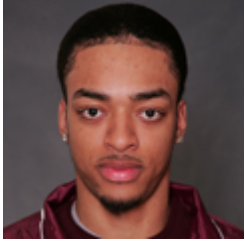


Nick Ward, Augsburg

Coon Rapids, Minn. / Coon Rapids

Week of: 2011-02-28



Augsburg sprinter **Nick Ward** (Coon Rapids, Minn.) has had a great indoor track and field season, but he appears to be peaking at the right time with the 2011 MIAC Indoor Championships on the horizon. Ward won a pair of events last weekend at the St. Olaf College Ole Open and moved up on the MIAC performance list. For his efforts, he has also been named the MIAC Men's Indoor Track Athlete-of-the-Week.

Ward finished first in the 200-meter dash at the Ole Open with a season-best time of 22.94 seconds. That time moves him up to third on the MIAC performance list heading into the conference championships. Ward also owns the top time in the league in the 55-meter dash heading into the MIAC meet. In addition, Ward won the long jump at St. Olaf with a distance of 6.86 meters (22-05.75). That distance was also a season best, and the top mark in the MIAC this season.

The Auggies and Ward will compete at the 2011 MIAC Indoor Track and Field Championships this week. The event will be hosted by the University of St. Thomas at its new Anderson Athletic and Recreation Center in St. Paul March 3, 4 and 5. Log on to the MIAC Web site for complete details and results.

Jack Deichert, Hamline

Hopkins, Minn. / Hopkins

Week of: 2011-02-21

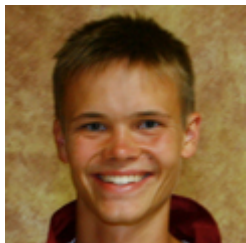


The MIAC men's track and field team has had a good indoor season thus far in 2011, with distance runner **Jack Deichert** (Hopkins, Minn./Hopkins) turning in the latest great performance for the Pipers. Last weekend at the University of Minnesota Snowshoe Open Deichert turned heads in the mile with an impressive performance which vaulted him to second place in the MIAC and in the top 20 in the nation, despite running in a slower heat with few runners at his pace. Thanks to his great performance, Deichert has been named the MIAC Men's Indoor Track Athlete-of-the-Week.

At the U of M's indoor meet, Deichert recorded a season-best time in the mile run with a time of 4:14.72. That's the second-fastest time in the conference in 2011, and it ranks him No. 19 in all of Division III this season. The time meets the NCAA provisional qualifying standard, and Deichert did it despite running alone for most of his mile from the slowest heat at the Snowshoe Open.

Deichert and the Pipers will travel to one of their final indoor meets of the regular season Saturday when they head south to Northfield to compete at St. Olaf. Hamline will also compete in Macalester's Pre-Conference Meet on Friday, Feb. 25, as its final tune-up before the MIAC Indoor Championships. The MIAC indoor meet will be held March 3-5 at St. Thomas' Anderson Athletic and Recreation Center.

Tom Sederquist, Concordia

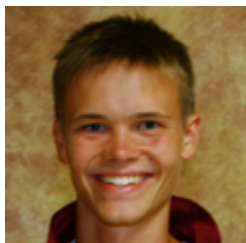


It's official – Concordia junior **Tom Sederquist** (Moorhead, Minn.) is on a tear. The Cobbers' distance runner broke a school record for the third consecutive week thanks to an outstanding performance at a loaded meet at Iowa State University in Ames, Iowa. Competing against top NCAA Division I, II and III competition, Sederquist broke the Concordia record in the 5,000-meter run – a record that had stood for 23 years prior to Saturday. Sederquist has also set a new Cobber record in the 3,000-meter run in recent weeks. For his record-setting performance, Sederquist has been named the MIAC Men's Indoor Track Athlete-of-the-Week for the second-straight week.

Sederquist crossed the finish line with a new school record time of 14:34.88, which was good for 12th place overall and first place throughout Division III. The previous record was 14:41.2, set by Mark Lingle in 1988. Sederquist's time is also better than Concordia's outdoor record of 14:39.08, set by John Mutschelknaus. Sederquist beat his closest MIAC rival by a full nine seconds Saturday, and as of that evening his time ranked No. 9 in NCAA Division III this season. He met the automatic qualifying standard in the event.

This weekend, Sederquist will see if his record-breaking streak can continue as the Cobbers travel to Collegeville, Minn., to compete in the Saint John's Quadrangular on Saturday. They'll also be at the St. Olaf Indoor Invite in Northfield, Minn., on Feb. 25, which is their final tune-up before the MIAC Indoor Track and Field Championships on March 4-5.

Tom Sederquist, Concordia



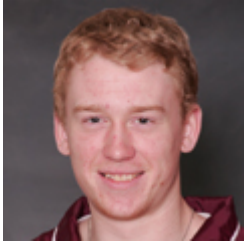
Concordia distance runner **Tom Sederquist** (Moorhead, Minn.) entered indoor track and field with plenty of reasons for optimism following his remarkable cross country season in the fall. Early returns show that Sederquist is poised to be just as good in the winter and spring as well after his impressive showing Saturday at North Dakota State University. Sederquist finished second and set a new Cobber school record in the 3,000-meter run against a loaded field continue his remarkable run. For his performance, Sederquist has been named the MIAC Men's Indoor Track Athlete-of-the-Week.

Sederquist's performance marked the second week in a row the junior set a new Concordia school record. A week earlier, he set a new all-time best in the indoor mile, and Saturday his time of 8:29.18 broke a 31-year-old Cobber record by a full six seconds at the NDSU Bison Open in Fargo. Sederquist finished second in the event, finishing behind NDSU alum James Schanandore, who was an All-Conference runner in the NCAA Division I Summit League and the winner of the 2010 Bison Half Marathon. Sederquist's time is the best in the MIAC this season by more than 15 seconds.

Concordia and its star distance runner will be back in action this weekend, and this time they'll get to showcase their talents in front of the home crowd. The Cobbers will host the Cobber Duals Saturday in Moorhead, Minn., at noon. Next weekend Concordia will travel to Collegeville, Minn., for the Saint John's Invite, also at noon, on Feb. 19.

Rick Wolke, Augsburg

Belle Plaine, Minn. / Belle Plaine
Week of: 2011-01-31



Saturday's trip across state lines to Menomonie, Wis., proved to be extremely beneficial for Augsburg's men's track and field team and sprinter **Rick Wolke** (Belle Plaine, Minn.). The junior turned in an outstanding performance at the University of Wisconsin-Stout Warren Bowlus Open, finishing in the top three in a pair of events and turning in two of the top times ran in the MIAC this season. For his performance, Wolke has been named the MIAC Men's Indoor Track and Field Track Athlete-of-the-Week.

Wolke's time of 22.83 in the 200-meter dash helped him finish second at Stout, and that time is the fastest 200 time in the conference in 2011. He added a third-place finish in the 55-meter dash with a time of 6.59. That time is the second-best mark in the MIAC this year, as Wolke ranks only behind teammate Nick Ward in the 55. Both of Wolke's times were new personal bests. No team results were recorded at the meet.

Wolke and the Auggies will be back in action this weekend. Augsburg will make the short trip to Arden Hills, Minn., Saturday to compete in the Bethel University Invitational.

Mike Hutton, St. Thomas

Apple Valley, Minn. / Apple Valley
Week of: 2011-01-24



It turns out University of St. Thomas runner **Mike Hutton** (Apple Valley, Minn.) likes his team's new facility. Friday, Hutton cruised to victory in the 1,000-meter run during the St. Thomas Invite at the Tommies' brand new Anderson Fieldhouse. In the process, the sophomore set a new personal best, ran a faster time than anyone in the MIAC a year ago, and came in at No. 5 on UST's all-time leader board. For his performance, Hutton has been named the first MIAC Men's Indoor Track Athlete-of-the-Week for the 2011 season.

Hutton's new personal best time in the 1,000 was 2:30.29 on Friday, which puts him on top of the current MIAC honor roll, and bettered his personal best (and MIAC best) time from a year ago of 2:30.33. Hutton finished first Friday by more than two seconds over the rest of the field. Team scores were not kept at the meet, which included athletes from UW-La Crosse, Bethel, Augsburg, Saint Mary's and St. Catherine.

The Tommies and Hutton are back in action this weekend with a trip to Mankato to face a talented field on Saturday at the Minnesota State-Mankato Invite. The following week, UST will travel to Iowa to participate in the Wartburg Select Meet. The MIAC Indoor Championships are scheduled for March 4-5.

Andrew Brueggen, Saint Mary's

Holmen, Wis. / Holmen
Week of: 2011-02-28



It's been a remarkable indoor season for Saint Mary's thrower **Andrew Brueggen** (Holmen, Wis.). The senior was outstanding again this weekend with his performance in the weight throw at the St. Olaf College Ole Open. Brueggen finished first in the event and his throw sailed past the NCAA's automatic qualifying standard, which he has bested numerous times this spring. For his continued excellence, Brueggen has been named the MIAC Men's Field Athlete-of-the-Week for the second time in 2011.

At St. Olaf, Brueggen finished first in the weight throw thanks to his distance of 19.16 meters. The NCAA's automatic standard is 18.75 meters. Currently Brueggen's career best throw – which set a new MIAC record earlier this season – of 19.41 meters is the top throw in the MIAC, and his latest effort would rank second by nearly a full meter. At this point in the season, Brueggen ranks No. 2 in all of Division III in the weight throw and will compete for a championship next month.

Brueggen will try to add a MIAC title to his great season next weekend. St. Mary's will compete at the 2011 MIAC Indoor Track and Field Championships this week. The event will be hosted by the University of St. Thomas at its new Anderson Athletic and Recreation Center in St. Paul March 3, 4 and 5. Log on to the MIAC Web site for complete details and results.

Blake Springman, Hamline

Adrian, Minn. / Adrian
Week of: 2011-02-21



The Hamline men's indoor track and field team has had several outstanding performances from its throwers in 2011, and senior **Blake Springman** (Adrian, Minn./Adrian) is the latest Piper to generate accolades thanks to an outstanding showing. Springman was unseeded in the weight throw at the University of Minnesota's Snowshoe Open, but with a new personal best throw, he finished ninth and moved up the MIAC performance list against numerous talented Division I, II and III athletes. As a result, Springman has been named the MIAC Men's Indoor Field Athlete-of-the-Week.

With his throw of 16.90 meters, or 55-05.00, Springman set a new personal best by more than two meters, which is a great accomplishment for the Hamline senior. His distance moved him up to No. 4 on the MIAC's 2011 performance lists, and he just missed the provisional qualifying distance for the NCAA Division III Championships. The top-10 finish at the U of M was impressive considering the level of competition in the field.

Springman and the Pipers will travel to one of their final indoor meets of the regular season Saturday when they head south to Northfield to compete at St. Olaf. Hamline will also compete in Macalester's Pre-Conference Meet on Friday, Feb. 25, as its final tune-up before the MIAC Indoor Championships. The MIAC indoor meet will be held March 3-5 at St. Thomas' Anderson Athletic and Recreation Center.

Jay Quick, Bethel



While the rest of his team was competing at the Brooks Classic in River Falls, Wis., Bethel senior Jay Quick (**Johnston, Iowa**) was still in Minnesota making his teammates and coaches proud with an outstanding individual performance. Quick finished second in the high jump at the St. Thomas Showcase Classic in St. Paul, Minn., thanks to a great performance that now has him ranked No. 1 in the MIAC and in the top 10 nationally in Division III. As a result of his achievement, Quick has been named the MIAC Men's Indoor Field Athlete-of-the-Week.

Quick cleared the bar at 2.05 meters, or 6-8.75, to finish second in the high jump at the St. Thomas Showcase Classic. His height is the best in the MIAC thus far in 2011, and he currently ranks seventh in Division III with that height. In the process, Quick met the NCAA Division III provisional qualifying standard for the NCAA Championships. While Quick was accomplishing his big feat, his teammates were running to a fourth-place finish at the Brooks Classic, making it a good all-around day for Royals' track.

Bethel and its star jumper will be back in action this weekend at the Snowshoe Open at the University of Minnesota. The meet begins Friday at 5 p.m. The Royals will also compete at the Pre-Conference Meet at Macalester College on Feb. 25 as MIAC teams make their final preparations for the 2011 MIAC Indoor Track and Field Championships, which will be held at St. Thomas on March 4-5.

Brennan McKeag, Hamline

Lakeville, Minn. / Apple Valley
Week of: 2011-02-07



Hamline thrower **Brennan McKeag** (Lakeville, Minn./Apple Valley) was already off to a great start to the 2011 indoor track and field season before Saturday's trip to Superior, Wis., for the UW-Superior Border Battle. There, McKeag unleashed a shot put throw that not only won the event, but it set a new personal, meet and fieldhouse record. It blew by the NCAA Division III automatic qualifying standard and it now ranks as the top throw in the MIAC and all of Division III in 2011. For his record-setting performance, McKeag has been named the MIAC Men's Indoor Field Athlete-of-the-Week for the second time in 2011.

McKeag's magnificent throw traveled a distance of 17.15 meters, or 56-03.00. All four of his throws at UW-Superior bested the NCAA Division III automatic qualifying standard, which is 16.70 meters or 54-09.50. His distance beat his personal indoor best by more than four feet, and his overall personal best by more than two feet. His nation-leading distance is nearly seven feet further than anyone else in the MIAC has thrown this year. For good measure, McKeag also finished third in the weight throw with a new personal best of 17.84 meters, which ranks 15th in the nation.

The Pipers and McKeag will return to action Friday when they travel across town to compete at the St. Thomas Invite on the University of St. Thomas Campus. The following Friday they'll participate in the University of Minnesota's Snowshoe Open against a lot of great competition.

Andrew Brueggen, Saint Mary's



This season, Saint Mary's thrower **Andrew Brueggen** (Holmen, Wis.) has been among the best in both the MIAC and NCAA Division III, and that trend continued over the weekend at the University of Wisconsin-Stout Warren Bowlus Open in Menomonie, Wis. Brueggen won the 35-pound weight throw, and his distance topped the NCAA provisional mark. For his effort, Brueggen has been named the MIAC Indoor Field Athlete-of-the-Week.

The senior's winning throw Saturday traveled a distance of 18.27 meters. It was Brueggen's second first-place finish in the event in as many week and he was the only MIAC athlete to have a throw top 18 meters. Despite his victory, the throw didn't quite match Brueggen's season best. A week earlier he topped the NCAA automatic qualifying distance with a throw of 18.98 meters. Currently, that's the second-best throw in Division III in 2011. No team scores were recorded at the meet.

Bruggen and the Cardinals will make another trip to Wisconsin next weekend, albeit they'll be heading further north. SMU will compete at the UW-Superior Border Battle on Saturday.

Brennan McKeag, Hamline



Hamline University's first two NCAA provisional qualifying marks of the 2011 indoor track and field season both came courtesy of **Brennan McKeag** (Apple Valley, Minn.) Friday at a meet hosted by Carleton College. The junior thrower appeared to already be in mid-season form as he won both the weight throw and the shot put, hitting the provisional mark in both events. For his performance, McKeag has been named the inaugural recipient of the MIAC Men's Field Athlete-of-the-Week honor for the 2011 season.

In the weight throw, McKeag threw the 35-pound weight a distance of 57-0.75 feet (17.39 meters), which was just shy of a new personal record for the Piper. In the shot put, McKeag also hit the provisional qualifying mark with a distance of 51-1 (15.57 meters). It was his second-best throw of the young season, after having a great showing a week earlier at the University of Minnesota. The two first-place finishes were part of an impressive overall showing by the Hamline team.

At Carleton, the Pipers competed against a pair of MIAC rivals – Carleton and St. Olaf. McKeag and his Hamline squad will be back in action on Saturday, Feb. 5, when it travels north for a meet at UW-Superior.