

Tara McCoy, Macalester

Menomonie, Wis. / Menomonie
Week of: 2011-05-09



Macalester middle-distance runner **Tara McCoy** (Menomonie, Wis.) appears to be peaking at the right time, as the Scots' senior finished first over the weekend in the women's 800-meter run at the Meet of the UnSaintly at Hamline University. McCoy bested competition from both NCAA Division II and III to cross the finish line with the best time in the MIAC this season, and one that met the NCAA Division III provisional qualifying mark. For her performance, McCoy has been named the MIAC Women's Outdoor Track Athlete-of-the-Week.

Despite trailing with 150 meters to go, McCoy pulled ahead of and then away from runners from Gustavus and Minnesota State-Mankato to finish first in the 800 with a time of 2:13.54 – her third sub-2:15 time in the 800 in the past week. McCoy's time isn't just the fastest in the MIAC this season, it's the 18th-best time in all of Division III, and it beat the provisional time of 2:14.40. In addition to McCoy's top spot in the 800, she also ranks second in the MIAC in the 1,500-meter run.

McCoy's peak performances come at the perfect time, as the 2011 MIAC Men's and Women's Outdoor Track & Field Championships will be hosted this weekend by Gustavus Adolphus College in St. Peter, Minn., running both Friday and Saturday. Competition begins Friday with field events starting at noon, and track events starting at 2 p.m. Saturday's action starts with field events at 1:30 p.m., the steeplechase at 3:30 p.m. and the rest of the running events at 4 p.m.

Melissa Kuebler, St. Thomas

Sleepy Eye, Minn. / New Ulm
Week of: 2011-05-02



St. Thomas sprinter **Melissa Kuebler** (Sleepy Eye, Minn./New Ulm) had an extremely busy weekend, running in races in two different sites in Iowa, and excelling in both competitions for the Tommies. Kuebler met the NCAA provisional standard and moved atop the MIAC performance list in the 100-meter hurdles at the Kip Janvrin Invitational, hosted by Simpson College in Indianola, Iowa. She also competed at the Drake Relays in the same day, anchoring both the St. Thomas 4x200- and 4x400-meter relay to a pair of top-15 finishes and another new MIAC top time. For her performance, Kuebler has been named the MIAC Women's Outdoor Track Athlete-of-the-Week.

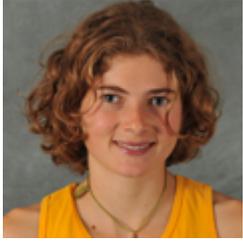
In the 100-hurdles at the Kip Janvrin Invite, Kuebler finished with a time of 14.81 seconds, which eclipsed the provisional qualifying time of 14.99. It was Kuebler's all-time best performance in the event, and she currently ranks 21st in Division III, and atop the MIAC by nearly half a second. Kuebler also anchored the 4x400 team to a time of 1:45.05, which was good for 14th place out of 27 teams in the loaded Drake Relay field, and the 4x400 team set a new MIAC-best time of 3:57.06 and also finished 14th out of 30 teams. This season, Kuebler also ranked third in the MIAC in the 400-meter hurdles, and this is her second Athlete-of-the-Week honor after also earning one during the indoor season.

This week, Kuebler won't have to travel from site-to-site to compete in multiple events. In fact, she won't have to travel at all as St. Thomas will host the Tommie Twilight meet on its campus Wednesday beginning at 4 p.m. It will be the final tune-up for UST before the MIAC Outdoor Championships at Gustavus in St. Peter on May 13-14.

Simone Childs-Walker, Carleton

Seattle, Wash. / Lakeside

Week of: 2011-04-25



Carleton distance runner **Simone Childs-Walker** (Seattle, Wash./Lakeside) has become synonymous with success in the MIAC and in NCAA Division III, and her latest head-turning performance was no different. The junior All-American didn't just win the 5,000-meter run and lower her MIAC-leading time in her last race – she also now holds the top time in the event in the entire nation. For her outstanding performance, Childs-Walker has been named the MIAC Women's Outdoor Track Athlete-of-the-Week.

Despite cold, wind and rain hampering the running conditions, Childs-Walker still bested the field at the Capitol City Championships, hosted by Hamline University last Thursday, with her time of 17:10.02 in the 5,000. That time met the provisional qualifying mark for the NCAA Division III Championships (17:35.00) as she won by more than 47 seconds. Childs-Walker is an eight-time All-American, and this is her fourth MIAC Athlete-of-the-Week award in 2010-11, after earning the honor twice during cross country and once during the indoor season as well.

The Knights and their star distance runner have a busy week ahead with another trip to St. Paul, Minn., on Wednesday for the Hamline Twilight meet. Carleton is also scheduled to participate in the Drake Relays Thursday through Saturday at Drake Stadium in Des Moines, Iowa.

Britney Barnett, Concordia

Valley City, N.D. / Valley City

Week of: 2011-04-18



Even a change of scenery and NCAA Division II competition couldn't faze Concordia senior **Britney Barnett** (Valley City, N.D.) at last week's track and field dual meet. Poor weather forced the dual between the Cobbers and cross-town rival Minnesota State-Moorhead indoors, but Barnett turned in one of the best performances of her career in the 1,500-meter run. Barnett finished fourth in the event, and her time was nearly a personal record, and it vaulted her into the MIAC's top 10 list in 2011. As a result, Barnett has been named the MIAC Women's Outdoor Track Athlete-of-the-Week.

Barnett finished the 1,500-meter course with a time of 4:56.19. She was the top Concordia finisher, between two MSU-M runners and one running unattached. The near PR time is the fastest 1,500 time Barnett has recorded in three years, and her time is the 10th fastest in the MIAC this spring, and she's just two seconds away from moving into the top four. The Dragons pulled out a narrow 84.0 to 75.0 victory in the dual – which featured running and jumping indoor and throwing outdoor due to weather conditions – but Concordia was right on the heels of its Division II neighbor.

Poor weather forced the cancelation of Tuesday's Cobber Twilight meet at Concordia, meaning Barnett and her teammates will have more than week off to prepare for the Drake Relays, which will be held in Iowa on April 28, 29 and 30.

Shanek Telphia, Augsburg



Augsburg sophomore **Shanek Telphia** (Chicago, Ill./Gage Park) got her 2011 track season off to a great start with several memorable performances during the indoor season, but if her early success is any indication, she was just getting warmed up for outdoor season. Telphia already has first-place finishes in the 100- and 200-meter dashes, and she's led the Auggies' 4x100-meter relay team to an NCAA Division III provisional qualifying time and a first-place finish. The star sprinter holds the MIAC's top time in all three events at this point in the season. For her outstanding performances, Telphia is the first MIAC Women's Outdoor Track Athlete-of-the-Week of the 2011 season.

Telphia had her best two individual performances at the Hamline Invite, where she pulled double-duty winning both the 100- and 200-meter dash titles. She beat a field of 47 runners to win the 100 with a MIAC-best time of 12.50 seconds, and she was even better in the 200, beating the 56-person field with a time of 25.04. That time is also tops in the MIAC in 2011, and it meets the provisional qualifying standard for nationals. In addition, Telphia led the 4x100 team – along with Ashley Carney, Katie Vrieze and Dawn Flowers – to victory at the UW-River Falls Invite with a MIAC-leading time of 48.48 seconds. That time also met the Division III provisional mark for nationals.

Telphia and the Augsburg women will be back in action Saturday, when they travel across the metro area to compete in the Concordia University-St. Paul Holst Invitational. The meet begins at 10 a.m. and will be the fourth meet of the outdoor season for the Auggies.

Alyssa Deutschmann, Concordia

Hastings, Minn. / Hastings

Week of: 2011-05-09



Concordia's **Alyssa Deutschmann** (Hastings, Minn.) had quite a week, winning the high jump twice, setting a new school record, hitting an NCAA provisional qualifying mark and recording six top-seven finishes in field events at two different meets. The top highlight was her first-place finish and school record in the high jump at Saturday's MSU-Moorhead Meet against NCAA Division II and NAIA competition, which put her atop the MIAC performance list and in the top five in all of Division III in the process. For her big week, Deutschmann has been named the MIAC Women's Outdoor Field Athlete-of-the-Week.

Deutschmann broke a Cobber record that had stood since 1987 when she cleared the bar at 1.70 meters (5-07.00) at Saturday's meet to finish first and meet the NCAA Division III provisional qualifying mark of (1.65 meters). She's the only MIAC jumper to go higher than 1.63 meters this season, and her new personal best ranks fourth in all of Division III. In addition, she finished seventh in both the triple jump and the long jump at the event. Four days earlier, Deutschmann won the high jump and finished second in both the triple jump and long jump at the Concordia Sunny Day Meet. She ranks fifth in the MIAC in her other two events.

Deutschmann is peaking at the right time, as the 2011 MIAC Men's and Women's Outdoor Track & Field Championships will be hosted this weekend by Gustavus Adolphus College in St. Peter, Minn., running both Friday and Saturday. Competition begins Friday with field events starting at noon, and track events starting at 2 p.m. Saturday's action starts with field events at 1:30 p.m., the steeplechase at 3:30 p.m. and the rest of the running events at 4 p.m.

Kelly Lovett, Carleton

Portland, Ore. / Lincoln

Week of: 2011-05-02



Two-time All-American **Kelly Lovett** (Portland, Ore. / Lincoln) was at her best last weekend with an impressive showing against a supremely talented field at the Drake Relays in Iowa. The Carleton College senior set a new school record and met the NCAA Division III automatic qualifying standard all with one superb javelin throw while facing top competition from NCAA Division I. For her performance, Lovett has been named the MIAC Women's Outdoor Field Athlete-of-the-Week.

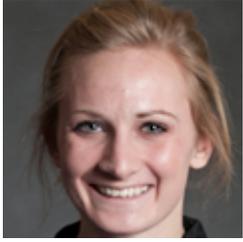
Lovett's record-setting javelin throw traveled a distance of 45.54 meters, which easily outdistanced both her previous best this season, and the automatic mark. Her previous top throw in 2011 was 42.67 meters, and the automatic distance was 44.40. Lovett's school record throw now ranks atop the MIAC performance list, and it ranks third in all of Division III. Lovett finished sixth in the event at the Drake Relays, behind five Division I competitors, and ahead of 13 more student-athletes from Division I, as well as top competition from both Division II and III as well.

Lovett and the Knights will have one more tune-up this week before competing at the MIAC Outdoor Championships. Carleton will travel to St. Paul Thursday for the Tommie Twilight Meet at the University of St. Thomas at 4 p.m. The MIAC Outdoor Championships will be held May 13-14 at Gustavus Adolphus College in St. Peter.

Emily Van Heel, St. Thomas

Swanville, Minn. / Little Falls

Week of: 2011-04-25



St. Thomas' **Emily Van Heel** (Swanville, Minn./Little Falls) has had quite the impact during her freshman track and field season, and her first-year excellence continued last week with her best performance to date in the triple jump. A star sprinter, Van Heel demonstrated her versatility at Thursday's Capitol City Championships hosted by Hamline University when she won the triple jump with a new personal-best distance. For her performance, Van Heel was named the MIAC Women's Outdoor Field Athlete-of-the-Week.

Van Heel's latest star performance resulted in her first-place finish in the triple jump at Hamline. She recorded a distance of 11.49 meters, or 37-08.5, which is her all-time best mark in the event. The jump also met the NCAA Division III provisional qualifying mark (11.36 meters) and it ranks as the best distance in the event in the MIAC this season. Van Heel also has the conference's top time in the 400-meter dash, and ranks in the top three in the 100 and 200 this spring. This is Van Heel's first Field Athlete-of-the-Week honors after earning Track Athlete-of-the-Week honors twice during the indoor season.

The Tommies will use this week to prepare for a busy weekend down south in Iowa. UST is scheduled to send athletes to both the Simpson Twilight meet on Friday evening in Indianola, Iowa, and to the Drake Relays, which will run from Thursday to Saturday in Des Moines, Iowa.

Sara Harstad, Saint Mary's

Chatfield, Minn. / Chatfield

Week of: 2011-04-18



Friday night lights are usually reserved for football games, but they set quite the stage for Saint Mary's senior **Sara Harstad** (Chatfield, Minn.) to turn in an unforgettable performance last Friday in La Crosse, Wis. The Cardinals' thrower turned in a record-setting performance in the hammer throw at Friday night's UW-La Crosse Esten Challenge where she shattered her own school record, provisionally qualified for nationals and jumped to the top of the MIAC performance list. As a result, Harstad has been named the MIAC Women's Outdoor Field Athlete-of-the-Week.

Harstad's record-setting hammer throw traveled a distance of 49.64 meters. Her new personal best and school record beat her hold mark by more than 2.5 meters, and it eclipsed the NCAA Division III provisional qualifying distance of 47.70 meters. Harstad also inched past Hamline's Brenna Coyle for the MIAC's top throw this spring by just 0.03 meters, setting up one of the closes competitions for the top spot in the conference. Earlier this spring, Harstad finished sixth at the MIAC Indoor Championships in the weight throw.

Saint Mary's and its star thrower will return to action this weekend, when it travels across town for a nearby road meet. The Cardinals will compete Saturday at the Winona State Easter Invitational, hosted by Winona State University. SMU will return to La Crosse four days later for the UW-La Crosse Invite.

Janey Helland, Gustavus

Mapleton, Minn. / Maple River

Week of: 2011-04-11



Gustavus All-American **Janey Helland** (Mapleton, Minn./Maple River) had an unforgettable indoor track and field season, but she might be in line for even more success during the outdoor season after just two meets thus far. Helland has already met the NCAA provisional qualifying mark for Division III nationals in both the heptathlon and the long jump, and she currently ranks in the top seven in the nation in both events to go along with numerous first-place finishes. For her terrific early-season results, Helland has been named the first MIAC Women's Outdoor Field Athlete-of-the-Week for the 2011 season.

Helland's superb outdoor season started with a great performance at the Wartburg Select invite on April 2. The Gustie senior finished first in the heptathlon, long jump, high jump and 800-meter run, and her total of 4,407 points in the heptathlon was well above the provisional mark, and it ranks as the top score in the MIAC and No. 5 in all of Division III. Helland continued her brilliance at the UW-River Falls Falcon Invitational a week later, winning the long jump and beating the provisional standard with a distance of 18-04.5. Her distance in the long jump is also tops in the MIAC and No. 7 in the nation.

Helland will get to continue her super spring with a performance in front of her home fans this weekend. Gustavus will host the Lee Krough Invitational on its home track in St. Peter Saturday as the Gusties will compete for the third time since the outdoor season got under way.