

# 2005 MIAC Women's Indoor Track & Field Athletes of the Week

## February 28, 2005

**Track** - Augsburg College junior **Tonnisha Bell** (Minneapolis, Minn./Washburn HS) set a school record and an NCAA championships automatic qualifying time in the women's 55-meter dash at the St. Olaf Ole Open. Her time of 7.09 set the first of Bell's two Tostrud Fieldhouse records and ranks 2nd in the nation. She also won the 200 meter dash in a new field house record time of 25.60. Both marks lead the MIAC.

**Field** - University of St. Thomas sophomore **Kristal Grigsby** (Minneapolis, Minn. / Breck HS) set a new school record with her automatic qualifying mark of 5.74 m (18'10") winning the long jump at the St. Olaf Ole Open. Her performance is an NCAA Automatic qualifier and is the best mark thus far in the nation.

## February 21, 2005

**Track** - Augsburg College runners **Hannah Dietrich** (Sr., Luverne, Minn.) and **Ellen Waldow** (Jr., Lanesboro, Minn.) both ran NCAA provisional qualifying marks of 2:16.13 and 2:16.81 in the 800 meter run at the Parent's Day Open in Minneapolis.

**Field** - Carleton College sophomore **Liz Durham** (Portsmouth, R.I.) made an NCAA provisional mark in the weight throw of 48-10.25 in the Meet of the Hearts this weekend in Northfield.

## February 14, 2005

**Track** - Augsburg College senior **Hannah Dietrich** (Luverne, Minn.) broke her second school record in two weeks, winning the 600 meter run at the Coca Cola Classic in River Falls, Wis. in an MIAC leading time of 1:38.90. Dietrich also holds the MIAC top 800 M time (2:18.73) at this point in the season. Her 800 time is also an Augsburg school record.

**Field** - Saint Mary's University senior **Ashley Dingels** (Gibbon, Minn./G-F-W) rewrote the Saint Mary's record book in the pentathlon with a score of 3306 in winning the Eastbay Multievent Competition at UW - Stevens Point. Dingels also qualified provisionally for the NCAA Championships in the high jump with a leap of 5-5 (1.65m) while competing in the pentathlon.

## February 7, 2005

**Track** - Augsburg College junior **Tonnisha Bell** (Minneapolis, Minn./Washburn HS) and Saint Benedict junior **Leah Wurm**(Monticello, Minn.) were named track co-athletes of the week. Bell raced to an NCAA best 7.69 in the 60 M dash and also ran a MIAC leading time of 25.55 in the 200 M at Minnesota State - Mankato. Wurm met the NCAA provisional standard in the 5000 M running 17:39.55 at the Carleton Invitational.

**Field** - University of St. Thomas sophomore **Kristal Grigsby** (Minneapolis, Minn. / Breck HS) won the long jump (5.32 m) and tied for 2nd in the high jump (1.57m) at the Carleton Invitational.

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## January 31, 2005

**Track** - College of Saint Benedict senior **Leah Wurm** (Monticello, Minn.) set a new school record in the 3000 meters with a time of 10:23. Her time currently ranks first in the MIAC.

**Field** - College of Saint Benedict junior **Patti Clintsman** (Maplewood, Minn. /Hill-Murray HS) tied the Blazer school record for the long jump at 5.37 M as well as racing to a 55 meter dash record in 7.41.

## January 24, 2005

**Track** - Carleton College first-year **Katherine Wingert** (Coronado, Calif.) won the mile run at the St. Olaf Invitational. Her time of 5:14.57 established the Tostrud Center record in the event.

**Field** - Saint Mary's University senior **Ashley Dingels** (Gibbon, Minn. / GFW HS) was named MIAC athlete of the week for the second consecutive week after recording two second place finishes at the Blugold Open in Eau Claire, Wis. Dingel's high jump was 1.59 meters/5-2.5 and her mark in the shot put was 11.70 meters/38-4.75. Both marks lead the MIAC rankings.

## January 17, 2005

**Track** - Augsburg College junior **Tonnisha Bell** (Minneapolis, Minn. / South HS) won the 60 meter dash at the University of Minnesota Open in 7.89, just .04 off the NCAA provisional qualifying mark.

**Field** - Saint Mary's University senior **Ashley Dingels** (Gibbon, Minn. / GFW HS) won the field event honor for her 1.50 M (4'11") high jump effort at the University of Minnesota Open.