

2006 MIAC Men's Indoor Track & Field Athletes of the Week

February 27, 2006

Track - The University of St. Thomas 4x400 Men's Relay team of **James Ewer, Patrick Jager, JJ Kirby, PJ Theisen** qualified provisionally at the Pre-MIAC meet hosted by Carleton College. The time of 3:19.54 ranks them first in the MIAC and eighth in NCAA Division III.

Field - Hamline University senior **Jake Courrier** (Wells, Minn./United South Central) had a throw of 17.80m (58-4.75) and moved his national ranking up to eighth in all of NCAA Div. III and is the best throw in the MIAC this year. Courrier's performance is the third time this season he has broken the Hamline record, and the second time in consecutive weeks.

February 20, 2006

Track - St. Olaf College junior **Tom Cruse** (Hastings, Minn.) placed second in the 800 Meters at the Tostrud Classic with a time of 1:54.81 which is the best 800 meter performance in the MIAC and 15th in NCAA Division III this season.

Field - Hamline University senior **Jake Courrier** (Wells, Minn./United South Central) had a weight throw of 17.20m (56-5.25) at the Snowshoe Open hosted by the University of Minnesota, the throw ranks him number one in the MIAC and 13th in NCAA Division III.

February 13, 2006

Track - St. Olaf College senior **Sam Hauck** (Shoreview, Minn./Concordia Academy) ran a 14:50.51 converted 5,000m at Iowa State on Friday evening. This performance ranks in number first in the MIAC and 15th on the NCAA performance list.

Field - University of St. Thomas junior **Matt Schroeder** (Winona, Minn.) set a NCAA provisional qualifying mark of 15-3.50 in the pole vault and won the Border Battle hosted by St Olaf College on Saturday. Schroeder has made a tremendous comeback this season after breaking his arm in several places as a result of a pole breaking while practicing last year.

February 6, 2006

Track - The University of St. Thomas 4x400 Men's Relay Team placed second in a NCAA Provisional Qualifying time of 3:20.98 at Saturday's Minnesota State-Mankato Open. The non-team scored meet included several scholarship programs from Division II. **P.J. Theisen, Cassidy Glad, Pat Jager and J.J. Kirby** comprised the Toms' 4x400 relay team.

Field - Hamline University junior **Jake Kruger** (Cascade, Wis.) won the men's pole vault at the Warren Bowlus Invite hosted by UW-Stout. Kruger's vault of 14-9 currently ranks him number 1 in the MIAC.

January 30, 2006

Track - Carleton College senior **Steve Harris** (Roseville, Minn.) barely missed the NCAA Provisional Qualifying Standard in his first Indoor 5000m ever as he ran alone from start to finish in winning with a time of 14:56.38. This was the secondnd fastest 5000m ever run in the Carleton Recreation Center.

Field - St. Olaf College senior **Peter Cathcart** (Lakeville, Minn.) won the 35# Weight Throw with a season's best of 15.87 (52'-1") and the Shot Put in a season's best, personal best, school resord, and Provisional Qualifying mark of 16.60 (54'5 1/2") at the Carleton Men's Open on Friday, January 27. His Shot Put performance was a mere one inch of Carleton's Field House Record of 54'-6" held by Luke Speltz, the great All-American thrower from Gustavus.

January 23, 2006

Track - Carleton College senior **Steve Harris** (Roseville, Minn.) ran within 1 second of the Tostrud Center record in winning the 3000-meter run and posting a 16-second PR with a time of 8:37.43. This was the third fastest 3000m in Carleton history, behind fellow All-Americans, Matt Hooley '04, and Dan Bucy '05. Harris earned All-American honors this fall while finishing 10th at the 2005 Division III National Cross Country Championships.

Field - University of St. Thomas junior **P.J. Theisen** (Elko, Minn./ New Prague) had a hand in three firsts as St. Thomas opened its 2006 men's indoor track and field season in Saturday's Husky Open at St. Cloud State. Theisen won the long jump (22-2 1-4) and 500 dash (65.51) and ran on UST's winning 4x400 relay (3:23.96). The Academic All-American and three-time relay All-American also made the finals in the 55 hurdles (8.09).