

Carleton Distance Medley Relay Team, Carleton

Week of: 2010-03-01



The Carleton Distance Medley Relay Team of **Laura Roach, Clare Franco, Kaitlin Randolph and Simone-Childs-Walker** ran an NCAA Provisional Qualifying Mark of 12:02.79 at the Ole Open on Friday. The quartet currently ranks as 10th on the national list and set a new Carleton school record by 12 seconds.

St. Thomas 4x400 Meter Relay, St. Thomas

(Molly Demmer, Erin Sprangers, Kelly Russ, and Nikki Arola)

Week of: 2010-02-22



The St. Thomas 4 x 400 meter relay team of seniors **Molly Demmer, Erin Sprangers, Kelly Russ and Nikki Arola** ran an NCAA Provisional Qualifying time of 3:56.88 at the University of Minnesota Parents Day Open. The quartet finished third in the meet, and now have the seventh best time on the Division III National list. Their time is the fastest in the MIAC this season, and was a mere .03 behind the MIAC Indoor Conference Meet record set during the 2009 season.

Marie Borner, Bethel

Cottage Grove, Minn. / Park

Week of: 2010-02-15



Bethel University senior **Marie Borner** (Cottage Grove, Minn./Park) ran an NCAA automatic qualifying time of 4:47.73 in the mile at the Iowa State Classic this past weekend. Competing against a strong field of Mostly Division I athletes, Borner finished fifth overall. The multiple time National Champion, Borner now has the fastest time in the nation on the Division III national performance list this season. With the run, Borner also lowered her own Bethel University school record in the mile.

Kelly Russ, St. Thomas

Plymouth, Minn. / Wayzata

Week of: 2010-02-08



University of St. Thomas senior **Kelly Russ** (Plymouth, Minn./Wayzata) finished first in the mile at the Wartburg Select Meet. Her time of 4:58.76 was an NCAA provisional qualifying mark that places her fourth on the NCAA Division III National Performance List. Russ now sits atop the MIAC mile list by over ten seconds.

Abby Smith, St. Olaf

Belle Plaine, Minn. / Belle Plaine
Week of: 2010-02-01



St. Olaf College senior **Abby Smith** (Belle Plaine, Minn.) ran to an MIAC-leading time of 3:00.88 at the St. Olaf Invitational this past weekend. In the most exciting race of the evening, Smith ended up with the third fastest 1,000 meter time in St. Olaf history. Smith also led the St. Olaf 4x400 meter relay team to a third place finish in the meet.

Shanek Telfia, Augsburg

Chicago, Ill. / Gage Park
Week of: 2010-02-01



Augsburg College first-year **Shanek Telfia** (Chicago, Ill./Gage Park) finished first in the 200 meter dash at the Warren Bowlus Open on Saturday at UW-Stout. Her time of 26.27 was nearly a second ahead of the runner-up in the race and is the fastest time in the MIAC this season. Telfia also finished second in the long jump at the meet with a distance of 5.04 meters.

Simone Childs-Walker, Carleton

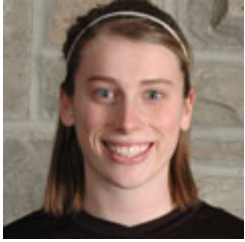
Seattle, Wash. / Lakeside
Week of: 2010-01-25



Carleton College sophomore **Simone Childs-Walker** (Seattle, Wash./Lakeside) opened her 2010 indoor track season by winning both the mile and the 3k at the St. Olaf Triangular Meet. Her mile time of 5:08.33 was a new personal best and is the fastest time run in the MIAC so far this season. In the 3k, she led the entire way, lapping nearly everyone in the field. Her time of 10:13.19 is the fastest time in the MIAC so far this season.

Amie Fillmore, St. Olaf

White Bear Lake, Minn. / White Bear Lake
Week of: 2010-03-01



St. Olaf College senior **Amie Fillmore** (White Bear Lake, Minn.) improved her national rankings in the pole vault as she won the event at the Ole Open Qualifier meet on Friday. Her vault of 3.72 meters (12-2.5 ft) ranks 11th on the national list and is a new St. Olaf school record. Across all field events, Fillmore now ranks first on the MIAC pole vault performance list by over a foot.

Julia Renner, Saint Benedict

Shoreview, Minn. / Mounds View
Week of: 2010-02-22



College of Saint Benedict **Julia Renner** (Shoreview, Minn./Mounds View) posted an NCAA Provisional Qualifying mark on her way to winning the long jump at the St. Ben's Quadrangular this past weekend. Renner's jump of 5.45 meters (17-10.75 ft) places her 15th on the NCAA National list and second on the MIAC performance list. Renner also finished third in the triple jump and second in the 55 hurdles during the meet.

Janey Helland, Gustavus

Mapleton, Minn. / Maple River
Week of: 2010-02-15



Gustavus Adolphus College senior **Janey Helland** (Mapleton, Minn./Maple River) finished first with an NCAA provisional qualifying total of 3011 points at the Carleton College Pentathlon this past weekend . Helland won three of the five events, including the high jump, long jump and 800 meter run. She now has provisionally qualified for the NCAA meet in the Pentathlon and the long jump.

Amie Fillmore, St. Olaf

White Bear Lake, Minn. / White Bear Lake
Week of: 2010-02-08



St. Olaf College senior **Amie Fillmore** (White Bear Lake, Minn.) improved to sixth on the NCAA Division III National Performance List with her pole vault of 3.66 meters (12'). Her jump which won the Carleton Quadrangular, places her atop the MIAC Performance List by over a foot, and was 1 centimeter away from her own St. Olaf school record.

Kaelene Lundstrum, Gustavus

Bird Island, Minn. / BOLD

Week of: 2010-02-01

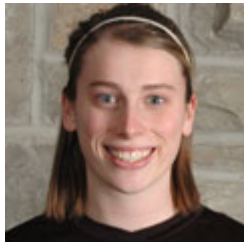


Gustavus Adolphus College senior **Kaelene Lundstrum** (Bird Island, Minn./BOLD) finished first in an NCAA automatic qualifying performance of 3,468 points in the pentathlon this weekend at MSU-Mankato. Lundstrom's point total not only set a Gustavus school record, but she now tops the NCAA Division III national list in that event as well.

Amie Fillmore, St. Olaf

White Bear Lake, Minn. / White Bear Lake

Week of: 2010-01-25



St. Olaf College senior **Amie Fillmore** (White Bear Lake, Minn.) won the pole vault at the St. Olaf Triangular with an NCAA provisional qualifying mark of 3.54 meters (11-7.25 ft). Fillmore's vault this weekend currently places her at #10 on the NCAA Division III National List. It also makes her the leader on the MIAC list, some 19 inches ahead of the second best performance in the conference so far this season.