

2007 MIAC Women's Indoor Track & Field Athletes of the Week

February 27, 2007

Track - Concordia College senior **Heather Schuster** (Grafton, ND/Minto) ran a provisional national qualifying 2:16.51 in the 800 to place second in the Dakota Duals at NDSU in Fargo. Schuster's time ranks first in the MIAC by nearly 5 seconds and 16th in the NCAA.

Field - Macalester College senior **Susan Brown** (Kingston, Jamaica/Meadowbrook) tripled jumped 11.68 (38' 4") at the Pre-MIAC at Carleton. Her jump is currently listed as the third best jump in Division III. It is a Macalester school record as well as a Carleton Fieldhouse record (by over a foot and a half). She also won the high jump at 1.63m (5' 4 1/4").

February 20, 2007

Track - Macalester College senior **Kaela Schramm** (St. Paul, Minn./Como) ran a converted 60 hurdles time of 8.35 at the Parents Day at the Univ. of Minnesota Saturday. This time is faster than the indoor meet record for the race (8.39) and is currently tied for 5th place in the NCAA rankings. Schramm also jumped 5.11m in the long jump.

Field - Saint Mary's University senior **Amanda Weinmann** (Rochester, Minn./Century) won both the shot put (13.15m) and weight throw (15.21m) on Friday at the Blue Devil Open hosted by UW-Stout. Both throws were NCAA provisional performances.

February 13, 2007

Track - Bethel University junior **Nikki Umhoefer** (Sauk Centre, Minn.) raced a 17:48.39 in the 5000 meters at the Iowa State Classic last Friday night. Her time narrowly missed the NCAA standard, but shattered the Bethel school record for that distance. Umhoefer leads the MIAC in the mile, 3K and 5K distances.

Field - Macalester College senior **Susan Brown** (Kingston, Jamaica/Meadowbrook) had a great jumping day at the Eastbay/Pointer Invitational last Saturday. Her leap of 1.67 (5'5 3/4") in the high jump is a provisional NCAA performance. Brown also tripled jumped to an NCAA provisional mark of 11.40 m (37'5") at the same meet. Brown holds the top spot in both events for the MIAC.

February 6, 2007

Track - Macalester College senior **Kaela Schramm** (St. Paul, Minn./Como Park) lowered her NCAA Division III provisional qualifying time established last week by .01 second when she won the finals of the 55-meter hurdles in 8.51. Schramm also placed second by just .01 second in the 55-meter dash (7.57) and fourth in the 200-meter dash (27.90).

Field - College of Saint Benedict sophomore **Mary Schletty** (St. Paul, Minn./Cretin-Derham Hall) had two first place finishes including the long jump, with a jump of 16' 8 3/4." She then went on to leap 35-9' 1/4" in the triple jump. Both jumps are personal bests.

January 30, 2007

Track - Macalester College senior **Kaela Schramm** (St. Paul, Minn./Como Park) ran a 8.52 in the 55 hurdles at the UW-Stout Open on Saturday. This time ranks her first in the MIAC and 11th on the NCAA Division III performance list.

Field - Saint Mary's University senior **Amanda Weinmann** (Rochester, Minn./Century) broke her own school records by over a foot in both the shot put and weight throw on Saturday at the Blizzard Open hosted by UW - Superior. Weinmann uncorked a 15.97m weight throw and 13.46m shot put toss. This currently ranks her fifth in both throws in NCAA Division III.

January 22, 2007

Track - University of St. Thomas senior **Christina Chapman** (Edina, Minn.) ran a 59.24 in the 400m event at the Bugold Open hosted by UW-Eau Claire on Friday. Chapman finished first in the meet and her time is currently first in the MIAC.

Field - Saint Mary's University senior **Amanda Weinmann** (Rochester, Minn./Century) improved her national qualifying marks in the shot put and weight throw at the Bugold Open hosted by UW-Eau Claire on Friday. The 15.64m weight throw breaks her own school current record. Weinmann also threw 13.01m in the shot put.

January 15, 2007

Track - St. Olaf College sophomore **Jenna Carlson** (Edina, Minn.) raced to a second place finish in her debut collegiate track race at the MSU-Mankato Alumni Meet last Saturday. Her time of 18:41.50 in the 5K leads the MIAC and ranks ninth all time among Oles.

Co-Field - St. Olaf College senior **Stacy Griffin** (Newton, Kan.) qualified for the indoor championships with a personal best and new school record of 15.89m (52' 1 3/4") in the weight throw at the MSU-Mankato Alumni Meet last Saturday. Her performance ranks first in the MIAC and is the second best throw in the country at this time.

Co-Field - Saint Mary's University senior **Amanda Weinmann** (Rochester, Minn./Century) qualified provisionally in two events Saturday at the Northwest Open hosted by the University of Minnesota. Weinmann threw 12.77m in the shot put and 14.93m in the weight throw.