

Natalie Hanson, Concordia

Week of: 2006-05-08

Co-Track - Concordia College senior Natalie Hanson (Rogers, Minn./ Elk River) hit the automatic qualifying standard for the NCAA Championships with a school record 2:11.96 in the 800 meters at the MSU-Moorhead Masanz Invitational on May 6. The time ranks her first in the MIAC and third in the NCAA. Hanson also met the provisional standard in the 1500 m event running 4:39.95 at the Tommie Twilight meet. Hanson and her teammates, Alissa Bilden, Kelly Olson, and Angie Pfeiffer ran a 3:51.37 in the 1600 M relay also qualifying for the national meet.

Co-Track - Augsburg College senior Angie Bergeson (Red Wing, Minn.) ran two high quality 800s last week. Wednesday she won the Tommie Twilight 800 at St. Thomas over a top quality field in 2:16.15. Friday she placed second at the Meet of the Unsaintly in the 800 at Hamline in 2:12.76, an NCAA provisional mark that currently ranks fifth nationally. That is also an Augsburg school record, and a personal best for Bergeson of nearly three seconds.

Angie Bergeson, Augsburg

Week of: 2006-05-08

Co-Track - Concordia College senior Natalie Hanson (Rogers, Minn./ Elk River) hit the automatic qualifying standard for the NCAA Championships with a school record 2:11.96 in the 800 meters at the MSU-Moorhead Masanz Invitational on May 6. The time ranks her first in the MIAC and third in the NCAA. Hanson also met the provisional standard in the 1500 m event running 4:39.95 at the Tommie Twilight meet. Hanson and her teammates, Alissa Bilden, Kelly Olson, and Angie Pfeiffer ran a 3:51.37 in the 1600 M relay also qualifying for the national meet.

Co-Track - Augsburg College senior Angie Bergeson (Red Wing, Minn.) ran two high quality 800s last week. Wednesday she won the Tommie Twilight 800 at St. Thomas over a top quality field in 2:16.15. Friday she placed second at the Meet of the Unsaintly in the 800 at Hamline in 2:12.76, an NCAA provisional mark that currently ranks fifth nationally. That is also an Augsburg school record, and a personal best for Bergeson of nearly three seconds.

Kezia Manlove, St. Olaf

Week of: 2006-05-01

Track - St. Olaf College senior Kezia Manlove (Rapid City, SD/Stevens) set a new Macalester Invitational meet record in the 3000m steeplechase run this past Saturday. Her 11:13.14 time is an NCAA national provisional qualifying time, and set a new St. Olaf school record bettering her old school record by 20 seconds.

Angie Pfeiffer, Concordia

Week of: 2006-04-24

Track - Concordia College senior Angie Pfeiffer (Colman, SD/Colman-Eagan) broke a 20 year old school record in the 400 meters. Pfeiffer's time of 55.87 in the Kansas Relays 400 meter prelims ranks her number one in the nation. She ran in the Kansas Relays finals the next day finishing seventh and posting a time of 57.16. Pfeiffer also ran a 25.05 in the 200 at the Cobber Twilight meet on Tuesday, April 18. Pfeiffer also anchored a pair of 3:59 4x400 relay efforts for the Cobbers, a 3:59.15 on April 18 and 3:59.10 at the Kansas Relays.

Molly Bauman, St. Thomas

Week of: 2006-04-17

Track - University of St. Thomas senior Molly Bauman (Coon Rapids, Minn.) won the 400 hurdles in 62.70 at the Carleton Invitational on April 13th. This time currently ranks third in Division III.

Tonnisha Bell, Augsburg

Week of: 2006-04-10

Track - Augsburg College senior Tonnisha Bell (Minneapolis/Washburn) ran an NCAA Division III and MIAC-leading 11.95 100 meter dash at the Hamline Invitational April 8. The time is also an Augsburg school record, bettering All-America Astrid Larssen's 1998 mark of 11.96.

Natalie Hanson, Concordia

Week of: 2006-04-03

Track - Concordia College senior Natalie Hanson (Rogers, Minn. / Elk River) scored a unique double victory at CBS/SJU Invitational at Collegeville. First, Hanson won the pole vault with a 10-6 (3.20m) effort. Later she won her first-ever on the track 5000 meter race in 18:04.68 which places her #4 on the all-time Cobber list.

Marla Nelson, St. Olaf

Week of: 2006-05-08

Field - St. Olaf College senior Marla Nelson (Mendota Heights, Minn./ Sibley) vaulted to an NCAA provisional mark of 3.45 M in the pole vault at the St. Thomas Invitational this past Saturday. This mark ranks first in the MIAC and is a new personal record.

Shanna Dawson, Gustavus

Week of: 2006-05-01

Field - Gustavus Adolphus College sophomore Shanna Dawson (Fairmont, Minn.) met an NCAA national provisional mark in the pole vault at the Drake Alternative Meet hosted by Gustavus last Saturday. Her 3.45 (11' 3 3/4") ranks her first in the MIAC.

Danielle Norby, Concordia

Week of: 2006-04-24

Field - Concordia College freshman Danielle Norby (Windom, Minn.) jumped a pair of provisional national qualifying leaps at the Cobber Twilight Meet on Tuesday, April 18. Norby's 37-9.5 triple jump ranks her #1 in the MIAC and #9 in the NCAA. Her 18-1 leap in the long jump is #2 in the MIAC and ranks #18 in the NCAA. She also cleared 5-1.75 in the high jump. At the Kansas Relays this weekend she triple jumped 35-0.5.

Susan Brown, Macalester

Week of: 2006-04-17

Field - Macalester College junior Susan Brown (Kingston, Jamaica / Meadowbrook) tripled jumped 11.45m at the Lee Krough (Gustavus) meet. This distance is ranked eighth in the NCAA and first in the MIAC. She also high jumped 1.62m at the meet.

Selina Dehn, St. Thomas

Week of: 2006-04-10

Field - University of St. Thomas sophomore Selina Dehn (St. Louis Park, Minn.) hit an NCAA Provisional qualifying mark in the triple jump at Friday's Duke Invitational. Her 37-5 3-4 leap ties her for sixth-best outdoor triple jump in Division III. She also cleared 5-3 in the high jump and 16-0 1-4 in the long jump.

Ashley Luehmann, Saint Mary's

Week of: 2006-04-03

Field - Saint Mary's University senior Ashley Luehmann (Lewiston, Minn. / Lewiston-Altura) threw 13.20m to win the shot put at the Ripon College Invite. Her throw was also a NCAA provisional qualifier and school record. She also won the discus (39.20) and was third in the javelin (32.00).