

Dana Luiken, Hamline

Week of: 2007-05-08

Track & Field - Hamline University senior Dana Luiken (Chatfield, Minn./Chosen Valley) posted an NCAA Provisional qualifying mark winning the MIAC Heptathlon event in Northfield, Minn. this past weekend. Her score of 4254 won the event. Her performance and points for each of the seven events (3 track, 4 field events) were: 100 Meter Hurdles - 15.62 (762 points); High Jump - 5-2 1/2 (1.59m) (724 points); Shot Put - 34-4 3/4 (10.48m) (561 points); 200 Meter Dash - 28.54 (589 points); Long Jump - 15-11 3/4 (4.87m) (524 points); Javelin Throw - 93-4 (28.45m) (447 points); 800 Meter Run - 2:33.69 (647 points); Total - 4254 total points.

Heather Schuster, Concordia

Week of: 2007-05-01

Track - Concordia College senior Heather Schuster (Grafton, ND/Minto) finished fourth in the College Division 800 at the Drake Relays with a automatic national qualifying time of 2:09.32. Schuster crushed her school record from the previous week by nearly 2.5 seconds. She currently ranks #3 in the NCAA and #1 in the MIAC.

Heather Schuster, Concordia

Week of: 2007-04-24

Track - Concordia College senior Heather Schuster (Grafton, ND/Minto) finished second in the University/College division 800 at the Kansas Relays. Her time of 2:11.79 is an NCAA automatic qualifying time and school record. Schuster currently ranks third in the 800 and 14th in the 1500 in NCAA DIII and ranks number one in the MIAC in both events. She also anchored the Cobbers MIAC leading 4:01.69 4x400 effort at the Kansas Relays.

Heather Schuster, Concordia

Week of: 2007-04-17

Co-Track - Carleton College senior Kelsey Barale (Oakland, Calif./Bishop O'Dowd) posted an NCAA Provisional qualifying mark in the steeplechase this past weekend at the Lee Krough Invitational hosted by Gustavus. Barale won in 11:15.34, winning by nearly 50 full seconds in controlling the race from the outset. The time was a personal best by more than a minute and the best in the conference this season.

Co-Track - Concordia College senior Heather Schuster (Grafton, ND/Minto) ran the 1500 meters in an NCAA Provisional national qualifying 4:39.34 at Concordia's "Sunny Day" Meet on April 14. Her time ranks #10 in the nation and #1 in the MIAC. Schuster also ran a 57 split on the Cobbers winning 4:04.17 4x400 relay.

Kelsey Barale, Carleton

Week of: 2007-04-17

Co-Track - Carleton College senior Kelsey Barale (Oakland, Calif./Bishop O'Dowd) posted an NCAA Provisional qualifying mark in the steeplechase this past weekend at the Lee Krough Invitational hosted by Gustavus. Barale won in 11:15.34, winning by nearly 50 full seconds in controlling the race from the outset. The time was a personal best by more than a minute and the best in the conference this season.

Co-Track - Concordia College senior Heather Schuster (Grafton, ND/Minto) ran the 1500 meters in an NCAA Provisional national qualifying 4:39.34 at Concordia's "Sunny Day" Meet on April 14. Her time ranks #10 in the nation and #1 in the MIAC. Schuster also ran a 57 split on the Cobbers winning 4:04.17 4x400 relay.

Katie Theisen, St. Thomas

Week of: 2007-04-03

Track - University of St. Thomas sophomore Katie Theisen (New Prague, Minn.) ran a national provisional qualifying time of 64.08 in the 400 meter hurdles at the Aztec Women's Track & Field Invite hosted by San Diego State University.

Dana Luiken, Hamline

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Sari Lindeman, Gustavus

Week of: 2007-05-01

Field - Gustavus Adolphus College junior Sari Lindeman (Cannon Falls, Minn./Cannon Falls) recorded a triple jump of 11.36m (37-3 1/4) at the Drake Alternative meet hosted by Gustavus last Saturday. Her jump is an NCAA provisional qualifier and ranks first in the MIAC.

Dana Luiken, Hamline

Week of: 2007-04-24

Field - Hamline University senior Dana Luiken (Chatfield, Minn./Chosen Valley) posted an NCAA provisional qualifying mark in the heptathlon this past weekend at the Bison Classic Multi Event. Her score of 4346 puts her eighth in the nation and #1 in the MIAC improving her own school record. Luiken also broke the school record in the 100 hurdles running 15.16, best in the MIAC this season as well.

Lisa Brown, Gustavus

Week of: 2007-04-17

Field - Gustavus Adolphus College sophomore Lisa Brown (Lake Crystal, Minn./Lake Crystal-Wellcome Memorial) is assured of an opportunity to defend her national championship in the javelin throw. At the Lee Krough Invitational hosted by Gustavus last Saturday, Brown uncorked a facility-record throw of 146 feet, 1 inch to automatically qualify for this May's NCAA Division III Championships in Oshkosh, Wis. Brown also placed second in the shot put (40-0) and sixth in the discus (127-4).

Amanda Weinmann, Saint Mary's

Week of: 2007-04-03

Field - Saint Mary's University senior Amanda Weinmann (Rochester, Minn./Century) threw 12.71m (41-8 1/2) in the shot put and 36.71m (120-5) in the discus at the Ripon Invitational. She won the shot and was second in the discus. Both marks lead the MIAC in the outdoor season.