

## Laura Edlund, Gustavus

Week of: 2008-05-05



Gustavus Adolphus College senior **Laura Edlund** (Forest Lake, Minn.) placed first in the 5000M on Sunday at the Hamline University Meet of the UnSainty with a time of 18:06.29. This time currently leads the MIAC honor roll.

## Anne Iddins, St. Thomas

Week of: 2008-04-28



University of St. Thomas senior **Anne Iddins** (Corunna, Ind./DeKalb) won the steeple chase in a competitive field at the Kip Janvrin Invitational at Simpson College on Friday April 25th. Her time of 11:14.97 is a personal best, just off the NCAA Provisional mark of 11:13.00.

## Katie Theisen, St. Thomas

Week of: 2008-04-22



University of St. Thomas junior **Katie Theisen** (Elko, Minn./New Prague) won the 3000M steeplechase at the Manitou Classic on Saturday, April 19. Her time of 10:59.98 is an NCAA provisional mark. Theisen's time also set a new St. Thomas school record and is a new Manitou meet and facility record. Theisen also won the triple jump with a leap of 11.06 M.

## Nikki Arola, St. Thomas

Week of: 2008-04-07



University of St. Thomas sophomore **Nikki Arola** (Chisolm, Minn.) placed first in the 200 (25.87) at the Wartburg Select Meet in Waverly, Iowa. Arola was third in the 400 (58.16) and was also on the 4x100 relay team that placed fifth in 49.51. To finish out her day, Arola anchored the 4x400 team that placed fourth in 3:58.50.

## **Leah Kay, Concordia**

Week of: 2008-05-05



Concordia College sophomore **Leah Kay** (Dassel, Minn./Dassel-Cokato) won the MIAC Heptathlon championship with an NCAA provisional national qualifying total of 4,550 points. Her score ranks her fifth in the nation and is the second best total in school history.

## **Lisa Brown, Gustavus**

Week of: 2008-04-28



Gustavus Adolphus College junior **Lisa Brown** (Lake Crystal, Minn.) placed seventh in the Javelin at the Drake Relays over the weekend with a throw of 156' 5. She has the top javelin throw in the MIAC and in NCAA Division III so far this season.

## **Shara Guidry, St. Thomas**

Week of: 2008-04-22



University of St. Thomas senior **Shara Guidry** (Thief River Falls, Minn.) met three NCAA Provisional marks at the Cobber Twilight Meet on Tuesday, April 15. Her toss in the shot put of 13.98 M (45'10.5") and discus throw of 46.34 M (152'0") were first place finishes and also established new St. Thomas school records. Guidry was also fourth in the hammer with a provisional performance of 46.37M (152'1").

## **Lisa Brown, Gustavus**

Week of: 2008-04-07



Gustavus Adolphus College junior **Lisa Brown** (Lake Crystal, Minn.) won the javelin at the Central Invitational Saturday with an automatic national qualifying throw of 151' 2". She also placed second in the shot put with a throw of 42' 6 3/4". That toss provisionally qualifies her for nationals in the shot put.