

2006 MIAC Women's Indoor Track & Field Athletes of the Week

February 27, 2006

Track - Saint Mary's University senior **Autumn Valk** (Appleton, Wis./Xavier) improved her NCAA qualifying mark in the 55 hurdles to 8.44 at the Ole Open on Friday. The mark lowers her school record, ranks her #1 in the MIAC and 14th on the NCAA performance list.

Field - College of Saint Benedict senior **Patti Clintsman** (Maplewood, Minn./Hill-Murray) jumped a national qualifying distance of 5.52 meters in the long jump at the Ole Open meet hosted by St. Olaf. At the same meet, Clintsman also qualified for nationals with her time of 7.27 in the 55 meter dash running in second place.

February 20, 2006

Track - Macalester College senior **Emily Stafford** (Burnsville, Minn.) ran a NCAA provisional qualifying time of 2:16.70 in the 800m at the University of Minnesota's Parent's Day Open. This time ranks her first in the MIAC.

Field - Saint Mary's University junior **Amanda Weinmann** (Rochester, Minn./Century) threw 12.94m (42-5.5) to win the women's shot put at the Blue Devil Open hosted by UW-Stout. Weinmann has improved by almost two feet in the past two weeks. Weinmann's throw currently ranks her 11th in NCAA Division III.

February 13, 2006

Track - Hamline University senior **Keidra Anderson** (Minocqua, Wis./Lakeland) qualified provisionally in the 5000 m (17:26.39) at the Iowa State Classic. This ranks her 11th in the nation and first in the MIAC (by over a minute). This performance also breaks the Hamline school record.

Field - Saint Mary's University senior **Megan Mason** (Rochester, Minn./Century) jumped to a NCAA provisional qualifying mark in the high jump (1.67 m). Her performance placed her first in the event at the Eastbay/Pointer Invitational at UW-Stevens Point, February 11th. Mason also pole vaulted 3.10 m to finish third.

February 6, 2006

Track - College of Saint Benedict senior **Patti Clintsman** (Maplewood, Minn./Hill-Murray) was a double winner at the Carleton Invitational winning the 55 meter dash in 7.41 and the 200 meter dash in 26.03.

Co-Field - University of St. Thomas senior **Kristal Grigsby** (Minneapolis/Breck) met the NCAA automatic standard in the long jump with a distance of 5.70 M (18-8 1/2). Grigsby also won the triple jump (35-10), and was second in the 200 (26.42) and third in the high jump (5-0 1/2) at the Carleton Invitational.

Co-Field - College of Saint Benedict senior **Jenna Wendorff** (Fulda, Minn./Fulda) won the shot put at the Carleton Invitational with a distance of 13.65. That mark seeds her at third in the nation and first in the MIAC.

January 30, 2006

Track - Augsburg College senior **Tonnisha Bell** (Minneapolis, Minn./Washburn) recorded an NCAA Division III national championship provisional time in her first event of the season at the University of Wisconsin-Stout Open on Saturday at the Johnson Fieldhouse. Bell ran a 7.23-second effort in the preliminaries of the 55-meter dash, eclipsing the NCAA provisional qualifying time of 7.33 seconds. She ran a second-place, 7.31-second time in the finals. Bell's time ranks her fourth on the NCAA list

Co-Field - Saint Mary's University senior **Beth Cleveland** (Wausau, Wis./ East) tossed a school record 14.89 meters in the weight throw and earned the SMU senior a provisional qualifying mark in the NCAA Division III Indoor National Championships.

Co-Field - St. Olaf College senior **Elizabeth Ghandour** (Madelia, Minn.) cleared 3.38 m (11'1") in winning the polevault event at the St. Olaf Triangular Meet in Northfield, Minn.. Her jump met the provisional mark for the NCAA Indoor Track and Field Championships to be hosted by St. Olaf in March.

January 23, 2006

Track - Carleton College sophomore **Katherine Wingert** (Coronado, Calif.) was a double winner at the St. Olaf Invitational last Friday winning both the mile run and the 1000 m events. Wingert raced to a 5:12.93 mile and came back an hour later with a fine time of 3:05.44 in winning the 1000 meter race.

Field - St. Olaf College junior **Stacy Griffin** (Newton, Kansas) threw a school record toss of 15.69 meters (51'5.75) in winning the weight throw at the St. Olaf Invitational. This throw met the provisional NCAA standard and currently ranks 6th in the country.