

Melissa Kuebler, St. Thomas

New Ulm, Minn. / New Ulm
Week of: 2011-02-28



The University of St. Thomas is excited to host the 2011 MIAC Indoor Track and Field Championships this week at its brand-new facility, and last weekend senior **Melissa Kuebler** (New Ulm, Minn.) gave the Tommies another reason for optimism at the upcoming conference meet. Kuebler finished first in the 55-meter hurdles at the St. Olaf College Ole Open and is atop the MIAC's performance list in the event. For her performance, she has been named the MIAC Women's Indoor Track Athlete-of-the-Week.

Kuebler won the 55 hurdles at St. Olaf with a time of 8.57 seconds. That was a new personal best and the top time in the conference in 2011. In addition, it's the third-fastest time in St. Thomas and it just missed the NCAA provisional qualifying mark for the national championships. The provisional mark is 8.55 and the automatic time is 8.25.

This weekend, Kuebler will get a chance to qualify for nationals and win a conference title on the Tommies' home track. The event – held at UST's Anderson Fieldhouse – will be held March 3-5. Log on to the MIAC Web site for complete details and results.

Emily Van Heel, St. Thomas

Swanville, Minn. / Little Falls
Week of: 2011-02-21



For most first-year MIAC track athletes, it might be a little intimidating to go head-to-head against top athletes from both Division I and II in a meet at a Big Ten university. However, St. Thomas' **Emily Van Heel** (Swanville, Minn./Little Falls) has proved throughout the 2011 indoor season she isn't like most freshmen. Van Heel won the 400-meter dash over the weekend at the University of Minnesota Parent's Day Open, setting a new school record and lowering her NCAA qualifying time in the process. As a result, Van Heel has been named the MIAC Women's Indoor Track Athlete-of-the-Week for the second time in 2011.

Van Heel finished first at the talent-laden meet in the 400 with a time of 57.95. That time is the new St. Thomas school record, which takes the place of a mark that had stood for 26 years. The old record was 58.04, set by Erin Sobaski in 1985. Van Heel's time is the fastest in the MIAC this season by nearly two full seconds, and she currently ranks 14th in all of Division III. Saturday's performance lowered Van Heel's provisional qualifying time for the NCAA championships. Van Heel also had a new personal best (25.99) in the 200-meter dash and she finished fourth in the triple jump (35-5) at the U of M.

The Tommies and their star rookie will be back in action this Saturday when it travels to Northfield to compete in the Ole Open at St. Olaf College. That will be UST's final tune-up before it hosts the 2011 MIAC Indoor Track and Field Championships March 3-5 at its new Anderson Athletic and Recreation Center on its St. Paul campus.

Simone Childs-Walker, Carleton



Carleton junior **Simone Childs-Walker** (Seattle, Wash./Lakeside) had plenty of success in the fall for the Knights' cross country team. However, the distance runner has picked up right where she left off and is now showcasing her talents for the Knights' indoor track and field team. Childs-Walker turned in an excellent performance in the 5,000-meter run at the Iowa State Classic in Ames, Iowa, against top-notch competition from NCAA Division I, II and III. Childs-Walker finished second in her heat and provisionally qualified for the NCAA Indoor Track and Field Championships. For her performance, Childs-Walker has been named the MIAC Indoor Track Athlete-of-the-Week.

Childs-Walker finished the 5,000-meter course in 17:25.96, which met the provisional qualifying standard in NCAA Division III. Her time is not only the best in the MIAC this season, but it is a full 30 seconds better than the second-best time. She finished 19th overall and was the top Division III finisher. Most of the runners who finished head of Childs-Walker were from the Big 12 conference or the Missouri Valley. While Childs-Walker was running her outstanding race, her teammates were finishing third at the Meet of the Hearts, hosted by Carleton at the Recreation Center to cap a big day for Knights' track and field.

Carleton and Childs-Walker will get another shot against good Division I competition this weekend when they compete at the University of Minnesota Saturday at the U of M's Fieldhouse at 10 a.m. The Knights will also compete the St. Olaf Qualifier across town on Friday, Feb. 25, as their final tune-up before the 2011 MIAC Indoor Track and Field Championships, which will be held at St. Thomas on March 4-5.

Shanek Telphia, Augsburg

Chicago, Ill. / Gage Park
Week of: 2011-02-07



The Augsburg women's track and field team is off to a strong start in 2010-11, and that continued Saturday at the Bethel Invitational at the Bethel Sports and Recreation Center. The Auggies were led by sophomore sprinter **Shanek Telphia** (Chicago, Ill. / Gage Park), who dazzled in a pair of victories in the sprinting events. In the process, one of her times was the best in the MIAC this season, and the other cracked the top three. For her performance, Telphia has been named the MIAC Women's Indoor Track Athlete-of-the-Week.

Telphia won both the 200-meter dash and the 55-meter dash Saturday at Bethel thanks to a pair of strong performances and great times. The sophomore finished first in a 26-runner field in the 200 with a season-best time of 26.31 seconds, which is also the fastest time in the MIAC this season. She also bested 23 runners to win the 55 with a time of 7.56, which is the third-fastest time in the conference in 2011. Telphia also added a second-place finish in the long jump Saturday with a distance of 16-03.75, which is the sixth-best jump in the league this season.

The Auggies and their star sprinter will be back in action Saturday when they travel to Northfield, Minn., to compete in the Carleton College Meet of the Hearts. The following weekend Augsburg will compete at the University of Minnesota's Parents' Day Open across town in Minneapolis.

Emily Van Heel, St. Thomas



It hasn't taken St. Thomas freshman **Emily Van Heel** (Swanville, Minn./Little Falls) long to adjust to competing at the collegiate level. The sprinter and jumper turned in a dominant all-around performance at Friday's St. Olaf Triangular in Northfield, Minn. Van Heel won two sprinting events, one field event and helped her relay team finish first as well to put the finishing touch a four-win day. For her performance, Van Heel has been named the MIAC Women's Indoor Track Athlete-of-the-Week.

Van Heel was particularly good in the sprinting events. She won the 55-meter dash with a time of 7.46 and she added another first-place finish in the 200-meter dash thanks to her time of 26.42. She also turned in a distance of 10.84 meters to win the triple jump, and her 4x200 relay team – which trailed until Van Heel took the baton – won as well with a time of 1:50.02. Van Heel currently has the MIAC's top 55-meter dash time and her mark in the 200 sits second on the conference honor roll. No team scores were recorded at St. Olaf.

Next weekend, Van Heel and the Tommies will hope to keep their hot streaks alive as they head south into Iowa. UST will compete at the Wartburg Select Meet at noon in Wartburg, Iowa.

Caroline Senungi, Augsburg



Augsburg senior **Caroline Senugi** (Mounds View, Minn.) and her Auggie teammates got off to a good start over the weekend with a solid performance at the University of St. Thomas Invitational at the Tommies' new Anderson Fieldhouse. In her 2011 debut, Senugi won the 55-meter hurdles, setting a new personal record and jumping to the top of the MIAC performance list in the process. Thanks to her performance, Senugi is the first recipient of the MIAC Women's Track Athlete-of-the-Week award of 2011.

Senugi's first-place finish Friday came thanks to her record time of 8.79 seconds. She entered the meet with the conference's fourth-best time, but her performance at UST vaulted her to the top of the list. No team scores were recorded at the meet, which included athletes from UW-La Crosse and MIAC schools Bethel, Saint Mary's, St. Catherine and St. Thomas.

Senugi and her teammates will return to action right away this weekend when they travel across the border into Wisconsin. The Auggies will compete Saturday at the University of Wisconsin-Stout Warren Bowlus Invitational in Menomonie, Wis.

Alyssa Deutschmann, Concordia

Hastings, Minn. / Hastings
Week of: 2011-02-28



Concordia senior **Alyssa Deutschmann** (Hastings, Minn.) was extremely busy last weekend at the St. Olaf College Ole Open. She competed in four events and brought home a first- and second-place finish in a pair of jumping events, with her personal best distance in both. She also bested the NCAA provisional qualifying standard for the first time in her career and moved up on the MIAC performance lists heading into this weekend's MIAC meet. For her efforts, Deutschmann has been named the MIAC Women's Indoor Field Athlete-of-the-Week.

Deutschmann won the high jump, finished second in the triple jump, and also competed in the long jump and the 55-meter dash. Deutschmann's winning mark in the high jump was 1.66 meters, or 5-5 ¼, which exactly met the MIAC's provisional qualifying standard. That jump ranks No. 1 in the MIAC this season, and No. 2 all-time at Concordia. She added a personal best of 10.70 meters in the triple jump, which was good for second place. She currently ranks No. 7 in the MIAC and No. 9 on the Cobber's all-time list.

The Cobbers and Deutschmann hope the best is yet to come this week at the 2011 MIAC Indoor Track and Field Championships. The event will be hosted by the University of St. Thomas at its new Anderson Athletic and Recreation Center in St. Paul March 3, 4 and 5. Log on to the MIAC Web site for complete details and results.

Robyn Wernberg, Hamline

Nisswa, Minn. / Brainerd
Week of: 2011-02-21



It's been a great indoor season thus far for the Hamline women's track and field team, and that trend continued over the weekend at the University of Minnesota Parent's Day Open. Senior **Robyn Wernberg** (Nisswa, Minn./Brainerd) was the latest Piper thrower to turn in a great performance, and hers came against the top-flight field at the U of M. Wernberg finished third in the weight throw, setting a new personal best and jumping to No. 2 in the MIAC this season in the process. As a result, Wernberg has been named the MIAC Women's Indoor Field Athlete-of-the-Week.

At the U of M meet, Wernberg recorded a distance of 15.82 in the weight throw, or 51-11.00. That distance is the best of her career by almost a full meter over her previous record, which she set last year as a junior. Despite competing against a field loaded with Division I, II and III competition, Wernberg was able to earn a spot in the top three. Her distance meets the NCAA Division provisional qualifying standard for nationals, and it currently ranks 29th in Division III in 2011.

Wernberg and the Pipers will travel to one of their final indoor meets of the regular season Saturday when they head across town to the University of Minnesota Parents Day Open. Hamline will also compete in Macalester's Pre-Conference Meet on Friday, Feb. 25, as its final tune-up before the MIAC Indoor Championships. The MIAC indoor meet will be held March 3-5 at St. Thomas' Anderson Athletic and Recreation Center.

Brenna Coyle, Hamline



Hamline has had plenty of big performances from its throwers throughout the 2011 Indoor Track and Field season, but Saturday junior **Brenna Coyle** (Chisago City, Minn./Chisago Lakes) may have topped them all with her outstanding showing in the weight throw at the St. Thomas Showcase Classic. Coyle finished first in the event despite competing against numerous Division I and II athletes, including the University of Minnesota. Her throw marked a new personal and MIAC best in 2011 and it moved her up to 13th in all of NCAA Division III. For her performance, Coyle has been named the MIAC Women's Indoor Field Athlete-of-the-Week for the second time this season.

Coyle's weight throw traveled a distance of 16.84 meters, or 55-03, to put her in first place against prestigious competition. The throw beat her previous personal best by a full four feet and it leads the second-best throw in the MIAC in 2011 by two feet. Her throw also met the NCAA Division III provisional qualifying mark for the national championships. Coyle leads a trio of Piper throwers that are atop the MIAC performance list in the weight throw in 2011.

Hamline will have two more meets on its schedule before the 2011 MIAC Indoor Track and Field Championships, which will be held at St. Thomas on March 4-5. The Pipers will compete Saturday at the University of Minnesota, and next weekend they'll spend Friday at the Macalester Pre-Conference Meet to make their final preparations for the MIAC Championships.

Danielle Busch, Saint Benedict



The College of Saint Benedict turned in a great performance Friday night at the Carleton TRI in Northfield, Minn. The Blazers finished first as a team with 121 points, beating Carleton (55) and St. Olaf (four) behind a number of outstanding individual performances. Leading the way was sophomore **Danielle Busch** (New Prague, Minn.), who won the pole vault while simultaneously setting a new CSB school record and hitting the NCAA provisional height to qualify for nationals. As a result of her great performance, Busch has been named the MIAC Women's Indoor Field Athlete-of-the-Week.

Busch cleared the bar at 12-0, or 3.66 meters, to win the pole vault and contribute to her team's overall victory. Her height met the NCAA Division III provisional mark, which is 3.55 meters or 11-7.75. Her vault will also now stand in the Blazers' record book as the new standard of excellence. Busch's winning vault helped her beat the runner up by nearly 18 inches, and the rest of the field by more than three feet. Busch's vault is the best in the MIAC this season by more than a foot.

The Blazers and Busch will be back in action this weekend on its home surface for a MIAC dual meet against rival St. Catherine. That meet will begin Saturday at 1:30 p.m. in Collegeville, Minn. Saint Benedict will also team up with Saint John's to host a quad meet in Collegeville a week later at 11 a.m.

Janey Helland, Gustavus

Mapleton, Minn. / Maple River
Week of: 2011-01-31



Gustavus senior **Janey Helland** (Mapleton, Minn./Maple River) showcased her talent and versatility last weekend against a talented field at the Minnesota State University-Mankato indoor track and field meet. Helland automatically qualified for the NCAA championships in two events Friday as she impressed the crowd in Mankato and represented the MIAC and Division III and some athletes from bigger divisions. For her accomplishments, Helland has been named the MIAC Women's Field Athlete-of-the-Week.

Helland cleared a distance of 5.72 meters (18' 9 3/4") to beat the NCAA Division III automatic qualifying standard. She also turned in a great performance in the pentathlon. Helland finished with a total score of 3503 points to obliterate the NCAA qualifying standard of 3,400 by 103 points. The senior has been among the MIACs and nations best in 2011, and now she'll get her chance to perform with Division III's best thanks to her pair of automatic qualifying performances.

Hopefully Helland will feel right at home in Mankato again this weekend as that's where Gustavus will travel for another meet. The Gusties and their field-event star will participate in the Ted Nelson Classic on Friday, which will also be held on the MSU-Mankato campus.

Brenna Coyle, Hamline

Lindstrom, Minn. / Chisago Lakes
Week of: 2011-01-24



The Hamline women's indoor track and field team had a number of solid performances Friday night in its meet at Carleton College. However, none were better than the throw turned in by junior **Brenna Coyle** (Lindstrom, Minn./Chisago Lakes). Coyle not only won the weight throw, but she also was the only Piper to hit an NCAA provisional qualifying standard at the meet. For her performance, Coyle has been named the first MIAC Women's Field Athlete-of-the-Week for the 2011 season.

Coyle's winning distance in the weight throw Friday was 52-11 feet, or 16.13 meters. She won first place honors by more than four feet over the second-place finisher, and by 15 feet or more over five of eight competitors in the event. Hamline won the meet with 86 points, with the host school finishing second at 61 and St. Olaf was a close third with its total of 60.

Coyle and the Pipers will enjoy a week off to rest and recuperate before returning to competition early next month. The next date circled on Hamline's calendar is Feb. 5 – that's when it travels to Superior, Wis., for a meet at UW-Superior.