

UST aims for 33-straight at Men's Indoor T&F Championships

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2017 MIAC MEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS PREVIEW

ST. PAUL, Minn. – In the 32-year history of the Minnesota Intercollegiate Athletic Conference (MIAC) Men's Indoor Track and Field Championships, only the University of St. Thomas has hoisted the trophy. This weekend, the Tommies will try to make it 33 MIAC titles in as many years, and they'll get to try to extend one of the conference's most impressive streaks on their home track.

The 2017 MIAC Indoor Track and Field Championships will be held Thursday, Friday and Saturday at St. Thomas' Anderson Athletic and Recreation Complex in St. Paul, Minn., with the Tommies looking to stay perfect in the conference indoor world, while the rest of the league aims to finally end UST's run at the top.

| [INDOOR T&F HOME PAGE](#) |

A year ago, Head Coach Steve Mathre's team made it 32 in a row as St. Thomas pulled away with 166 total points. St. Olaf continued its strong performance of late, finishing second with 105 points, and Saint John's scored 90 to edge Hamline (88) by just two points for third. Carleton finished fifth with 81 points, Bethel had 62 points in sixth. Augsburg scored an even 50 points to finish seventh and Gustavus (48), Concordia (45), Saint Mary's (25) and Macalester (20) rounded out the rest of the 2016 standings.

This season, there have already been plenty of standout performances, school records broken, and times and marks that rank among the best in the nation, and the MIAC men are just getting warmed up. The 2017 Indoor Championships is expected to see those times go even lower, and the marks go even higher as the league's best compete for conference titles, All-Conference honors and moments that will last a lifetime.

The Tommies have plenty of reason to be optimistic their streak will continue, with another deep and talented lineup. Leading the way will be senior Connor O'Neill, who enters as the top seed in three events, including top 13 national marks in the heptathlon and pole vault. Senior thrower Micah Hausman is expected to continue a strong season in both the shot put and the weight throw, and Nick Spann enters as the MIAC's top seed in both the long and triple jump events.

St. Olaf is again expected to be strong in the middle distance and distance races as they eye another top-two finish and hope to be St. Thomas' chief competitor. Jacob Eggers and Joe Coffey are back to lead another talented crop of runners for Head Coach Phil Lundin. Nick Woods leads the Oles in the field events, as he leads the team's efforts in the throwing events (shot put, weight throw).

Saint John's and second-year Head Coach Jeremy Karger-Gatzow have high hopes for another top-three finish behind the return of distance runner Ryan Bugler – the outdoor national champ in the steeplechase – sophomore hurdler Max Martin and jumping specialist Raymond Twumasi. Hamline is loaded in the field events once again, and similarly strong on the track, as the Pipers eye another strong MIAC performance. Eric Dols and Travis Jacobson lead an especially strong group of Hamline throwers in the shot put and weight throw, and Isaac Kruse is the top returner on the track after a school-record time in the 600 last week.

Carleton again has a strong team with versatile strength, led by middle distance runner Jerry Cook-Gallardo, who is enjoying an outstanding junior season after All-American honors in the 800 a year ago. Multi-event star Jack Buckner is also back, and Ben Withbroe gives the Knights a talented senior in the 600, 800 and relays. Bethel's sprinters have been dominant thus far in 2017, and sophomores Carl Klamm (400) and Karl Olsen (200) both lead the MIAC and rank in the top eight nationally in their events. The Royals also have high hopes for their relay teams, particularly in the 4x400.

Augsburg's stars have been shining bright lately as All-American sprinter Emmanuel Egbujor is back in top form alongside three-time MIAC 60-meter champ Undre Smith-Brewer, and versatile Barinedum Kordah is fresh off breaking the school long jump record. Gustavus hopes for a strong track showing after a much-improved cross country season, with runner Kyle Frederickson, hurdler Trevor Maxwell and thrower Michael Hensch leading the Gusties into the conference meet.

Concordia was ninth a year ago, but the Cobbers have serious cause for optimism with school-record holder Matthew Lillehaugen back on the track, defending MIAC heptathlon champ Jackson Schepp eyeing a repeat title and school-record sprinter David Supinski looking for a



breakout performance. Saint Mary's is excited about the prospects of national cross country qualifier Jovan Newsum in the distance events, school-record sprinter Brandon Krogman and fellow sprinter Kyle Lichttenegger, who shattered the Cardinal record in the 60. Macalester has high hopes in the middle distance events thanks to senior Lachlan Hinwood (mile, 1,500) and Henry Harper (3k) and junior Jack Schultenover leads the Scots in the sprinting events.

The [2017 MIAC Indoor Track and Field Championships](#) begin Thursday with the multi-event competitions. The women's pentathlon starts at 2 p.m. with the men's heptathlon beginning 20 minutes later. The heptathlon finishes up Friday morning at 10 a.m., with Friday's field events set to start at 4 p.m. and track to follow at 4:30 p.m. Saturday's final session starts with 10:15 a.m. field events and 1 p.m. track events.

Saturday's final event begins at 4:05 p.m., and there will be a short awards ceremony following the conclusion of the meet to honor both team champions. The top three individuals in each event and the first-place relay team will automatically earn All-Conference honors, and the 4th-through-6th place finishers in each open event and 2nd-through-6th place relay teams will all be named All-Conference Honorable Mention.

The MIAC has a home page dedicated to the 2017 Indoor Championships, complete with venue and admission information, [the event schedule](#), and it will be updated with [entries](#), [heat sheets](#) and links to follow the results live as they become available. Results, recaps, and multimedia coverage of the championships will be available throughout the event. There will be live results available for all events, and fans can also find entries and heat sheets on the MIAC's event page as they become available. Also, connect to the conference on its [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#) pages throughout the Championships using the hashtag #MIACITF.

Admission for the event is \$8 for adults and \$3 for students per day, with children ages 5 and under admitted free. MIAC passes will be honored. The MIAC would like to thank the University of St. Thomas coaches and staff for their efforts to host the event.

MIAC MEN'S INDOOR TRACK AND FIELD LINKS

Performance Lists: [MIAC](#) | [NCAA Division III](#)

Links: [Website](#) | [Schedule/Results](#) | [News](#) | [Athletes-of-the-Week](#) | [Recordbook](#) | [Archives](#) | [Team Pages](#) |

TEAM-BY-TEAM PREVIEWS

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

Head Coach

- Emily Hackert (2nd year)

A Year Ago

- 7th place | 50 points

In the 2016 Postseason

- Emmanuel Egbujor finished third in the 60-meter dash at the NCAA Division III Indoor Track and Field Championships.

Athletes to Watch

- Emmanuel Egbujor (SO | Currently ranked No. 3 in the nation in the 60-meter dash (school record 6.84 seconds); holds the No. 1 ranking in the MIAC in the 60-meter dash (6.84) and No. 2 ranking in the 200-meter dash (22.47); 2016 D-III All-American in 60-meter dash (3rd); USTFCCA All-Central Region in 60, 200 and 400 in 2016; 2016 MIAC indoor champion in 200- and 400-meter dashes.)
- Barinedum Kordah (SR | Holds the No. 2 ranking in the MIAC in the long jump; holds the Augsburg long jump record with a distance of 7.00m (22-feet-11.75) and ranked 26th nationally; ranked No. 5 in MIAC in 200 (22.68) and No. 9 in 400 (51.15); 2nd in 2016 MIAC indoor championships and 1st in 2016 MIAC outdoor championships in long jump; USTFCCA All-Central Region in 400m in 2016; 2nd in 2015 MIAC indoor 200m and 400m, 5th in long jump; 2nd in 2014 MIAC indoor 400m. 6th in 200m and long jump.)
- Undre Smith-Brewer (SR | Three-time MIAC 60-meter dash champion; ranked No. 2 in MIAC and No. 12 nationally in 60m (6.90); ranked No. 6 in MIAC in 200 (22.79); USTFCCA All-Central Region in 60m in 2016.)

Did You Know?

- Barinedum Kordah and Emmanuel Egbujor set new school records on Friday at the Minnesota Snowshoe Open. Kordah set a new record in the men's long jump with a 7.00-meter (22-feet-11.75) effort, while Egbujor broke his old school mark in the 60-meter dash with a 6.84-second time.



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

Head coach

- Andrew Rock (5th season)

A Year Ago

- 6th place | 62 points

Athletes to Watch

- Carl Klamm (So. | MIAC #1, NCAA #8 400m, MIAC #6 600m)
- Karl Olsen (So. | MIAC #1, NCAA #8 200m)
- 4x400m relay (MIAC #1, NCAA #3 Carl Klamm, Isaac Erickson, Shawn Monroe, Patrick Klamm)

Did You Know?

- The Royals are among the Top 10 nationwide in three categories this season. Among them is the men's 4x400-meter relay, which is ranked No. 3 heading into the MIAC Championships.



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

Head coach

- Steve Dalhed (interim head coach while Dave Ricks is on sabbatical)

A Year Ago

- 5th place | 81 points

Athletes to Watch

- Jerry Cook-Gallardo (Jr. | 2016 Indoor All-American in 800m; MIAC Men's Indoor Track Outstanding Track Athlete in 2016; two-time defending MIAC indoor champion in both the 800- and 1000-meter runs; this month he set school records at the 800m [1:52.48] and mile [4:10.2] distances and now ranks 2nd and 6th, respectively in Division III; among MIAC racers, ranks 1st in the 800m, 2nd in 1000m [2:29.18], and 3rd in mile)
- Jack Buckner (Jr. | ranks 2nd in the MIAC for the high jump this season at 1.94 meters; won the MIAC [outdoor] decathlon the last two years and finished 2nd in the heptathlon at last year's MIAC Indoor Championships with 4483 points)
- Ben Withbroe (Sr. | ranks 5th in the 600-meter run this season [1:22.07] and 12th in the 800m [1:58.56]; will also run on the Knights 4x400 relay; was MIAC 800m runner up during 2016 outdoor season and was All-MIAC Honorable Mention after taking 5th in the 600m at the indoor championships)

Did You Know?

- The Carleton College men's track & field team had the fourth highest team GPA in NCAA Division III last season at 3.55.



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

Head coach

- Garrick Larson (24th season)

A Year Ago

- 9th place | 45 points

Athletes to Watch

- Matthew Lillehaugen (Sr. | Broke the school record in the 1,000 meters; 2016 CoSIDA Academic All-American)
- Jackson Schepp (Sr. | 2016 MIAC heptathlon champion; ranked first in the high jump and third in the heptathlon heading into this year's meet)
- David Supinski (So. | Broke both the school records in the 400 and 600 meters; finished fourth in the 600 meters in 2016; ranked second in the 400 meters and third in the 600 meters heading into this year's meet)

Did You Know?

- Concordia junior pole vaulter Eli Beachy who is ranked sixth in the pole vault is the nephew of Cobber women's basketball coach Jessica Rahman.



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

Head coach

- Dale Bahr (Eighth season)

A Year Ago

- 8th place | 48 points

In the 2016 NCAA Championships

- Sam Fischer took 15th place in the weight throw at the NCAA Indoor Championships. Fischer posted a mark of 53-9 on his first toss and could not better his throw in the next two attempts.

Athletes to Watch

- Kyle Fredrickson (Sr. | First on MIAC Performance list in 600 with a time of 1:21.00 and second in the 800 at 1:55.62)
- Trevor Maxwell (Sr. | Second on the MIAC Performance list in the 60 hurdles with a time of 8.67)
- Michael Hensch (So. | Sixth on the MIAC Performance list in the shot put with a throw of 50-2)

Did You Know?

- Kyle Fredrickson set the facility record in the 600 meter at Carleton with a time of 1:21.00.



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

Head coach

- Paul Schmaedeke (22nd season)

A Year Ago

- 4th place | 88 points

In the 2016 NCAA Championships

- Eric Dols 4th Shot Put at NCAA D-III Indoor Meet

Athletes to Watch

- Eric Dols (So., 2nd in MIAC in Shot Put, Third in Weight Throw this season)
- Travis Jacobson (Jr, 1st in MIAC in Shot Put, Sixth in Weight Throw this season)
- Isaac Krause (Sr, 600 meters -- set school record and second fastest MIAC time last week -- 1:21.27)

Did You Know?

- The Pipers have 62 student-athletes on their 2017 TF roster.



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

Head coach

- Margaret Gehring (3rd season)

A Year Ago

- 11th place | 20 points

In the 2016 NCAA Championships

- Logan Hovie placed 5th in HJ

Athletes to Watch

- Lachlan Hinwood (SR | mile and 1500m)
- Henry Harper (FY | 15th on MIAC list for 3000m)
- Jack Schultenover (JR | School-record holder in 60m; 5th on MIAC list - 7.05)

Did You Know?

- Jack Schultenover has run faster than his previous school record of 7.14 in the 60m in each of his four races this season. His time of 7.05 in the finals of the Kilt Classic Jan. 20 is the new school record.



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

Head coach

- Jeremy Karger-Gatzow (Second season)

A Year Ago

- Third place | 90 points

In the 2016 NCAA Championships

- Thomas Feichtinger '16 finished ninth in the mile run with a time of 4:15.37, just 0:01.53 from eighth place.

Athletes to Watch

- Ryan Bugler (Sr. | Won the NCAA Division III outdoor national championship in the 3,000-meter steeplechase last spring...earned All-MIAC distinction indoors with a third-place finish in the 3,000 meters and as a member of the champion distance-medley relay team in 2016...currently owns the MIAC's second-fastest time in the 3,000 meters this season at 8:45.95)
- Max Martin (So. | Won the MIAC title in the 55-meter hurdles as a freshman last year...was also a member of SJU's championship distance-medley relay team...currently owns the MIAC's third-fastest time in the 60-meter hurdles this season)
- Raymond Twumasi (Sr. | Is a four-time (one indoor, three outdoors) All-MIAC honoree in the triple jump...his lone All-MIAC honor in the event, indoors, was a second-place finish in the event last year...currently owns the MIAC's third-best mark in the triple jump this season)

Did You Know?

- Last year's third-place finish was SJU's best since it claimed second in 2007 and 2008, and the 10 All-MIAC honors (top three individually, champion relay) were the most since 2007 (10).



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

Head coach

- Niels Anderson (4th season)

A Year Ago

- 10th place | 25 points

Athletes to Watch

- Jovan Newsum (Senior | Has broken two indoor school records in 2017, setting new marks in the 3,000 (8:45.92) and the 5,000 (15:04.16) ... Owns top MIAC times in both the 3,000 and 5,000 ... 2-time NCAA national championships qualifier in cross country)
- Brandon Krogman (Junior | Set school records in both the 600 (1:23.19) and 800 (1:58.27) in 2017 ... Both 600 and 800 times rank seventh in the MIAC)
- Kyle Lichttenegger (Sophomore | Shattered 19-year-old school record in the 60 with a time of 7.03 at the UW-Superior Border Battle ... Record-setting time of 7.03 in 60 ranks fourth in MIAC)

Did You Know?

- The Cardinals, who broke five indoor school records during the 2016 season, head into the MIAC Championships having broken four school marks this season.



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

Head coach

- Phil Lundin (9th season)

A Year Ago

- 2nd place | 105 points

In the 2016 NCAA Championships

- T-5th at the NCAA National Championships with 21 points... Paul Escher ('16) repeated his national championship in the mile and Jake Campbell ('16) was the runner-up in the 3,000... Joe Coffey (Sr.) was 4:16.92 in the prelims for the mile, and did not qualify for finals... Sean Bjork (Sr.) James McFarlin ('16), Kevin Skrip ('16) and Jacob Eggers (Sr.) were sixth in the DMR with a time of 10:04.52.

Athletes to Watch

- Jacob Eggers (Senior | Qualified for the 2015 and 2016 Outdoor NCAA Championships in the 1,500... Has run 4:16.80 this season in the mile and 2:31.43 in the 1,000)
- Joe Coffey (Senior | 6th at the Outdoor NCAA 1,500 last spring... Qualified for the NCAA Indoor championships in the mile in 2016... Has run 4:08.02 and 2:28.02 in the mile and 1,000 respectively)
- Nick Woods (Senior | 5th in the shot put at the 2016 MIAC indoor championships... In the shot put, has thrown 15.49 meters and 15.00 meters in the weight throw this season.)

Did You Know?

- St. Olaf scored points in 15 of the 20 events contested at the MIAC Championships in 2016.



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

Head coach

- Steve Mathre (22nd season)

A Year Ago

- MIAC Champions | 166 points

In the 2016 NCAA Championships

- Matt Schauer All-America in shot put

Athletes to Watch

- Connor O'Neill (Sr. | All-America; MIAC top-seed in three events; seeded top 13 in D-III in both heptathlon and pole vault; 12th 2016 D-III decathlon; has scored 92 points in the multis, jumps, pole vault and hurdles in four career MIAC Championships events.)
- Micah Hausman (Sr. | Seeded top four MIAC and top 27 in D-III in both weight throw and shot put)
- Nick Spann (So. | Seeded first in MIAC and top 27 in D-III in both the long jump and triple jump)

Did You Know?

- The Tommie men are seeded first in the MIAC in six events (26 top-5 seeds) as they attempt to make it 33-for-33 in all-time conference indoor team crowns

