

St Thomas 1600m Relay Team, St. Thomas

Week of: 2003-05-03

Track - The University of St. Thomas 1600 M relay team blazed to a 3:51.87 time at the Tommie Twilight last Wednesday. This provisional qualifying time ranks #1 in the MIAC and currently 5th in the nation. They just missed the school record of 3:51.64. Members of the relay team are: senior Jill Ylonen, (Champlin Park, Minn.), first year Mollie Hupp, (Eden Prairie, Minn.), senior Heidi Vogel, (Eastview, Minn.), and junior Teresa Smock, (Big Lake, Minn.).

Laura Bloedorn, Carleton

Week of: 2003-04-28

Co-Track - Carleton College senior Laura Bloedorn (Lakeville, Minn.) placed second in the Drake Relays Invitational 10,000m Run on Thursday, April 24 with a time of 35:40.73. This time was 44 seconds under the NCAA Division III Automatic Qualifying standard, was the third fastest time nationally, as well as Bloedorn's personal best record time, by 61 seconds.

St. Olaf College senior Megan Daymont (Northfield, Minn.) won the Macalester Invite 1500 M with a personal best and automatic qualifying time of 4:34. 43. This ranks her first in the MIAC and fourth in the nation. She also ran a 2:15.0 anchoring the Ole second squad 4 X 800 team to victory and five minutes later raced a 58.5 anchor leg on the 1600 M relay, helping to post the Oles season best time in that event.

Megan Daymont, St. Olaf

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Megan Daymont, St. Olaf

Week of: 2003-04-22

Track - St. Olaf College senior Megan Daymont (Northfield, Minn.) ran a blazing 2:09.77 in the 800 M to win the event at the Manitou Classic, setting a school record, a meet record as well as a facility record. Her performance ranks number one in the NCAA (automatic qualifier) and MIAC for this year. This time is a new MIAC record and also ranks eighth all-time in the NCAA for the 800 meter.

Angie Pfeiffer

Week of: 2003-04-15

Track - Concordia-Moorhead College freshman Angie Pfeiffer (Colman, S.D.) ran two impressive meets last week posting a time of 12.39 in the 100 M, 26.11 in the 200 M and a 58.39 in the 400 M. She was also a member of the 400 M relay team. She presently ranks number one in the MIAC in the 400 and the 200 M events, and second in the 100 M.

Laura Bloedom, Carleton

Week of: 2003-04-08

Track - Carleton College senior Laura Bloedorn (Lakeville, Minn.) won the 5000m at the Washington University Invitational in Saint Louis on Saturday, April 5 in a time of 17:05.24. This is an automatic qualifying time and ranks 2nd in Division III. The time was an outdoor personal best by 38 seconds and is the 2nd fastest time in school history.

Ashley Dingels, Saint Mary's

Week of: 2003-05-03

Field - Saint Mary's University sophomore Ashley Dingels (Gibbon, Minn.) scored 4641 points winning the MIAC Heptathlon last weekend at Carleton College. This mark is an NCAA Automatic qualifier and established a new MIAC record. Dingels' marks were: 100 H: 15.90, HJ: 1.66 (NCAA Provo), SP: 11.28, 200: 26.61, LJ: 4.78, JV: 28.70, 800: 2:23.33.

Jenna Wendorff, Saint Benedict

Week of: 2003-04-28

Field - College of Saint Benedict first year Jenna Wendorff (Fulda, Minn.) threw 13.42 in the shot put at the Macalester Invitational. This throw is a new school record and is a provisional qualifying mark. Wendorff is currently ranked eighth in the NCAA.

Ashley Dingels, Saint Mary's

Week of: 2003-04-22

Field - Saint Mary's University sophomore Ashley Dingels (Gibbon, Minn.) earns the MIAC Field event award for her performance in the Heptathlon at the Kansas Relays. Her score of 4347 (NCAA Prov.) ranks fifth in the nation.

Mariah Mougey

Week of: 2003-04-15

Field - Concordia-Moorhead College senior Mariah Mougey (Enderln, N.D.) placed first in both the hammer and discus at the Jamestown Invitational last week. Her discus toss of 126-3 ranked #2 in the MIAC and her hammer throw of 162-0 is first in the MIAC and #7 in the NCAA. After three meets Mougey is undefeated in both the Hammer and Discus.

Kristi Colbenson, Carleton

Week of: 2003-04-08

Field - Carleton College sophomore Kristi Colbenson (Rushford, Minn.) established a new school record in the Javelin Throw with a toss of 120' 3" while competing at the Washington University Invitational in Saint Louis this past weekend. Colbenson, new to field event competition, was the 2001 Minnesota High School Class A State champ in the 1600m run.