

Kelly Russ, St. Thomas

Week of: 2008-03-03



University of St. Thomas sophomore **Kelly Russ** (Plymouth, Minn./Wayzata) won the 1000 meter race in 2:59.94 at the Ole Open hosted by St. Olaf on February 29th. Russ is now ranked first on the MIAC list in the event.

Katie Theisen, St. Thomas

Week of: 2008-02-25



University of St. Thomas junior **Katie Theisen** (Elko, Minn./New Prague) raced to a 2:14.42 in the 800 meters. The school record breaking performance ranks her seventh nationally and leads a pack of Tommies at the top of the MIAC list. The cross country All American is having a great indoor season in her individual events and is a crucial part of their national qualifying Distance Medley Relay team.

St. Thomas Distance Medley Relay, St. Thomas

Week of: 2008-02-18



The **St. Thomas Distance Medley Relay** placed third in a competitive field at the Iowa State Classic Meet. Their time of 11:44.20 is an NCAA automatic qualifier, and currently ranks #1 in the nation by almost 10 seconds. This qualifying time is a new MIAC indoor record as well. Team members are sophomore **Kelly Russ** (Wayzata, Minn.), sophomore **Nikki Arola** (Chisholm, Minn.), sophomore **Erin Sprangers** (Hill Murray), and junior **Katie Theisen** (Elko, Minn./New Prague).

Nikki Arola, St. Thomas

Week of: 2008-02-11



University of St. Thomas sophomore **Nikki Arola** (Chisholm, Minn.) won the 400 meter dash and the 200 meter dash at the Border Battle Meet hosted by UW-Stout on February 9th. Arola's times of 59.77 (400m) and 26.40 (200m) currently lead the MIAC Honor Roll.

Whitney Holman, Augsburg

Week of: 2008-02-04



Augsburg College sophomore **Whitney Holman** (New Hope, Minn./Robbinsdale Armstrong) won the women's 55-meter dash at the Bethel Invitational in 7.50 seconds, the fastest time run by a MIAC female in the event so far this indoor season. Her time is edging closer to the NCAA Division III national meet provisional qualifying time of 7.32 seconds. Holman also finished third in the 200-meter dash in 27.78 seconds, currently the sixth-fastest time in the conference in the event.

Julie Anderson, St. Thomas

Week of: 2008-01-28



University of St. Thomas senior **Julie Anderson** (Ely, Minn.) ran a 10:24.30, placing eighth in the 3,000 meter run last Saturday, January 26th at the Iowa State Open Meet. Anderson leads the MIAC by 40 seconds in the 3000 meters event.

Katie Theisen, St. Thomas

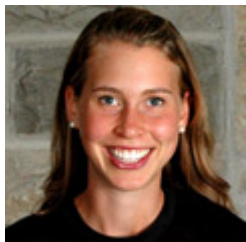
Week of: 2008-01-21



University of St. Thomas junior **Katie Theisen** (Elko, Minn./New Prague) placed second in the 800 meters at the UW-Eau Claire Blugold Open on Saturday, January 19th. Her time of 2:16.74 is an NCAA provisional qualifier. She also finished second in the long jump (16-6). The Tommies placed second as a team at the Open behind first place UW-La Crosse.

Jenna Carlson, St. Olaf

Week of: 2008-01-14



St. Olaf College junior **Jenna Carlson** (Edina, Minn./Edina) won the five kilometer race at the MSU Alumni Open hosted by Minnesota State-Mankato this past weekend. Her time of 18:37.81 is less than .5 seconds from her personal best and ranks seventh on the all-time list at St. Olaf.

Kaelene Lundstrum, Gustavus

Week of: 2008-03-03



Gustavus Adolphus College sophomore pentathlete **Kaelene Lundstrum** (Bird Island, Minn.) won the high jump at the Pre-MIAC meet at Carleton with a school record jump of 5' 6". The jump puts her in fourth place on the national list. She also placed second in the 55 hurdles, third in the 400, and ran a leg on the winning 4 x 400 relay.

Amie Fillmore, St. Olaf

Week of: 2008-02-25



St. Olaf College sophomore Amie Fillmore (White Bear Lake, Minn.) improved her NCAA qualifying mark going 3.65m (11'11 3/4") in the pole vault. Fillmore is currently ranked seventh nationally and leads the MIAC list. The vault is Fillmore's second consecutive school record performance in this event.

Carol Comp, St. Thomas

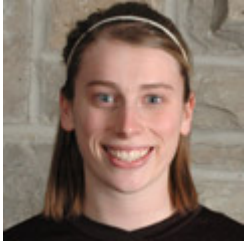
Week of: 2008-02-25



University of St. Thomas senior **Carol Comp** (Edina, Minn.) won the University of Minnesota Parents' Day Open weight throw with a toss of 16.49m (54-1 1/4). This throw ranks seventh in the NCAA, leads the MIAC list, and is a UST record.

Amie Fillmore, St. Olaf

Week of: 2008-02-18



St. Olaf College sophomore pole vaulter **Amie Fillmore** (White Bear Lake, Minn.) won her event at Saturday's Lake Superior Challenge, qualifying provisionally for nationals. Fillmore was first in a field of 20, vaulting 3.56m (11'8"). This performance is a new St. Olaf indoor school record, ranks first in the MIAC, and seventh on the national list.

Carol Comp, St. Thomas

Week of: 2008-02-11



University of St. Thomas senior **Carol Comp** (Edina, Minn.) was a double winner at the Border Battle Meet hosted by UW-Stout on February 9th. Comp threw 41-1 1-2 in the shot and 52-11 in the weight throw. She leads the MIAC in both events.

Selina Dehn, St. Thomas

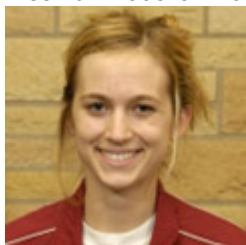
Week of: 2008-02-04



University of St. Thomas senior **Selina Dehn** (St. Louis Park, Minn.) placed first in the triple jump on Friday, February 1 at the Carleton Quad with a leap of 11.65M (38' 2-3/4"). This performance is currently ranked #1 in NCAA Division III.

Leah Kay, Concordia

Week of: 2008-01-28



Concordia College sophomore **Leah Kay** (Dassel, Minn.) scored 3102 points to defend her Cobber Pentathlon title on January 25. Her performance is only the third pentathlon score over 3100 points in Cobber history and ranks her first in the MIAC. Kay posted indoor personal bests in all five pentathlon events including an MIAC leading leap of 5' 4.5" in the high jump and the #2 MIAC jump of 16' 9.25" in the long jump.

Carol Comp, St. Thomas

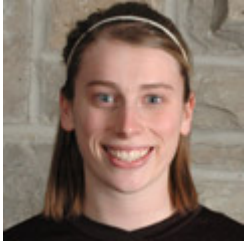
Week of: 2008-01-21



University of St. Thomas senior **Carol Comp** (Edina, Minn.) placed first in the weight throw at the Blugold Open with a toss of 15.41 meters, 50' 6-3/4." It is an NCAA provisional qualifier and a new St. Thomas school record. The Tommies finished second at the meet as a team.

Amie Filmore, St. Olaf

Week of: 2008-01-14



St. Olaf College sophomore **Amie Filmore** (White Bear Lake, Minn./White Bear Lake) got her season off the ground with an eighth place finish in the pole vault at the MSU Alumni Open hosted by Minnesota State-Mankato this past weekend. Filmore, a 2007 NCAA provisional qualifier, vaulted 3.27 M (10' 7") in the Oles opening meet.