

2013 MIAC Men's Outdoor Track and Field Championship Preview

Posted: May 08, 2013

ST. PAUL, Minn. -- The University of St. Thomas enters the 2013 MIAC Outdoor Track and Field Championships as the favorite to repeat, and the Tommie men will try to add another conference title to their tremendous season in front of their home fans. St. Thomas will host the 2013 conference meet on its St. Paul, Minn., campus, Friday, May 10, and Saturday, May 11.

St. Thomas captured the 2013 MIAC Indoor Track and Field team championship at St. Olaf in March, and now Head Coach **Steve Mathre** and his team will try to claim another outdoor title in front of their home fans. A year ago, UST won its MIAC-leading 30th overall outdoor title, and in 2012 the Tommies will try for two in a row, and five in the past six years. In fact, St. Thomas has won every title except five since 1983, and each of those five championships (1997, 1999, 2005, 2007, 2010) were claimed by UST rival Saint John's.

A year ago, the Tommies claimed the title by a 34-point margin over runner-up, Hamline, which finished second with a total of 153 points. Gustavus (118) and Saint John's (101) also broke 100 points a year ago, with Bethel (86) rounding out the top five. Carleton was sixth with 71 points, St. Olaf came in seventh (63) and Concordia (58) - which hosted the 2011 meet - was eighth. Augsburg (14), Macalester (4.0) and Saint Mary's (3.0) rounded out the final three spots in the standings.

UST again will be the favorite - especially with home-track advantage - but several other schools are looking for upward movement to challenge the Tommies' reign. St. Olaf and Bethel both joined St. Thomas in the top three in the 2013 Indoor Championships, and perennial contenders Hamline and Saint John's were also in the top five, and those five are again expected to jockey for position atop the standings at the 2013 Outdoor meet.

The top performers from the indoor season are also expected to be a huge factor this weekend outdoors as well. St. Thomas' **Eyo Ekpo** will close the books on his amazing MIAC career this weekend in front of his home fans after capturing his fourth-straight Indoor Outstanding Men's Field Athlete honor in March. The Tommie jumper also has a decorated outdoor career, earning Outstanding Field Athlete in 2010 and Outstanding Performance a year ago. Ekpo - an All-American - has 11 first-place finishes, four seconds and two thirds in six previous MIAC indoor/outdoor meets.

Teammate **Cody Jerabek** will anchor the defending champion in the sprinting events and has high expectations for the outdoor championships after winning Outstanding Performance-of-the-Meet honors at the 2013 indoor championships. Bethel runner **Zach Haskins** will try to add an outdoor award to his stellar season after the junior claimed Outstanding Men's Track Athlete honors indoors in March.

The defending champs - in addition to Ekpo and Jerabek - will count on thrower **Bryan Thell**, versatile athlete **Aba Omot** and sophomore **Doug Thoreson** to pile up points in their quest for another title. St. Thomas is already off to a good start after **Max Dunne** won the MIAC Outdoor decathlon title last weekend with three UST athletes finishing atop the standings.

St. Olaf will aim to continue its great season after winning the 2012 MIAC Cross Country title and finishing second in the MIAC in March under the direction Indoor Coach-of-the-Year **Phil Lundin**. Distance runners **Grant Wintheiser** and **Brian Saksa** lead the Oles, with sprinters **Reggie Woods** and **James McFarlin** adding to their depth. Haskins headlines a strong Bethel team under first-year Head Coach **Andrew Rock**. Runners **Rob LeMay**, **Matt Berens** and **Gavin Woodland** and thrower **Bucky Dixon** all boost the Royals' expectations for the 2013 outdoor meet.

Hamline lots a lot of excellence in the distance events, but Head Coach **Paul Schmaedeke** has far from an empty cupboard. Jumper **Phil Rein** and thrower **Ben Dvorak** will lead in the field events, with sophomore **Freddie Galloway** among the Piper stars on the track. Saint John's will try to recapture its recent championship magic of 2010 behind a strong lineup. **Kevin Horton** and **Thomas Feichtinger** lead the Johnnie runners, while jumper **Tyler Martin** and thrower **Andrew Casascione** will try to score big in the field.

Gustavus brings back one of the meet's true stars in **Blair Riegel**, the defending Outdoor Outstanding Field Athlete. Riegel won the long jump and helped GAC win the 4x100-meter relay a year ago with a second-place finish in the triple jump as well. Pole vault favorite **Josh Owens** and thrower **Ryan Obele** also bolster the Gustie expectations in the field events. Carleton got a fourth-place decathlon finish out of **C.J. Dale** last weekend, and defending steeplechase champ **Marcus Huderle** also leads the Knights. Carleton is counting on a big weekend out of runners **Colby Seyferth**, **Bobby Davis** and **Noah Laack-Veeder** as well.

Concordia has 2012 javelin champ **Connor Johnson** back as well as All-MIAC runner John Bye. Jumper **Simon Erlandson** and sprinter **Ben Vickstrom** add to the Cobbers' talent and depth at the 2013 outdoor meet. Distance runner **Micheale Tesema** and versatile athlete **Michael Harley** lead Augsburg into the MIAC meet. Macalester has 200-meter indoor champ **Konnor Fleming** and talented jumper **Logan Hovie** in the lineup, and Saint Mary's has a trio of distance runners - **Aaron Haley**, **John Soucheray** and **Jake Traxler** - leading its team into the conference championships.

The 2013 MIAC Indoor Track and Field Championships began with last weekend's multi-event competitions at Saint John's. The full event will begin Friday at St. Thomas with field events beginning at 3 p.m. and track events starting at 3:30 p.m. Saturday's action will start with the National Anthem at 11:50 a.m. The Day 2 field events start at 12 p.m. and the track events will begin at 1 p.m. The full schedule of



events is available online.

Saturday's final event begins at 4:35 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 fourth- through sixth-place finishers in each open event and second- through sixth-place relay teams will all be named All-Conference Honorable Mention.

The MIAC has a Web page dedicated to the event, and complete results, recaps, and multimedia coverage of the championships will be available on that site throughout the event. There will be live results available for all events courtesy of [Apple Raceberry Jam](#) and fans can also find entries and heat sheets on the MIAC's event page as they become available.

Admission for the event is \$7 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, its coaches, and its staff, for its efforts as the host school. Stay tuned to [St. Thomas' athletic web site](#) for complete details and meet information.

2013 MIAC Outdoor Track and Field Championships Preview Video

2013 MIAC Men's Outdoor Track and Field Championship Coverage

The MIAC Web site will be the first place for results and recaps from the 2013 MIAC Indoor Track and Field Championships. Stay tuned to the 2013 MIAC Outdoor Track and Field Championship Home Page, as well as the MIAC's social media networks on [Facebook](#), [Twitter](#) and [YouTube](#) throughout the weekend to stay connected to all the action at St. Thomas. Also, this Thursday's (May 9) MIAC Media Weekly Podcast will offer a preview of the event as St. Thomas Head Men's Coach **Steve Mathre** joins host **Mike Gallagher** to talk MIAC Track.

| [2013 MIAC Indoor Track and Field Championships Page](#) |

MIAC Men's Outdoor Track and Field Links

| [Website](#) | [MIAC Performance Lists](#) | [Composite Schedule](#) | [Team Pages](#) | [Archives](#) | [Recordbook](#) |



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

Head Coach

- Dennis Barker (18th season)

A Year Ago

- 9th place | 14.0 points

Top Performers

- Fabien Dubbe (SO, Sprints I ranks 9th in MIAC in 400-meter dash - 49.84; 18th in 200-meter dash - 22.75)
- Chase Grieves (FY, Mid-Distance I ranks 2nd in MIAC in 400-meter hurdles - 56.13; 9th in 400-meter dash - 49.84)
- Micheale Tesema (JR, Mid-Distance I ranks 2nd in MIAC in 5,000-meter run - 14:52.81; 24th in MIAC in 1,500-meter run - 4:06.71)
- Mike Harley (SO, Hurdles I ranks 7th in MIAC in high jump - 1.95m/6-feet-4.75; 29th in 100-meter dash - 11.20; 17th in MIAC in 110-meter hurdles - 16.59)
- Matt Green (SO, Throws I ranks 16th in MIAC in shot put - 13.17m/43-feet-2.5; 19th in discus throw - 39.04m/128-feet-1)

By the Numbers

- 54: NCAA Division III National Championship qualifiers Augsburg head coach Dennis Barker has qualified at Augsburg
- 3:26.65: Time the Augsburg 1,600-meter relay team recorded at the Cal-State Northridge Meet earlier this season (9th fastest in the MIAC this season)
- 1.96: Height in the high jump that Mike Harley recorded at the 2012 MIAC Outdoor Championships to finish in fourth place.

Did You Know?

- Micheale Tesema set the Augsburg school record in the 5,000-meter run earlier this season (14:52.81) at the Occidental College Distance Carnival in Los Angeles, Calif.

Off the Track

- Augsburg head coach Dennis Barker recently served on the coaching staff for the United States team that participated in the Bupa Great Edinburgh Cross Country race earlier this season in Scotland.



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

Head coach

- Andrew Rock (First Season)

A Year Ago

- 5th place | 86.0 points

At the 2012 NCAA Championships

- Zach Haskins – 7th place, 3:57.11 (1500-meter run)
- Matt Schafer – 3rd place, 1:50.45 (800-meter race)

Top Performers

- Zach Haskins (Jr., 1500-meter | Two-time All-American (Indoor Mile, Outdoor 1500-meter), 2013 Most Outstanding Indoor Track Athlete, holds three top times in the Bethel record book, three-time All-Conference, No. 29 on 1500-meter honor roll)
- Rob LeMay (Sr., 400-meter, 4x400-meter relay | Two-time conference champion in 400-meter dash, No. 26 in 400-meter honor roll and No. 15 on 4x400-meter relay team, All-MIAC)
- Matt Berens (So., 5,000-meter, 10,000-meter | No. 33 in 10,000-meter honor roll, two top times in the Bethel record book)
- Bucky Dixon (Sr., Hammer Throw, Discus Throw | 2011 All-MIAC)
- Gavin Woodland (Sr., 4x400-meter relay, 4x200-meter relay, 200-meter dash | No. 15 in 4x400-meter relay honor roll, All Conference Honorable Mention)

By the Numbers

- 3: Three runners on the Royals active roster currently possess top times in Bethel's all-time record book.
- 7: In this shortened spring season, Bethel has still maintained success—recording seven Top 10 records in Bethel history for individual events.
- 24: The men's track and field program has developed 24 All-Americans student athletes since the 2007 season. Included in the list is Taylor Ferda, who was an eight-time All-American from 2008-2010.

Did You Know?

- The Royals traveled 4,001 miles for their outdoor track and field meet of the 2013 season, as Bethel took part in Point Loma Nazarene University's Collegiate Open in San Diego, Calif. Traveling 2,001 miles to San Diego proved to be the longest trip the BU track and field program has taken for competition since 2011... when they competed in the 2011 PLNU Collegiate Open.

Off the Track

- Bethel's 800-meter runner and 2012 All-American Matt Schafer was honored by the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) last summer to the men's 2012 Division III All-Academic Track and Field First Team.



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

Head coach

- Dave Ricks (10th season)

A Year Ago

- 6th place | 71.0 points

Top Performers

- C.J. Dale (Sr., Pos. | Finished 4th at 2013 MIAC Decathlon, picking up All-Conference Honorable Mention)
- Marcus Huderle (Jr., | Defending MIAC champion in steeplechase and placed 12th at the 2012 NCAA Championships; top-10 seed for four distance events, including top seed in the steeplechase)
- Colby Seyferth (So., | Owns MIAC top-10 performances in five events: 100m, 200m, 400m, 400 hurdles, and decathlon)
- Bobby Davis (Sr., | Ranked third in the MIAC in the 10,000m run this year; All-MIAC Honorable Mention in the event in 2012)
- Noah Laack-Veeder (So., | All-Conference in 800m run (2nd in 2012) and is currently ranked third in the MIAC this year)

By the Numbers

- 800: Three Knights are currently ranked in the top-ten in the MIAC in the 800m run. Noah Laack-Veeder has the third-best time in the conference followed by Jack Percival (fourth) and Marcus Huderle (eighth).
- 3,000: Marcus Huderle holds the fastest time in the 3,000-meter steeplechase this season, with a time of 9:23.35.

Did You Know?

- The Knights hold the No. 9 spot In the Central Region in the most recent USTFCCCA NCAA Division III regional team rankings.

Off the Track

- For the past four years the Carleton College men's track and field team has posted one of the top-20 cumulative grade-point averages in the nation. Last season, the Knights posted a cumulative 3.35 GPA and were recognized as an All-America team by the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA).



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

Head coach

- Garrick Larson (20th season)

A Year Ago

- 8th place | 58.0 points

Top Performers

- John Bye (Sr., Sprints/Hurdles | 2012 All-MIAC in the 400-meter hurdles; currently 2nd in the 110-meter hurdles and 3rd in the 400-meter hurdles)
- Connor Johnson (Jr., Javelin | 2012 MIAC javelin champion, 2012 All-MIAC; currently ranked 2nd in the MIAC in the javelin)
- Simon Erlandson (Sr., High Jump | 2012 All-MIAC Honorable Mention in the high jump, currently ranked 4th in the high jump in the MIAC with a jump of 6-6; posted the 8th best height in the high jump in school history)
- Ben Vickstrom (So., Sprints | MIAC Track Athlete of the Week – May 7; ranked 2nd in the 100 meters; ran the 4th fastest time in school history in the 100 meters)

By the Numbers

- 5: Ben Vickstrom became the first Cobber to earn MIAC Track Athlete of the Week honors in the past 5 years.
- 20: Garrick Larson is in his 20th season as head coach of the Cobbers. He is the longest tenured coach in the history of the program and is tied for the second longest active coach in the MIAC.
- 68: The 2013 Cobber men's track and field roster has 68 athletes – the most in recent history of the program.

Did You Know?

- Concordia was scheduled to host 19 college and high school track and field meets during the indoor and outdoor season.



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

Head coach

- Dale Bahr (Fourth Season)

A Year Ago

- 3rd Place | 118.0 points

Top Performers

- Blair Riegel (Jr., Jumps/Sprints) – 2012 MIAC long jump champion (22' 10"), placed second in triple jump (46' 0.5"), member of first place 4x100-meter relay...Currently ranks second in triple jump (45' 3.5"), fifth in long jump (21' 4"), sixth in 100-meter dash (11.08), and eighth in 200-meter (22.58)...2012 Outstanding Field Athlete at MIAC Championships.
- Josh Owens (Sr., Pole Vault) – Coming off fourth place finish in pole vault at NCAA Indoor Championships...Two-time outdoor All-Conference performer in pole vault, placing second in both 2011 and 2012...Ranks first in the MIAC with a height of 15-feet 1.5-inches.
- Ryan Obele (Jr., Throws) – Currently ranks second in hammer throw (161') and third in discus (148' 4")...Placed sixth in discus and seventh in shot put at 2012 MIAC Championships.
- Ryan Ness (Sr., Javelin) – Is currently the top-ranked javelin thrower in the conference with a mark of 188-feet 9-inches...Runner-up in javelin at 2012 MIAC Championships with a throw of 166-feet 11-inches.

By the Numbers

- 4 – The number of Gustavus throwers who rank inside the top 12 in the conference in the hammer throw. They include Ryan Obele (2nd), Jesse Scheiterlein (5th), Pat Tracy (9th), and Erik Bryz-Gornia (12th).
- 16-6.75: The Gustavus Adolphus outdoor school record in the pole vault held by Josh Owens and set last season at the Meet of the UnSaintly.
- 3 – The number of returning members on last season’s MIAC Champion 4x100-meter relay. Phillip Butler, Kendrick Hall, and Blair Riegel will all return in an attempt to reclaim the crown.

Did You Know?

- The Gustavus Adolphus men’s track and field team boasts two of the top three ranking high jumpers in the league, both of which happen to be two-sport athletes and also play for Mark Hanson on the Gustavus basketball team. Isaac Tapp holds the second-ranked height in the conference at 6-feet 6-inches, while Brody Ziegler ranks third with a height of 6-feet 4.75-inches.

Off the Track

- Members of the Gustavus Adolphus track and field team will serve as volunteers at the upcoming Special Olympics Area 9 Athletics Competition set to take place on campus Sunday, May 5. One of the most well-attended events in the state, Gustavus welcomes Special Olympic athletes from Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Scott, Sibley, Waseca and Watonwan counties.



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

Head coach

- Paul Schmaedeke (20th season)

A Year Ago

- 2nd place | 153.0 points

At the 2012 NCAA Championships

- Jack Deichert – 2nd place, 1500 Meters
- Devin Monson – 3rd place, 5000 Meters, 10,000 Meters
- Brennan McKeag – Hammer Throw

Top Performers

- Freddie Galloway (Soph., 200 Meters, 6th best MIAC time this spring, 22.44)
- Brendan Ruter (Sr., Steeplechase, 2nd best MIAC time, 9:39.75)
- Nate Dobbins (Sr., Steeplechase, 3rd best time, 9:44.01)
- Phil Rein (Jr., Long Jump, top MIAC effort this year, 21-11 $\frac{3}{4}$); High Jump (tied for 7th, 6-4)
- Ben Dvorak (Jr, Shot Put, 3rd in MIAC, 46-6 $\frac{1}{4}$); Discus (6th, 141-3)

By the Numbers

- 1: transfer on team this season (Phil Rein)
- 8: outdoors practices all season for team
- 56: rostered athletes

Did You Know?

- Brendan Ruter, who currently has the second best time in the conference in the Steeplechase, is participating in the event for the first time in his career this spring.

Off the Track

- Members of the men’s team filled many roles as Hamline hosted the annual Prep Elite Meet in late April. More than 200 high schools had competitors on hand. The team members did everything from rake the pits to handling programs.



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

Head coach

- Martin Peper (20th season)

A Year Ago

- 10th place | 4.0 points

Top Performers

- Konnor Fleming (So., | MIAC indoor 200-meter dash champion with school-record 22.70; ran a 22.29 outdoor at Mac Twilight)
- Logan Hovie (Fy., | tied for second in high jump at MIAC indoor meet with school-record 6-7 mark)
- Sebastian Roemer (Jr., | MIAC indoor runner-up in 600-meter dash with 1:22.71 time, also 8th in 800)
- Joe Giamberdino (Jr. | ran a 10:20 in his first-ever steeplechase at Macalester Twilight)

By the Numbers

- 3: Macalester had three individuals grap top-two finishes at this past winter's MIAC indoor meet: Konnor Fleming in the 200, Sebastian Roemer in the 600 and Logan Hovie in the high jump.
- 3: Macalester has had three outdoor meets cancelled this spring.
- 7: Macalester's roster has student-athletes from seven nations.

Did You Know?

- Distance runner Andy Keefe has been named a 2013 Truman Scholar. Scholars were elected by independent selection panels on the basis of leadership potential, intellectual ability, and the likelihood of 'making a difference.' Keefe is one of 62 students from 54 U.S. colleges and universities to be named Truman Scholars this year. He is a double major in Linguistics and Media & Culture Studies and will graduate this spring, one year early, with a 4.00 GPA.

Off the Track

- Once again this year, the Macalester track team volunteered in January – at the start of the indoor season – at the Feed My Starving Children, an organization which aids malnourished children.



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

Head coach

- Tim Miles (34th season)

A Year Ago

- 4th place | 101.0 points

Top Performers

- Kevin Horton (Sr. | Currently holds the third-fastest time in the 200 (22.28) and the second-fastest time in the 400 (49.06)...is also a member of the 4x100-meter relay team and 4x400-meter relay team that holds the fourth-fastest (43.13) and second-fastest (3:20.06) times in the MIAC, respectively...set three new indoor school records in 2013: the 60- (7.13), 200- (22.49) and 400-meter (49.86) dashes...two-time All-MIAC honoree at last year's MIAC Outdoor Championships and 2013 Indoor Championships (200-meter, 400-meter).
- Thomas Feichtinger (Fr. | Currently holds the fastest 800-meter time in the MIAC (1:53.60) and fifth-fastest in the 1500-meter run (3:58.46)...is also a member of the 4x400-meter relay, which currently holds the second-fastest time(3:20.06) in the MIAC...currently ranks 20th nationally in Division III with 800 time...earned 2012 cross country All-Region honors).
- Tyler Martin (Sr. | Currently holds the eighth-best mark in the long jump (6.34 meters)...is fifth in the triple jump (13.21 meters).
- Andrew Calascione (Sr. | Currently holds the seventh-best javelin throw in the MIAC with 47.30 meters...earned All-MIAC honors at the 2012 MIAC Outdoor Championships in the javelin with a throw of 48.67 meters).
- Patrick Means (Jr. | Currently holds the eighth-fastest time in the 200- (22.58) and the 10th-fastest time in the 100-meter (11.20) dashes...is also a member of the 4x100-meter relay team, which holds the fourth-fastest time in the MIAC (43.13).

By the Numbers

- 2: The number of Johnnie track & field athletes ranked in the top-50 nationally for the 2013 outdoor season: freshman Thomas Feichtinger is 27th in the 800 meters (1:53.60) and senior Kevin Horton is ranked 42nd in the 400 meters with 49.06.
- 29: As of May 1, the Johnnies currently have 29 competitors in the top 10 in the MIAC through 19 events (not including the relays).
- 5: The number of MIAC outdoor championships that the Johnnies have won under head coach Tim Miles. Each title was earned during an odd year: 1997, 1999, 2005, 2007 and 2011.

Did You Know?

- In 2012, senior Kevin Horton became the first Johnnie to earn Outdoor All-MIAC honors in the 200 and 400 meters since Steve Dalhed in 2005.

Off the Track

- Junior hurdler Michael Richter (White Bear Lake, Minn.) currently volunteers with the local Special Olympics, coaching one of the qualifying basketball teams.



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

Head coach

- Shawn McMahon (Sixth season)

A Year Ago

- 11th place | 3.0 points

Top Performers

- Aaron Haley (So., 5-6, 130 | Set school record in 5,000 this season; First-Team All-MIAC in cross country in 2012; School record-holder in)
- John Soucheray (Jr., 6-4, 160 | Broke school record in 5,000 at the 2013 MIAC Indoor Championships with a time of 15:16.97)
- Jake Traxler (Sr., 5-11, 150 | H-M All-MIAC in cross country in 2012; Set school record in steeplechase at 2012 MIAC Outdoor Championships)

By The Numbers

- 1: The Cardinals' John Soucheray ranks No. 1 on SMU's all-time list in the 5,000 meters, clocking a record-setting time of 15:16.97 at the 2012 MIAC Indoor Championships earlier.
- 2: Peter Borash (Bowlus, Minn.) became the second straight men's cross country/track and field athlete to be named SMU's Outstanding Senior Male. Borash follows Michael Mockler, who earned the honor in 2012. Borash is also the eighth Cardinal student-athlete named either Outstanding Male or Outstanding Female Senior in the last five years.
- 9:31.26: Jake Traxler's time of 9:31.26 in the steeplechase at the 2012 MIAC Outdoor Championships was not only his career-best — it was all the fastest time ever run by a Cardinal in the 3,000-meter event. Traxler, who shattered his own school record by nearly five seconds, placed sixth in the event.

Did You Know?

- Jake Traxler has been a member of the SMU distance medley relay team that has broken the school record at each of the last four MIAC Indoor Championships.

Off The Track

- The Cardinals' Jake Traxler also earned Academic All-MIAC teams in both the fall and the winter-spring seasons.



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

Head coach

- Phil Lundin (Fifth season)

A Year Ago

- 7th place | 63.0 points

Top Performers

- Grant Wintheiser (Sophomore; Distance | 2013 Indoor MIAC Champion in the 3K and the distance medley relay, ranks third on the St. Olaf All-Time list in the outdoor 5K, ranks second on the St. Olaf All-Time list in the indoor 3K, finished as an All-American in the 2013 NCAA Cross Country Championships)
- Brian Saksa (Junior; 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, MIAC athlete of the week in February 2013 after winning the Snowshoe Open in the mile, 2013 Indoor MIAC Champion in the mile)
- Reggie Woods (Senior; Sprints | St. Olaf record holder in the indoor 60m dash (6.96), 2013 Indoor MIAC champion in the 60m dash)
- James McFarlin (Freshman; Sprints | Finished fourth in the 400m at 2013 Indoor MIAC and ranks in the St. Olaf All-Time indoor top ten in the event)
- Brian Tomlinson (Senior; Middle Distance | Finished fourth in the 800m at 2012 Outdoor MIAC, ranks fourth on the St. Olaf All-Time list in the outdoor 800m, finished second in both the 800m and the 1000m at 2013 Indoor MIAC)

By the Numbers

- 5: In the 2013 MIAC Indoor Championships, the Ole men had a total of five MIAC Champions.
- 15: Head coach Phil Lundin and assistant Dave Griffiths have coached together for a total of 15 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?

- Sophomore Grant Wintheiser finished third at the 2012 NCAA Cross Country Championships to earn All-American honors.

Off the Track

- St. Olaf had five men track and field student-athletes earn Academic All-MIAC honors in the 2012 outdoor season.
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ST. THOMAS | [Tommies' men's outdoor track and field home page](#) |

Head coach

- Steve Mathre (18th season)

A Year Ago

- 1st place | 187.0 points

In the 2012 NCAA Championships

- 20th place, 11 points (Mike Hutton, 2nd 800; Ben Sathre, 6th in 5,000; Maxwell Dunne 18th decathlon)

Top Performers

- Eyo Ekpo, SR, Jumps , All-America (11 firsts, four seconds, two thirds in six previous MIAC indoor/outdoor meets)
- Cody Jerabek, JR, sprinter, 3 firsts in 2012 MIAC outdoor meet
- Bryan Thell, JR, Throws, seeded first in 2013 outdoor list in hammer, shot put
- Aba Omot, SR, Throws-Relay, on top-seeded 4x100 relay and ranked first in discus
- Doug Thoresen, SO, 400, MIAC indoor champ 600

By the Numbers

- 28: Team points already in the bank from last week's 1-2-3-5 finish in the decathlon • 25: MIAC outdoor T&F team titles won by Toms in last 30 seasons
- 5: Performances seeded in top 20 nationally thus far in 2013 by Tommies

Did You Know?

- St. Thomas has won 82 of a possible 187 MIAC team crowns in the sports of cross country, indoor/outdoor T&F on the men's side -- more than double the total championships of the next closest program (Macalester, 33).

Off the Track

- Academic All-America Eyo Ekpo will be recognized on campus May 8 as part of the annual St. Thomas Day event after being voted Tommie Award for the 2013 senior class. He likely will miss giving a live speech at commencement while he competes at nationals, but may produce one on video to be shown at the ceremony
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