

2005 MIAC Men's Indoor Track & Field Athletes of the Week

February 28, 2005

Track - Bethel University freshman **Dave Borner** (Cottage Grove, Minn.) won the mile at the Carleton Pre-MIAC meet on Friday night in a time of 4:17.62. Borner is currently ranked 3rd in the mile and is the top freshman runner in the mile from the MIAC.

Field - no nominations

February 21, 2005

Track - University of St. Thomas senior **Carson Glad** (Cold Spring, Minn. / Rocori HS) broke the Tommie school indoor 200-meter dash record as he won Saturday's event at the St. Olaf Tostrud Classic. Glad clocked 21.98 to break the old mark of 22.00 set by UST's Roman Cress.

Field - St. Olaf College junior **Peter Cathcart** (Lakeville, Minn.) won the Tostrud Classic Shot Put with a n NCAA provisional mark of 16.36 (53'-8 1/4"). The distance is the best in the MIAC this season and eleventh on the latest NCAA Performance list. Cathcart also placed third in the 35# Weight Throw with a mark of 15.68 (51'-5 1/2").

February 14, 2005

Track - Hamline University senior **Jeff Metzdorff** (Wadena, Minn.) qualified provisionally for the NCAA Championships in the 5000m with a time of 14:48.62. Metzdorff's race at Iowa State on Friday currently ranks him 10th on NCAA performance list.

Field - Saint Mary's University junior **Rob Friendt** (Ogden, UT) won the heptathlon at the Eastbay Invite at UW - Stevens Point on Friday with a score of 4802 points. This breaks the Saint Mary's record by more than 650 points. Friendt also broke the long jump (6.65m) and high jump (1.90m) school records while participating in the heptathlon.

February 7, 2005

Track - Saint Mary's University junior **Rob Friendt** (Ogden, Utah) won back to back races in the 55m hurdles and the 55m dash. Friendt's time of 8.05 in the hurdles breaks the SMU school record and ranks him first in the MIAC. His winning time of 6.70 in the 55m ranks him 4th in the MIAC. Friendt also won the pole vault (4.16m) and the long jump. (6.32m).

Field - Macalester College sophomore **Alex Wise** (Knoxville, Tenn.) vaulted 4.51m at the Luther Alumni meet on Feb. 5. He also ran a 6.75, 55m and a 23.45, 200m. Wise won the vault and was 6th in the 55m and 5th in the 200m.

January 31, 2005

Track - University of St. Thomas All-American senior **Carson Glad** (Cold Spring, Minn. / Rocori HS) clocked 48.46 for second place out of 65 entries in the 400 meters at Iowa State. In the process he broke his own school record of 48.64 set last season, qualified provisionally for indoor nationals and just missed the NCAA automatic time for an oversized track of 48.30. Carson also ran on the Toms' sixth-place 4x400 relay in 3:20.31, a time just off the NCAA provisional best.

Field - University of St. Thomas senior **Joe Thomas** (St. Paul, Minn. / St. Paul Academy) took fourth of 24 entrants at Iowa State in the high jump (6-9) in a provisional mark which also is the second best leap in UST indoor history.

January 24, 2005

Track - St. Olaf College senior **Malcolm Richards** (Minneapolis, Minn. / South HS) followed up last week's 5000 M performance that gained him the honor of MIAC Track Athlete of the Week by winning the 3000 M at the Triangular hosted by St. Olaf with a time of 8:39.48. This is the second fastest 3000 M time in St. Olaf Track and Field history.

Field - St. Olaf College junior **Peter Cathcart** (Lakeville, Minn.), for the second consecutive week, set a St. Olaf school record in the 35# weight throw when he won the Triangular at St. Olaf with 15.66 M (51"-4 1/2"). Cathcart also won the shot put with a throw of 15.06 M (49'-5").

January 17, 2005

Track - St. Olaf College senior **Malcolm Richards** (Minneapolis, Minn. / South HS) won the 5000 Meters at the MSU Alumni Open (Mankato) with a time of 15:15.27. Richards took the lead from the gun and lead wire to wire in the race. He is the defending MIAC Indoor 5000 Meter Champion.

Field - Augsburg College senior **Jon Dahlin** (St. Louis Park, Minn.) broke the Augsburg school record in the weight throw with his 15.78 M (51'9 1/4") toss at the University of Minnesota Open.