

Heather Jelen, Bethel

Week of: 2009-03-02



Bethel University senior **Heather Jelen** (Sioux Falls, S.D./Lincoln) won the 800 at the Macalester Pre-MIAC Meet in an NCAA Provisional time of 2:16.25. The time is a new indoor personal best for Jelen and was over five seconds ahead of the second place finisher. This is Jelen's second NCAA provisional mark this season, and is currently 19th on the national list. She now only trails her teammate, Marie Borner, on the MIAC 800 list heading into this week's MIAC championships.

Katie Theisen, St. Thomas

Week of: 2009-02-23



University of St. Thomas senior **Katie Theisen** (Elko, Minn./New Prague) ran the fourth fastest mile time so far this season in Division III on Saturday at the University of Minnesota Parent's Day Open. Her time of 4:55.70 placed her third overall at the meet and established a new school record for the University of St. Thomas.

Marie Borner, Bethel

Week of: 2009-02-16



Bethel University junior **Marie Borner** (Cottage Grove, Minn./Park) won the 800 at the Lake Superior Challenge with an NCAA automatic qualifying time of 2:12.68. Her time is now fifth on the NCAA Division III National list. Borner's time also broke her own Bethel school record by over three seconds, and is now the top mark in the MIAC by over four seconds.

Nikki Arola, St. Thomas

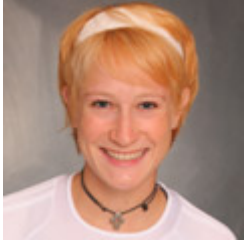
Week of: 2009-02-09



University of St. Thomas junior **Nikki Arola** (Chisholm, Minn.) had a strong performance at Saturday's Wartburg Select Invite in Waverly, Iowa. Arola placed third in a very competitive 400 meter field finishing in 58.55, which is an NCAA provisional qualifying time that currently ranks fifth in the nation. She also won the 200 meter dash in 25.74. That time ranks #1 in the MIAC and is a new Wartburg field house record.

Whitney Holman, Augsburg

Week of: 2009-02-02



Augsburg College junior **Whitney Holman** (New Hope, Minn./Robbinsdale Armstrong), competing in her first meet of the season at the St. Olaf Invitational on Saturday, defeated a strong field in the 55 meter dash. Her winning effort was .07 seconds ahead of the defending MIAC champion in the 55 meter dash. Holman's time of 7.43 seconds is the fastest time in the MIAC so far this season.

Simone Childs-Walker, Carleton

Week of: 2009-01-26



Carleton College first-year **Simone Childs-Walker** (Seattle, Wash./Lakeside) placed first in both the mile and 3000 meter runs in her first collegiate track meet on Saturday at the St. Olaf Triangular. Her time of 5:17.09 in the mile led a trio of Carleton runners across the line and was a 40 second personal record. In the 3000 meter run, she finished in 10:26.65, the fastest time this season in the MIAC.

Kaelene Lundstrom, Gustavus

Week of: 2009-03-02



Gustavus Adolphus College junior **Kaelene Lundstrom** (Bird Island, Minn./BOLD) won the shot put and the high jump, both with NCAA provisional marks, at the Macalester Pre-MIAC Meet. Her leap of 1.67 meters (5' 5 3/4" ft) in the high jump not only tops the MIAC list, but is sixth nationally. Lundstrom's shot put mark of 12.94 meters (45' 5 1/2") is now second in the MIAC, and 25th in the nation. The returning All-American Heptathlete also finished second in the 55 hurdles at the meet.

Vanessa Moore, Bethel

Week of: 2009-02-23



Bethel University senior **Vanessa Moore** (Grantsburg, Wis.) posted an NCAA provisional qualifying mark of 1.66 meters (5-5.25) in the high jump at the University of Minnesota Parent's Day Open this past weekend. Her jump is the ninth best in the country so far this season and ties her for the top mark in the MIAC.

Celestine Ventura, St. Catherine

Week of: 2009-02-16



College of St. Catherine junior **Celestine Ventura** (La Puente, Calif./Wilson) threw an NCAA provisional 15.52 meters (50-11) in the weight throw at the Coca Cola Classic at the University of Wisconsin-River Falls. With that mark, Ventura finished first out of 37 competitors, broke her own St. Kate's school record, moved to #15 on the Division III National list, and now has the top mark in the MIAC this season.

Mary Schletty, Saint Benedict

Week of: 2009-02-16



College of Saint Benedict senior **Mary Schletty** (St. Paul, Minn./Cretin-Derham Hall) finished first with an NCAA provisional mark of 11.26 meters (36-11.5) in the triple jump at the Saint Benedict-Concordia Dual Meet this past weekend. Her jump broke her own school record, moved her to #18 on the Division III National list, and places her at the top of the MIAC performance list in the triple jump.

Leah Kay, Concordia

Week of: 2009-02-02



Concordia College junior **Leah Kay** (Dassel, Minn./Dassel-Cokato), a returning All-American and MIAC Champion, started her 2009 track season by winning the Pentathlon at the Cobber Open with an NCAA Provisional point total of 3314. Kay's score moves her into second on the NCAA Division III National list, first on the MIAC performance list, and broke her own Cobber school record by 65 points. As part of the event Kay also provisionally qualified for the NCAA meet in the high jump. Her mark of 1.66 meters (5-5.25) is currently sixth in the country and first in the MIAC.

Samantha Larson, St. Catherine

Week of: 2009-01-26



College of St. Catherine junior **Samantha Larson** (Gaylord, Minn./Sibley East) set two career bests at St. Kate's first meet of the season over the weekend at the UW-Stout Open. The junior's throw of 11.55 meters (37' 10.75") in the shot put was a personal best by nearly three feet. That mark is also currently first on the MIAC performance list and fourth all-time at St. Kate's. Larson followed up that performance with another personal best in the 20-pound weight throw. Her mark of 12.98 meters (42' 7") was a two foot improvement over her best from last season and is currently fourth on the MIAC performance list and fourth all-time at St. Kate's.

Amie Fillmore, St. Olaf

Week of: 2009-01-19



St. Olaf College junior **Amie Fillmore** (White Bear Lake, Minn.) provisionally qualified for the NCAA Championships in the pole vault while competing at the Bethel Open in the first meet of the season this past Saturday. Her vault of 3.50 meters (11' 5 3/4 feet) is currently fourth overall on the NCAA Division III performance list. Fillmore, who finished eighth at last year's NCAA indoor championships, is also the leader on the MIAC performance list to start the season.