin Sprangers Jr UST 2:12.89
- *3 Kelly Russ Jr St. Thomas 2:13.76
- *4 Katie Theisen Sr UST 2:13.77

1500 METER RUN

- **1 Marie Borner Jr Bethel 4:27.74
- **2 Heather Jelen Sr Bethel 4:32.04
- **3 Kelly Russ Jr St. Thomas 4:32.23
- *2 Katie Theisen Sr UST 4:33.59

5000 METER RUN

- *1 S. Walker-Childs Fr Carleton 17:17.06
- *2 Marie Borner Jr Bethel 17:22.35
- 3 Margot Branigan Jr Hamline 17:36.05

10,000 METER RUN

- *1 S. Childs-Walker Fr Carleton 35:52.17
- *2 Margot Branigan Jr Hamline 36:13.43
- *3 Greta Sieve Jr St. Catherine 37:04.42
- *4 Karen Campbell Sr Carleton 37:09.04

100 METER HURDLES

- *1 Aryn Bell Sr Gustavus 14.94
- 2 Carolyn Senungi Fr Augsburg 15.29
- 2 Melissa Keubler So St. Thomas 15.33

400 METER HURDLES

- 1 Laura Secor So Gustavus 64.04
- 2 Katie Theisen Sr UST 64.24
- 3 K. Argiannis So Hamline 64.62

3000 METER STEEPLECHASE

- **1 Katie Theisen Sr UST 10:36.39
- *2 Laura Roach Jr Carleton 10:55.84
- *3 Greta Sieve Jr St. Catherine 11:08.26

4X100 METER RELAY

- *1 St. Thomas 48.26
- 2 Saint Benedict 48.91
- 3 Bethel 50.09

4X400 METER RELAY

- *1 St. Thomas 3:51.56
- *2 Gustavus 3:53.16
- 3 St. Catherine 3:57.95

LONG JUMP

- *1 J. Helland So GAC 5.55m (18-2 1/2)
- 2 J. Renner Fr CSB 5.32m (17-5 1/2)
- 3 M. Schletty Sr CSB 5.28m (17-4)

TRIPLE JUMP

- 1 M. Schletty Sr CSB 11.28m (37-0 1/4)
- 2 K. Bruns Sr CON 11.09m (36-4 3/4)
- 2 J. Renner Fr CSB 10.91m (35-9 1/2)

SHOT PUT

- *1 S. Broderius So GAC 13.81m (45-3 3/4)
- *2 J. Lewis Jr UST 13.34m (43-9 1/4)
- *3 L. Brown Sr GAC 13.22m (43-4 1/2)

DISCUS THROW

- *1 S. Broderius So GAC 45.19m (148-3)
- *2 F. Willaert So UST 43.87m (143-11)
- 3 L. Brown Sr GAC 41.14m (135-0)

HAMMER THROW

- *1 M. Honan Jr UST 49.44m (162-2)
- 2 J. Lewis Jr UST 47.31m (155-2)
- 3 E. Davis So CON 46.26m (151-9)

JAVELIN THROW

- **1 L. Brown Sr GAC 49.08m (161-0)
- *2 L. Lovett So CAR 44.08m (144-7)
- *3 K. Crotty Jr UST 41.80m (137-2)
- *4 Leah Kay Jr CON 41.62 (136-6)

HIGH JUMP

- *1 K. Lundstrom Jr GAC 1.69m (5-6 1/2)
- *2 V. Moore Sr Bethel 1.67m (5-5 3/4)
- *3 A. Salomone Sr UST 1.65m (5-5)

POLE VAULT

- *1 A. Fillmore Jr STO 3.70m (12-1 1/2)
- 2 M. Halling Jr GAC 3.32m (10-10 3/4)
- 2 B. Daniel So UST 3.32m (10-10 3/4)

HEPTATHLON

- *1 K. Lundstrom Jr GAC 4550
- *2 Leah Kay Jr CON 4489
- 3 Janey Helland So GAC 3944

* - NCAA Provisional Mark

** - NCAA Automatic Mark

