

## Brandon Gleason, Hamline

Week of: 2009-02-23



Hamline University senior **Brandon Gleason** (Mantorville, Minn./Kasson-Mantorville) won the mile run at the University of Minnesota Snowshoe Open in a indoor school record time as well as a NCAA provisional qualifying time of 4:11.03. Gleason's time is currently ranks him fifth in Division III.

## St. Thomas Distance Medley Relay, St. Thomas

Week of: 2009-02-16



The **St. Thomas Distance Medley Relay Team** of Kyle Brandon, Patrick Jager, Brian Sames and Matt Boumeester hit an NCAA automatic qualifying time and posted the fastest time of the year for Division III at Friday afternoon's action at the Iowa State University Open in Ames, Iowa. The Tommie quartet ran an NCAA automatic time of 9:54.11 on ISU's 300-meter track. That converts to 9:58.21, ranking them first in the country by eight seconds.

## Cullen O'Neill, St. Olaf

Week of: 2009-02-09



St. Olaf College senior **Cullen O'Neill** (Northfield, Minn.) won the mile run at the Bethel Invite on Saturday with a time of 4:18.69. O'Neill's time is second fastest in the conference this season and a personal best.

## Nick Cesarek, Carleton

Week of: 2009-02-02



Carleton College senior **Nick Cesarek** (Eagan, Minn./Eastview) had an outstanding evening in the sprints on Friday at the St Olaf Invitational. Cesarek won the 55 meter dash with a time of 6.67 seconds and was second in the 200 meter dash (23.22 seconds) establishing personal bests in both events. These efforts place Cesarek in the top five on the MIAC Honor Roll in both events.

## Charlie Gamble, Carleton

Week of: 2009-01-26



Carleton College junior **Charlie Gamble** (San Diego, Calif./La Jolla) established a new Tostrud Center record in the 3000 meters at the St Olaf Triangular on Saturday. Gamble's jaw-dropping 8:25.44 bested Hamline's Brandon Gleason as both athletes ran faster than the existing record of 8:28, which was set last year. This is the fastest 3000m run by a MIAC athlete since 1985 and ranks Gamble as #2 on Carleton's all-time list to the 8:12 run by Dale Kramer in the late 1970's.

### **Brian Sames, St. Thomas**

Week of: 2009-01-19



University of St. Thomas senior **Brian Sames** (Shakopee, Minn.) broke a UST indoor mile record as he took first in an NCAA indoor provisional qualifying time of 4:13.17 at Friday's UW-Eau Claire Invite. The old record was 4:15.56 set last season by teammate Matt Boumeester. The Tommie men opened their 2009 indoor track and field season at the invite and had two NCAA provisional qualifying marks and won six events.

## **Eric Buss, Saint John's**

Week of: 2009-03-02



Saint John's University senior **Eric Buss** (Coon Rapids, Minn.) recorded a triple jump of 14.38 meters (47-2 1/4) to win the event at The Qualifier hosted by St. Olaf over the weekend. The triple jump distance is good for a NCAA provisional qualifying mark and ranks him 12th in the nation. Buss also finished fifth in the long jump with a distance of 6.42 meters.

## **Brayden Wagner, Saint John's**

Week of: 2009-02-23



Saint John's University senior **Brayden Wagner** (Lisbon, N.D.) won the pole vault with a mark of 4.80 meters (15-9) at the Saint John's Quadrangular on Saturday. Wagner's height is the best pole vault in Saint John's indoor or outdoor history and is good for ninth in Division III this season.

## **Adam Horkey, Augsburg**

Week of: 2009-02-16



Augsburg College junior **Adam Horkey** (Windom, Minn.), in his first-ever pentathlon, broke the Augsburg school record and recorded an MIAC top five ranking by scoring 2921 points. Horkey set personal best performances in four of the five events and finished fifth out of 22 competitors at the Coca Cola Classic Pentathlon at UW-River Falls over the weekend.

## **Derall King, Hamline**

Week of: 2009-02-09



Hamline University sophomore **Derall King** (West St. Paul, Minn./Sibley) won both the weight throw and shot put with personal record performances at the Border Battle competed Saturday in Superior, Wis. King's shot put of 16.39 meters is a provisional national qualifying mark and is currently the best shot put mark in the nation. His weight throw of 16.25 meters is good for second in the MIAC.

## **Paul Westmark, Concordia**

Week of: 2009-02-02



Concordia College senior **Paul Westmark** (Appleton, Wis.) established a NCAA Division III provisional qualifying mark in the pentathlon on Friday at the Cobber Pentathlon. His total of 3433 points currently ranks second in the NCAA and first in the MIAC. Westmark is the defending MIAC Outdoor Track & Field decathlon champion.

### **Jay Quick, Bethel**

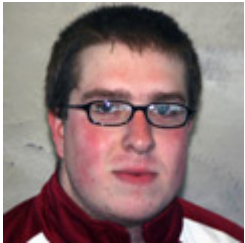
Week of: 2009-01-26



Bethel University sophomore **Jay Quick** (Johnston, Iowa) posted a NCAA Division III provisional qualifying mark with his high jump of 2.02 meters (6 ft, 7.5 in.) on Saturday at the UW-Stout Open in Menomonie, Wis. Quick finished second in the event, but was the highest placing Division III athlete.

### **Aaron Wilkerson, Hamline**

Week of: 2009-01-19



Hamline University junior **Aaron Wilkerson** (Roseville, Minn.) placed fourth in the 35# weight throw at the Minnesota Open over the weekend hosted by the University of Minnesota. Wilkerson's toss of 15.99m (52-05.5) is a personal best by two and a half feet. He was the top Division III athlete in the event.