

Allison Erlander, St. Olaf

Week of: 2005-05-09

Track - St. Olaf sophomore Allison Erlander (Minnetonka Beach, Orono HS) met the NCAA provisional qualifying mark in the 400 M Hurdles with a winning time of 64.06 at the Tommie Twilight meet Wednesday, May 4th. Erlander also won the St. Thomas Invitational 400 M dash on Saturday, May 7th with a personal best time of 59.26.

Jenny Folgers, Saint Mary's

Week of: 2005-05-02

Track - Saint Mary's University senior Jenny Folgers (McHenry, Ill./Johnsburg HS) qualified provisionally for the NCAA championships in the 100 hurdles with a winning time of 15.06 at the UMD Bulldog Open on April 27.

Kourtney Joyce, Gustavus

Week of: 2005-04-25

Track - Gustavus Adolphus College junior Kourtney Joyce (Wadena, Minn.) met the NCAA provision mark running 11:20.80 while placing second in the 3000 Steeplechase at the Manitou Track & Field classic hosted by St. Olaf College. Joyce's time is best in the MIAC and betters the Manitou Classic meet record as well.

Nicole Plante, Concordia

Week of: 2005-04-19

Track & Field - Concordia College senior Nicole Plante (Fort Benton, Mont.) began her week with a 4576 Heptathlon score at the Saint John's Heptathlon, breaking her own School record, an automatic NCAA qualifier. The score ranks her #2 in the NCAA and #1 in the MIAC. Plante ended her week with a 144-5 Javelin at the Al Cassell Relays in Jamestown, N.D. by breaking her own school record. The distance is an automatic NCAA qualifier and also ranks #1 in the MIAC and NCAA.

Kirsten Fristad, Macalester

Week of: 2005-04-11

Track - Macalester College senior Kirsten Fristad (Rochester, Mich. / Adams HS) won both the 100-meter high hurdles (14.95) and 400-meter intermediate hurdles (65.43) at the Hamline Invitational. Her 100 m hurdle time is an NCAA provisional mark.

Tonnisha Bell, Augsburg

Week of: 2005-04-04

Track - Augsburg College junior Tonnisha Bell (Minneapolis, Minn./Washburn HS) ran an NCAA automatic qualifying time of 12.01 in the 100 meter dash at the Missouri Relays on April 2.

Ashley Dingels, Saint Mary's

Week of: 2005-05-09

Field - Saint Mary's University senior Ashley Dingels (Gibbon, Minn./GFW HS) set an MIAC record and automatically qualified for the NCAA championships in the heptathlon with a point total of 4668 in the MIAC Heptathlon Championships. Dingels set MIAC heptathlon records in the high jump and shot put on her way to the individual title.

Shanna Dawson, Gustavus

Week of: 2005-05-02

Field - Gustavus Adolphus College first-year Shanna Dawson (Fairmont, Minn.) met the NCAA standard in the pole vault with a jump at 11' 3 3/4" at the Drake Alternative Meet hosted by Gustavus. Dawson also won the long jump (16'10") and the triple jump (36' 1/4").

Elizabeth Ghandour, St. Olaf

Week of: 2005-04-25

Field - St. Olaf's College junior Elizabeth Ghandour (Madelia, Minn.) placed third in the Manitou Classic polevault event with an NCAA provisional mark of 3.35 m (10' 11 3/4").

Nicole Plante, Concordia

Week of: 2005-04-19

Track & Field - Concordia College senior Nicole Plante (Fort Benton, Mont.) began her week with a 4576 Heptathlon score at the Saint John's Heptathlon, breaking her own School record, an automatic NCAA qualifier. The score ranks her #2 in the NCAA and #1 in the MIAC. Plante ended her week with a 144-5 Javelin at the Al Cassell Relays in Jamestown, N.D. by breaking her own school record. The distance is an automatic NCAA qualifier and also ranks #1 in the MIAC and NCAA.

Ashley Dingels, Saint Mary's

Week of: 2005-04-11

Field - Saint Mary's University senior Ashley Dingels (Gibbon, Minn./GFW HS) automatically qualified for the NCAA championships in the high jump with a mark of 1.71m/5-7.25. Dingels set the mark while competing in the first day of the Saint John's/Saint Benedict's Multi in Collegeville, Minn.

Nicole Plante, Concordia

Week of: 2005-04-04

Field - Concordia College senior Nicole Plante (Fort Benton, Mont.) placed first in the Javelin with a NCAA provisional toss of 140'10" at the Spring Break Invite hosted by Emory University. This performance ranks Plante 2nd in the nation for Division III.