

2014 MIAC Men's Track and Field Preview

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2014 MIAC MEN'S TRACK AND FIELD CONFERENCE PREVIEW

ST. PAUL, Minn. -- The 2014 men's track and field season is about to begin in the Minnesota Intercollegiate Athletic Conference (MIAC). St. Thomas returns as the defending champion in both indoor and outdoor track and field, and the top question in 2014 will be whether the Tommies' reign will continue, or if one of the contenders is poised to knock them off.

If anyone other than St. Thomas hoists the MIAC Indoor Track and Field trophy, it would be a first. Head Coach Steve Mathre's team has won all 29 MIAC Indoor championships since the event began in 1985. The Tommies run of MIAC Outdoor Track and Field titles is nearly as impressive. Their 31 championships are the most in MIAC history, and they've won two in a row, five of the last six and 26 of the last 31. Saint John's claimed all five non-UST outdoor titles since 1983, putting the storied football rivalry front and center on the track as well.

The Tommies ran away from the competition at the 2013 MIAC Indoor Championships, hosted by St. Olaf. Mathre's club racked up 204 points to finish 90 points ahead of the rest of the field. The host Oles were solidly in second with 114. Bethel rounded out the top three with 88 points, while Hamline barely edged Saint John's, 74.5-73, for fourth. Concordia (59) snuck by Gustavus (57.5) and Carleton (50) for sixth, while Macalester (29), Augsburg (26) and Saint Mary's (5) finished out the standings.

UST and SJU were again the top two outdoor teams, with the Tommies claiming their second-straight outdoor title on their home track in St. Paul. UST won with 186 points, while the runner-up Johnnies scored 116. Bethel joined that duo in the top three with a solid 103.5-point showing, and St. Olaf (93.5) and Hamline (86) rounded out the top five. Carleton (80) edged Gustavus (72.5) for sixth with Concordia (45.5) in seventh. Macalester (37.0), Augsburg (25.0) and Saint Mary's (9) completed the outdoor standings.

This year, St. Thomas brings back another talented team, but there is optimism around the league as the season is set to begin. Saint John's and Bethel again bring back talented teams, and St. Olaf is fresh off a cross country national championship that will no doubt be a boost to the Oles' track performance. Carleton, Gustavus, Hamline and Concordia all enter 2014 with hopes of improving upward in the MIAC standings, and Macalester, Augsburg and Saint Mary's are also excited about the dawn of a new season and the chance to display improvement with talented individuals back on each campus.

Whether its indoor during the remaining winter months or outdoor once spring arrives, the return of MIAC track and field is certainly cause for excitement on campuses throughout the conference.

WHAT'S NEW?

It was an offseason of change for many of the MIAC track and field programs, resulting in one new head coach and a pair of interim assignments. Saint Mary's welcomes new coach Niels Anderson, who replaces the departed Shawn McMahon. Anderson comes to SMU from nearby La Crosse, Wis., after a successful stint coaching the La Crosse Central high school squads.

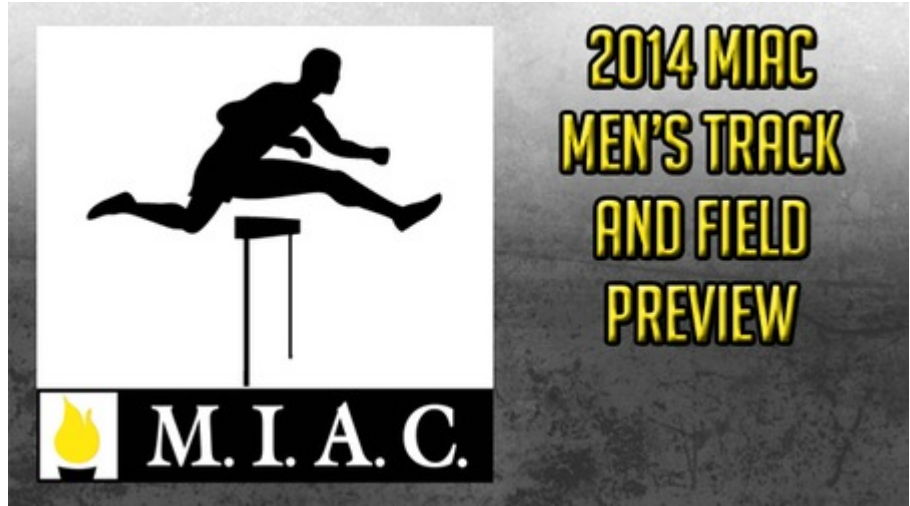
There were also mid-season changes at Augsburg and Macalester, with a pair of longtime coaches moving on and assistants stepping in to lead in the interim. Both Dennis Barker and Augsburg and Martin Peper at Macalester recently announced their resignations after long, successful tenures at their respective posts. Peper and Barker had both spent 20 seasons with their respective teams. At Macalester, head cross country coaches Betsy Emerson and Matt Haugen have stepped in to lead the track programs, and former assistant Jarred Sampson has taken over for the Auggies, so even though their roles are new, these coaches will be familiar faces around the MIAC track facilities.

Tim Miles at Saint John's remains the dean of MIAC men's track and field coaches as he enters his milestone 35th season leading the Johnnies. Concordia's Garrick Larson is in his 21st season with the Cobbers and Mathre is opening his 19th season leading St. Thomas as the league's longest-tenured coaches.

WHO'S BACK?

Mathre's Tommie team lost a trio of stars to graduation in Eyo Ekpo (jumps), Cody Jerabek (sprints) and Gavin Yseth (multi-events), but St. Thomas should again be loaded with more than 90 athletes competing in purple and white. Indoor All-American and MIAC Decathlon champ Maxwell Dunne headlines the returners, along with versatile thrower/sprinter Aba Omot and runner Brian Jervey to bolster hopes of more titles in Tommie-town.

The Oles bring nearly everyone back from last year's squad and should dominate the distance events evidenced by their cross country national title. Head Coach Phil Lundin will look to junior Grant Wintheiser and senior Brian Saksa to continue their excellent distance careers this spring, and sprinter James McFarlin gives St. Olaf hope for balance throughout the running events.



In his 35th season, Miles welcomes back both talent and versatility to Collegeville, led by Saint John's sophomore Thomas Feichtinger, who earned All-American middle-distance honors in his college debut season. Distance runner John Subialka and jumper Nick Welshons are among the other talented Johnnie returners.

Bethel is another team built for middle distance success and beyond in Head Coach Andrew Rock's second season. All-American middle distance runners Zach Haskins and Matt Schaefer are both back, and distance runner Matt Berens adds to the Royals' strong core. Hamline welcomes back sprinter/hurdler Eric Hanson, sprinter Tom Larson and thrower Ben Dvorak, as the Pipers try to return to contention under Head Coach Paul Schmaedeke.

Gustavus loses MIAC pole vault champ Josh Owen, but Head Coach Dale Bahr has several other stars still in the mix. Thrower Ryan Oberle, versatile athlete Blair Riegel and multi-event star Cameron Clause have optimism soaring in St. Peter. Carleton will again be led by two-time steeplechase champ Marcus Huderle, and Head Coach Dave Ricks also welcomes back middle-distance runner Noah Laack-Veeder and sprinter Colby Seyferth to bolster the Knights' hopes.

A year ago, Concordia's Brandon Zylstra earned All-MIAC honors in a pair of jumping events at the indoor meet, as did pole vaulter Levi Bachmeier. Connor Johnson also had a great season throwing the javelin for Larson's Cobbers. Macalester received a pleasant surprise a year ago when freshman Logan Hovie won the MIAC outdoor high jump title and finished second in the event at the national indoor meet. He returns, along with sprinter/thrower Konnor Fleming and pole vault specialist Mason Kriegel to ease this year's transition to Emerson and Haugen's leadership.

Sampson will benefit from the return of three of Augsburg's most talented athletes in 2014, starting with distance runner Michael Tesema. Sprinter Lekpea Kordah also returns, as does middle distance/hurdler Chase Grieves. Meanwhile, Anderson's first season at Saint Mary's will feature the return of two of the school's most decorated distance runners - Aaron Haley and John Soucheray - as well as sophomore jumper Bryan Ortman.

CIRCLE THESE DATES

The first two dates any MIAC track and field fans will want to mark on their calendar are March 6-8 and May 9-10. Those are the days the conference will come together to crown the MIAC Indoor and Outdoor Track and Field champions, respectively. The indoor meet will be co-hosted by Saint John's and Saint Benedict at the Johnnies' indoor facility in Collegeville, Minn., while the outdoor meet will be hosted by St. Olaf in Northfield, Minn.

The outdoor schedule is still a work in progress (but will be available soon on the MIAC web site), but there are several dates fans will want to identify for the indoor schedule, starting with Saturday as Bethel hosts the Bethel Open and St. Thomas competes at the Northwest Open to officially open the 2014 season. St. Thomas, Saint Mary's, Bethel, St. Olaf, Concordia and Macalester will all host indoor meets this spring, so there should be plenty of opportunity to catch the MIAC teams in action close to home.

A CLOSER LOOK

The rest of the 2014 MIAC Men's Track and Field Preview contains MIAC Championship details, helpful links and a preview for each team submitted by their sports information director. The new MIAC web site - www.miacathletics.com - will be an outstanding source for MIAC men's cross country news, schedules, results, stats and more throughout the 2013-14 season.

This year, the [MIAC scoreboard](#) will include men's track and field events, with links to results to see how MIAC teams fared in each race throughout the season. Also, download the [MIAC mobile app](#) to have all the information with you anywhere you travel. Also, connect to the conference on its [Facebook](#), [Twitter](#) and [YouTube](#) pages for updates and interaction all season long.

2014 MIAC TRACK AND FIELD CHAMPIONSHIPS

The MIAC will crown a pair of Men's Track and Field champions in 2014 at the conference indoor and outdoor championship meets. The 2014 MIAC Men's Indoor Track and Field Championship will be held March 6-8, 2014, at Saint John's University in Collegeville, Minn. SJU and Saint Benedict will co-host the event. The 2014 MIAC Men's Outdoor Track and Field Championships will be held May 9-10, 2014, at St. Olaf College in Northfield, Minn. Each championship meet has a home page with complete information.

| *2014 MIAC Men's Track and Field Championship Pages:* [Indoor](#) - [Outdoor](#) |

MIAC MEN'S TRACK AND FIELD LINKS

Indoor: | [MIAC Home Page](#) | [Schedule](#) | [Recordbook](#) | [Archives](#) |
Outdoor: | [MIAC Home Page](#) | [Schedule](#) | [Recordbook](#) | [Archives](#) |

TEAM-BY-TEAM PREVIEWS

Jump to: | [AUG](#) | [BU](#) | [CAR](#) | [CON](#) | [GAC](#) | [HU](#) | [MAC](#) | [SJU](#) | [SMU](#) | [STO](#) | [UST](#) |

AUGSBURG

 | [Auggies' men's track and field home page](#) |

Interim Head Coach



- Jarred Sampson (First season)

A Year Ago

- Indoor: 10th place (26 points)
- Outdoor: 10th place (25 points)

Top Returners

- Micheale Tesema (SR, Distance | All-MIAC in indoor 5,000m (2nd place, 14:55.90), All-MIAC honorable mention in outdoor 10,000m (4th place, 32:01) and 5,000m (6th place, 15:16.41), top time in outdoor 5,000m 14:52.81)
- Lekpea Kordah (SR, Sprints | All-MIAC in indoor 60m (2nd place, 6.99 seconds), top time in indoor 200m 22.97)
- Chase Grieves (SO, Middle Distance/Hurdles | All-MIAC in outdoor 400m hurdles (3rd place, 55.49), top time in indoor 400m 51.415; indoor 600m 1:24.45; outdoor 400m hurdles 54.80; outdoor 400m 49.84)

Key Losses

- Mike Harley (Sprints/Hurdles/Jumps | 5-time All-MIAC honorable mention: 4th in 2012 indoor high jump, 4th in 2012 outdoor high jump, 5th in 2013 indoor high jump, 4th in 2013 outdoor 110m hurdles, 6th in 2013 outdoor high jump)

By the Numbers

- 14:55.90: School record-setting time in indoor 5,000 meters for Micheale Tesema in a second-place finish at the 2013 MIAC Championships.
- 14:52.81: School record-setting time in outdoor 5,000 meters for Micheale Tesema at the Occidental (Calif.) Distance Carnival in March.
- 8:05.52: School record-setting time in outdoor 3,200-meter relay at MIAC Championships by the foursome of Luke Iverson, Ryan Cook, Ahmed Nur and Luke Erickson.

Did You Know?

- Augsburg's track and field teams participated in their annual Run-a-Thon on Dec. 7-8, raising money for their annual spring break training and competition trip. Fifty Auggies ran in a 24-hour team relay around Murphy Square Park in the center of Augsburg's campus, completing a combined 212 miles of running in frigid conditions.

Off the Track (and Field)

- Dennis Barker, who served as Augsburg's track and field/cross country head coach for 20 seasons, announced his resignation following the cross country campaign. In his track career, Barker coached 59 MIAC event champions (individuals and relays), along with 147 All-MIAC and 126 All-MIAC Honorable Mention honorees. He guided 47 entries to NCAA Division III national championship competition, with 16 earning All-America honors. In cross country, 35 Auggies earned either All-MIAC (17) or All-MIAC Honorable Mention (18) honors under Barker's coaching, with 20 athletes earning NCAA All-Region honors and six athletes qualifying for the NCAA Division III national championships, one earning All-American honors.



BETHEL | [Royals' men's track and field home page](#) |

Head coach

- Andrew Rock (Second season)

A Year Ago

- Indoor: Third place | 88 points
- Outdoor: Third place | 103.5 points

In the 2013 NCAA Championships

- Zach Haskins—Indoor 1-mile All-American and Outdoor 1500-meter national qualifier

Top Returners

- Zach Haskins (1500m, 1-mile, Sr. | 2013 Outstanding MIAC Men's Track Athlete, 2013 Indoor All-American—1-mile, 2013 Outdoor NCAA qualifier—1500m, 2012 Outdoor All-American—1500m, two-time All-MIAC)
- Matt Schafer (800, Sr. | 2012 Outdoor All-American—800m, All-MIAC)
- Matt Berens (Distance, Jr. | All-MIAC)

Key Losses

- Rob LeMay (Sprints | 2-time MIAC Champion in 400-meter dash, 4x400-meter relay member)
- Bucky Dixon (Throws | Two-time All-MIAC)
- Nathan Sayler (Sprints | All-MIAC)

By the Numbers

- 4:12.07: Zach Haskins was crowned an All-American for the second time in his career at Bethel during the 2013 NCAA National Indoor Track and Field Meet at Naperville, Ill., with his time of 4:12.07. His mark helped him finish sixth overall and break the school record—a mark he had previously set.
- 400: Bethel owned the 400-meter hurdles event in 2013, as the Royals took home the top two spots in the race. Returning as seniors this year, Mark Rice edged teammate Anthony Puckett by just under two seconds, as Rice crossed the finish line at 53.92.
- 3: The Royals ended the 2013 MIAC Outdoor track and field meet with three first place finishes. In addition to Mark Rice's first-place finish in the 400-meter hurdles, Bethel swept the sprint relays—winning both the 4x100-meter and 4x200-meter. Key members to those teams were Nathan Sayler, Jordon Anderson, Zach Barringer, Ian Moore, Gavin Woodland, Rob LeMay, Mark Rice, and Matt Davis.

Did You Know?

• Throughout his career, Zach Haskins (1-mile, 1500m, DMR) has ran in five NCAA Division III national events. The senior, who is chasing his sixth and seventh appearance, competed in two national meets during his tenure with the Royals cross country squad and has ran in three—one indoor and two outdoor—national meets with the track and field squad. Haskins owns three No. 1 spots in Bethel University's indoor and outdoor record book.



CARLETON | [Knights' men's track and field home page](#) |

Head coach

- Dave Ricks | 11th Season

A Year Ago

- Indoor: Eighth place | 50 points
- Outdoor: Sixth place | 80 points

Top Returners

- Marcus Huderle (Jr. | Indoor — 2012: All-MIAC honorable mention [4th – mile]... Outdoor — 2013: MIAC champion in steeplechase and All-MIAC honorable mention [5th – 4x800 relay]... Outdoor — 2012: MIAC champion in steeplechase and All-MIAC honorable mention [6th – 4x800 relay])
- Noah Laack-Veeder (Jr. | Indoor — 2013: All-MIAC [3rd – 800m] and All-MIAC honorable mention [5th – 1000m and 5th – 4x400 relay]... Indoor — 2012: All-MIAC [2nd – 800m] and All-MIAC honorable mention [5th – 1000m]... Outdoor — 2013: All-MIAC [2nd – 800m] and All-MIAC honorable mention [5th – 4x800 relay]... Outdoor — 2012: All-MIAC [2nd – 800m])
- Colby Seyferth (Jr. | Indoor — 2013: All-MIAC honorable mention [5th – 4x200 relay; 5th – 4x400 relay; 6th – 200m; 6th – 400m]... 2012: All-MIAC honorable mention [4th – 200m; 4th – 400m; 2nd – 4x400 relay])

Key Losses

- C.J. Dale '13 (Indoor — 2013: All-MIAC honorable mention [4th – heptathlon; 5th – long jump]... Indoor — 2012: All-MIAC honorable mention [6th – 4x200 relay]... Outdoor — 2013: All-MIAC honorable mention [4th – decathlon; 4th – long jump; 4th – triple jump]... Outdoor — 2012: All-MIAC honorable mention [4th – decathlon; 6th – long jump])

By the Numbers

- 6: Noah Laack-Veeder was ranked in the top-15 in the conference in four indoor events last season (600m, 800m, 1000m and mile) and two outdoor events (800m & 1500m).
- 2: Consecutive MIAC crowns in the steeplechase for Marcus Huderle.
- 2: Number of Laack-Veeder's in the MIAC's indoor 1000 meter top-10 last season. Noah Laack Veeder had a time of 2:32.25 and twin brother Thor posted a mark of 2:34.76.

Did You Know?

- Junior Noah Laack-Veeder currently holds the school record in both the indoor 600m (1:22.99) and indoor 800m (1:54.32).

Off the Track (and Field)

- Last season, the Carleton College men's track and field team received the USTFCCCA All-Academic Award. Knights tied for 27th with a team GPA of 3.29.



CONCORDIA | [Cobbers' men's track and field home page](#) |

Head Coach

- Garrick Larson (21st season)

A Year Ago

- Indoor: Sixth place | 59 points
- Outdoor: Eighth place | 45.5 points

Full Concordia preview coming soon.



GUSTAVUS | [Gusties' men's track and field home page](#) |

Head coach

- Dale Bahr (Fifth season)

A Year Ago

- Indoor: Seventh place | 57.5 points
- Outdoor: Sixth place | 81.5 points

Top Returners

- Ryan Obele (Throws, Sr.) - Earned all-conference honors with a third place finish in the hammer throw with a toss of 160' 11" at the 2013 MIAC Outdoor Championships...Finished fourth in the discus with a throw of 144' 1".
- Blair Riegel (Sprints and Jumps, Sr.) - Earned all-conference honors at 2013 MIAC Championships in the long jump with a second place

finish (22-6.25).

- Cameron Clause (Multis, Sr.) - All-conference performer, finished second in the heptathlon with a score of 4781 at 2013 MIAC Championships...Earned All-America honors with a fifth place finish in the heptathlon at the 2013 NCAA Indoor Championships.

Key Losses

- Josh Owens (Pole Vault) - 2-time MIAC Champion in indoor pole vault, winning 2013 title after clearing 15-feet 4.25-inches...All-American after fourth place finish in pole vault at 2013 NCAA Indoor Championships...Won the 2013 MIAC outdoor pole vault title after clearing 15-feet, 5.5 inches...Earned All-America honors at the 2013 NCAA Outdoor Championships with a third place finish.

By the Numbers

- 6: The number of places Cameron Clause moved up from day one to day two at last year's NCAA Indoor Championships. He ranked 11th after day one and was the first Gustie to ever earn All-America accolades in the heptathlon. Clause scored a 4912 to set the school record at the meet.
- 15.42: The time recorded by Matt Flotterud in the 110-meter hurdles at last season's MIAC Outdoor Championships. Flotterud earned all-conference honors in the event with a second place finish.
- 87: The number of years it had been since a Gustavus athlete won the javelin at the MIAC Championships before Ryan Ness did so last season. After Earl Ecklund won the event in 1926, Ness was the Gustie to do so with his throw of 182-feet 10-inches last season.

Did You Know?

- The Gustavus men's indoor track and field team had two athletes earn All-America honors last season. It was the first time since the 2003 season that multiple Gusties earned such an honor at the same NCAA Indoor Championships. Luke Speltz (weight throw, shot put), Ryan Hoag (55m dash), and Jerry Washington (55m dash) all earned All-America accolades in 2003.

Off the Track (and Field)

- The Gustavus men's and women's track and field teams will take part in this year's Jump Rope for Heart campaign in February. The Gustie athletes will be involved in the event with both North and South Elementary Schools located in St. Peter. Jump Rope for Heart is a campaign aimed at raising awareness and funding for heart disease and heart related issues.



HAMLIN | [Pipers' men's track and field home page](#) |

Head coach

- Paul Schmaedeke (12th season)

A Year Ago

- Indoor: Fourth place | 74.5 points
- Outdoor: Fifth place | 86 points

Top Returners

- Eric Hanson (Sprints, Jr., 1st place MIAC 110 Hurdles Outdoor, 2nd 60 Hurdles Indoor)
- Tom Larson (Sprints, So., 3rd 100 Meter Outdoors, 4th 4 x 100 Relay Outdoors)
- Ben Dvorak (Thrower, Sr. 5th, Shot Put & Discus Outdoors; 6th, Shot Put Indoors)

Key Losses

- Christian Willman (Sprinter)
- Brendan Ruter (Distance, 4th Indoor Mile)
- Colin Rogers (Distance)

By the Numbers

- 21: first year student-athletes on 2014 roster (largest representation of any class)
- 33: years Paul Schamedeke has been involved in Track and Field coaching at HU
- 62: student-athletes on the HU roster

Did You Know?

- The Pipers have been in the first division of the conference in both the indoor and outdoor meets since 2005.

Off the Track (and Field)

- The team took some Saturdays last fall to rake leaves for the residents around Hamline Methodist Church who were unable to do so themselves.

MACALESTER | [Scots' men's track and field home page](#) |



Head coaches

- Betsy Emerson (First year) | Matt Haugen (First year)

A Year Ago

- Indoor: Ninth place | 29 points
- Outdoor: Ninth place | 37 points

Top Returners

- Logan Hovie (High Jump | MIAC outdoor champ, NCAA indoor runner-up)
- Konnor Fleming (Jr., sprints/javelin) MIAC indoor 200 dash champ; outdoor javelin runner-up
- Mason Kriegel (Jr., pole vault | 5th in MIAC in PV '12)

Key Losses

- Joe Giamerdino (Jr., distance, study-abroad)
- Bolton Howes (Jr., third MIAC outdoor javelin. study-abroad)

By the Numbers

- 2.06: Logan Hovie won the MIAC outdoor high jump title with a mark of 2.06 (6-9)
- 22.70: Konnor Fleming won the MIAC indoor 200 crown with a school-record 22.70 time.
- 3: Macalester set school records last spring in three events: the 200 dash, 600 run and high jump.

Did You Know?

- Macalester College's athletic department announces a new leadership model for the men's and women's track & field programs. Effective immediately, in preparation for the 2014 indoor and outdoor seasons, head cross country coaches Betsy Emerson and Matt Haugen are the new co-head coaches for both the men's and women's teams. Haugen is in his 11th season as Macalester's men's cross country coach and Emerson is in her fourth as women's coach. They will work collaboratively in leading both programs.

Off the Track (and Field)

- Macalester College's men's and women's track & field teams earned 2013 All-Academic Team honors by the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA). The Macalester men's team was one of 80 teams to pick up the academic honor. Macalester's 3.32 GPA last semester ranked No. 17 nationally.

SAINT JOHN'S | [Johnnies' men's track and field home page](#) |



Head coach

- Tim Miles (35th season)

A Year Ago

- Indoor: Fifth place | 73 points
- Outdoor: Second place | 116 points

In the 2013 NCAA Championships

- Outdoor: T-72nd (79 teams)

Top Returners

- Thomas Feichtinger (Mid-Distance | Earned All-America honors with an eighth-place finish in the 800 meters at the 2013 NCAA Outdoor Championships, 2013 MIAC Outdoor champion in the 800 meters, member of SJU's MIAC-Champion 3,200-meter relay team last spring)
- John Subialka (Distance | 2013 MIAC Outdoor champion in the 10,000 meters)
- Nick Welshons (Jumps | Tied for the third-best height in the high jump outdoors in the MIAC last spring; despite a poor showing at the conference meet (five inches shorter than his qualifying mark), Welshons was the first non-qualifier left out of the NCAA Outdoor Track and Field Championships' field in May)

Key Losses

- Kevin Horton (Sprints | Six-time All-MIAC honoree: two indoors and four outdoors, finished second and third in the 200 and 400 meters, respectively, both at the 2013 MIAC Indoor and Outdoor Championships)
- Brady O'Brien (Jumps | Received All-MIAC recognition indoors with a second-place finish in the triple jump)
- Derek Rausch (Hurdles | Earned All-MIAC status with a third-place finish outdoors in the 110-meter hurdles)

By the Numbers

- 35: The 2014 track and field season is head coach Tim Miles' 35th at SJU. He has produced a winning track and field program that has finished among the MIAC's top two squads in 23 of the past 34 seasons, including MIAC championships in 1997, 1999, 2005, 2007 and 2011. Miles won MIAC Coach of the Year honors in 2004, 2005, 2007 and 2011. At the national level, Miles' athletes have put together 61 Division III All-America performances since 1980.
- 10: The Johnnies posted 10 All-MIAC (top three individually, champion relay team) performances at the 2013 MIAC Outdoor Championships last May, ending a three-year drought with single-digit totals. SJU recorded double digits each year from 2003-09 (conference-champion relay teams count as four): 2003 (11), 2004 (12), 2005 (19), 2006 (16), 2007 (16), 2008 (10) and 2009 (14).
- 1/2: The Johnnies have finished in the top two at the conference's outdoor meet in nine of the last 11 seasons, including three championships (2005, 2007 and 2011).

Did You Know?

- Feichtinger became the first SJU freshman to qualify for the NCAA Division III Championships since 1992 (Mike Cihlar '95) and the first in the program's history to earn All-America honors with an eighth-place finish in the 800 meters last spring.

Off the Track (and Field)

- Feichtinger and the rest of the 2013 SJU track and field team earned U.S. Track & Field and Cross Country Coaches' Association (USTFCCCA) All-Academic recognition over the summer. Feichtinger is an English and history double-major with a 3.88 GPA. The 85 Johnnies on the roster combined for a cumulative team GPA of 3.24.



SAINT MARY'S | [Cardinals' men's track and field home page](#) |

Head coach

- Niels Anderson (First season)

A Year Ago

- Indoor: Men 11th place | 5 points
- Outdoor: Men 11th place | 9 points

Top Returners

- Aaron Haley (Jr., 5-6, 130 | Set school record in 5,000 this season; First-Team All-MIAC in cross country in 2012)
- John Soucheray (Sr., 6-4, 160 | Broke school record in 5,000 at the 2013 MIAC Indoor Championships with a time of 15:16.97)
- Bryan Ortman (So., 5-10, 150 | Placed sixth in triple jump with a leap of 12.86 at the 2013 MIAC Indoor Championships)

By The Numbers

- 1-2: The Cardinals' John Soucheray (Woodbury, Minn.) and Aaron Haley (Plainview, Minn.) rank No. 1 and No. 2 on SMU's all-time list in the 5,000 meters. Soucheray clocked a school-record time of 15:16.97 at the MIAC Indoor Championships, shaving nearly 14 seconds off the previous record time of 15:30.64, set by Haley earlier in the year.
- 3: The Cardinals boasted three sixth-place finishes at the 2013 MIAC Outdoor Championships. Peter Borash (Bowlus, Minn.) — who posted the fastest qualifying time in the 1,500 preliminaries — clocked a time of 4:13.01 to place sixth in the 1,500, while Jake Traxler (Le Center, Minn.) was sixth in the steeplechase (9:56.49) and Bryan Ortman was sixth in the triple jump (12.86 meters).
- 4: The SMU men's distance medley relay team — Ryan Winegardner (Northfield, Minn.), Gabe Thiel (Elgin, Minn.), Jake Traxler (Le Center, Minn.) and Andrew Merkert (St. Paul, Minn.) — etched their names in the school record books, posting a time of 10:47.59 to finish eighth overall at the MIAC Indoor Championships. It was the fourth straight year the Cardinals' DMR broke the school record — with Traxler a member of all four record-setting relay teams.

Did You Know?

- Prior to his arrival at Saint Mary's, first-year head coach Niels Anderson guided his La Crosse (Wis.) Central teams to conference, regional and sectional championships, while also earning Mississippi Valley Conference Coach of the Year honors in 2010, 2011 and 2012, and District 3 Coach of the Year accolades in 2012.

Off The Track (and Field)

- Peter Borash was named the 2013 SMU Outstanding Male Senior as well as SMU's 2013 Outstanding Male Athlete.



ST. OLAF | [Oles' men's track and field home page](#) |

Head coach

- Phil Lundin (Sixth season)

A Year Ago

- Indoor: Second place | 114 points
- Outdoor: Fourth place | 93.5 points

In the 2013 NCAA Championships

- NCAA postseason results – Brian Saksa finished 11th overall in the 1500m with a time of 3:53.86 in the NCAA Outdoor Championships.

Top Returners

- Grant Wintheiser (Junior; Distance | 2013 Indoor MIAC Champion in the 3K and the distance medley relay. His 3K indoor time ranks second on the St. Olaf All-Time list. 2013 Outdoor MIAC Champion in the 5K. His time ranks third on the St. Olaf All-Time list in the outdoor 5K. 2012 and 2013 MIAC Men's Cross Country Champion. Finished third in both the 2013 and 2014 NCAA Cross Country Championships earning All-American honors.)
- Brian Saksa (Senior; Middle Distance | Earned All-America honors at NCAA 2012 Championships placing seventh in the mile. Ranks second on the St. Olaf All-Time list in the indoor mile. 2013 Indoor MIAC Champion in the mile. 2013 Outdoor MIAC Champion in the 1500m.)
- James McFarlin (Sophomore; Sprints | Finished fourth in the 400m at 2013 Indoor MIAC and ranks in the St. Olaf All-Time indoor top ten. Placed fourth in the 400m at 2013 Outdoor MIAC Championships.)

By the Numbers

- 5: In the 2013 MIAC Indoor Championships, the Ole men had a total of five MIAC Champions.
- 16: Head coach Phil Lundin and assistant Dave Griffiths have coached together for a total of 16 years. They have been at St. Olaf for the past five. Previously, they coached at Burnsville High School from the mid 1970's-80's leading the team to three state cross country championships and one track and field state championship.

Did You Know?

- The St. Olaf Men's Cross Country team were National Champions in the NCAA 2013 Cross Country Championships. They had a total of four All-America finishes, Grant Wintheiser (third), Jake Brown (eighth), Brian Saksa (17th), and Jake Campbell (31st). Calvin Lehn, Phillip Meyer, and Dillon Davis also competed on the Oles national team. The championship was St. Olaf's first team NCAA national title.

Off the Track (and Field)

- St. Olaf had ten men track and field student-athletes earn Academic All-MIAC honors in the 2013 indoor and outdoor seasons.
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ST. THOMAS | [Tommies' men's track and field home page](#) |

Head coach

- Steve Mathre (19th season)

A Year Ago

- Indoor: First place | 204 points
- Outdoor: First place | 186 points

In the 2013 NCAA Championships

- NCAA postseason results: NCAA Outdoor, 28th place, 9 pts.; NCAA Indoor: 21st place, 8 pts.

Top Returners

- Maxwell Dunne (Senior, multi-event/PV; 2013 indoor All-America, 2013 MIAC decathlon champ)
- Aba Omot (Senior, throws/sprint relay; 2013 MIAC outdoor champ hammer and discus, indoor champ weight throw)
- Brian Jervey (Soph, 400 meters, 2013 MIAC outdoor champ)

Key Losses

- Eyo Ekpo (Grad., jumps, 7X All-America, 2X Academic All-America, 12X MIAC champ)
- Cody Jerabek (Grad, sprints; 100/200 champ at 2013 MIAC Outdoor, NCAA qualifier)
- Gavin Yseth (Grad., Multi-event, All-American)

By the Numbers

- 22: Number of Tommies to score points at last May's MIAC Championships
- 31: Consecutive seasons that UST has had a women's or men's relay team reach the finals at outdoor nationals
- 29 of 29: St. Thomas men team title streak at MIAC Indoor Championships, first held in 1985

Did You Know?

- The Tommies expect to have more than 90 athletes competing in 2014

Off the Track (and Field)

- Tommie men's track and field had six athletes honored as Academic All-MIAC in 2013 with cumulative gpas of 3.50 or higher, and made the USTFCCCA academic honor roll with a team gpa over 3.10.
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| MIAC Men's Track and Field Home Pages: [Indoor](#) - [Outdoor](#) |