

Ashley Magelssen, Bethel

Forest Lake, Minn. / Forest Lake
Week of: 2012-05-07



Bethel sprinter **Ashley Magelssen** (Forest Lake, Minn.) made Royals' history Saturday in less-than-perfect conditions at the Meet of the UnSaintly, hosted by Hamline University in St. Paul. The Bethel sophomore broke a 10-year-old school record in the women's 100-meter dash, winning the event and improving her personal-best time by a quarter of a second, which leads the MIAC and ranks in the top 12 in all of NCAA Division III. For her performance, Magelssen has been named the final MIAC Women's Outdoor Track Athlete-of-the-Week for the 2012 season.

Magelssen's winning time in the 100 Saturday was 12.11, which was exactly 0.25 seconds faster than her previous career-best time, and 0.27 seconds faster than the rest of the field in the rainy weather that forced some events to be canceled. Her time also broke Bethel's decade-old school record in the 100, and she now ranks No. 1 in the conference and No. 12 nationally and will enter the conference championship meet as the top seed in one of the most exciting events.

The Royals and their star sprinter will try to continue their recent success this weekend at the 2012 MIAC Outdoor Track and Field Championships. The meet will be hosted by Concordia College Friday and Saturday in Moorhead, Minn. Friday's action starts with field events at 11 a.m. and track events at 1:30 p.m., while Saturday's field events start at 11:30 a.m. with track to begin at 1 p.m. Saturday's final event begins at 5:15 p.m. with a short awards ceremony to follow. Concordia will have updated results, scoring and more on its Web site throughout the weekend.

Simone Childs-Walker, Carleton

Seattle, Wash. / Lakeview
Week of: 2012-04-30



Carleton senior **Simone Childs-Walker** is putting the finishing touches on her incredibly brilliant and consistent distance career, and this week she added another highlight-reel performance to her outstanding body of work. At the exclusive Drake Relays, Childs-Walker turned in a top-five performance in the women's 10,000-meter run against talented runners from all levels of collegiate competition. Her time is the fastest in the MIAC this season and ranks in the top five nationally. For her performance, Childs-Walker has been named the MIAC Women's Outdoor Track Athlete-of-the-Week.

The Carleton star finished fifth in the 10K in Des Moines, Iowa, with a time of 35:40.87, which ranks No. 1 in the conference, fourth in Division III and should give her a great chance to qualify for nationals in the event. Childs-Walker finished behind one NAIA runner, one from Division II and two from Division I, while beating eight other D-I student-athletes, one from D-II and 12 others from Division III and the NAIA in a star-studded field of 27 runners who met the qualifying standard. The weekly honor is the first outdoor honor for Childs-Walker in 2012 and her 14th overall with four outdoor, four indoor and six cross country Athlete-of-the-Week awards in her trophy case.

Carleton and its star senior distance runner have one opportunity left on the schedule to tune up for the 2012 MIAC Outdoor Track and Field Championships. The Knights will run at the Tommie Twilight Meet at the University of St. Thomas Wednesday, with the meet scheduled to start at 3 p.m. at O'Shaughnessy Stadium. The conference meet will run May 11-2 on the Concordia College campus in Moorhead, Minn.

Maren Westby, St. Olaf



St. Olaf senior **Maren Westby** is putting the finishing touches on a decorated career with the Oles during her final outdoor track and field season, and it appears she was saving some of her best performances for last. Over the weekend, Westby was brilliant at the Oles' home meet, the Manitou Classic, winning the women's 1,500-meter run with a new personal record time. She now has the top time in the MIAC this season, and is in the top 25 nationally. For her performance, Westby has been named the MIAC Women's Outdoor Track Athlete-of-the-Week.

Westby's great showing in front of the home fans featured a first-place finish, and a time of 4:37.96. That time is seven seconds better than her previous career best, and it is nearly three seconds better than any other performance recorded in the MIAC this season. Westby's time ranks her 21st in all of NCAA Division III this season. Westby was one of three St. Olaf athletes to finish first in an event as the meet did not track team scores.

Westby and her teammates will try to continue their success this week with a pair of meets on the St. Olaf schedule, both in St. Paul. Wednesday, the Oles will be a part of the field at the Hamline Twilight meet, and then they will return to St. Paul Saturday to compete in the Janis Rider Invitational, hosted by Macalester College.

Emma Lee, St. Olaf



Just two meets into the 2012 outdoor track and field season, the St. Olaf women are off to a great start. The Oles' most recent success came Friday at Drake University, with junior distance runner **Emma Lee** (St. Paul, Minn./Como Park) delivering the top highlight. Lee shattered her own school record in the women's 10,000-meter run, winning the event and recording a time that is among the best in the MIAC and all of Division III in 2012. For her record-setting performance, Lee has been named the MIAC Women's Outdoor Track Athlete-of-the-Week.

Lee's first-place finish in the 10K at the Jim Duncan Invitational will replace her old mark in the St. Olaf school record book, as she won the event with a time of 36:26.01. That time bested her previous school record by a full 26 seconds and it ranks as the fastest time in the conference this season, nearly three minutes faster than the second-best time. Lee's performance also got her into the top 10 in the Division III top times list, as that time ranks as the 10th fastest in the nation thus far in 2012. Lee finished 13th in the 10K at the Division III National Championships as a sophomore in 2011.

This weekend, Lee and her teammates will get a chance to showcase their skills in front of the home fans, as St. Olaf hosts the Manitou Classic in Northfield Saturday with the meet set to start at 11 a.m. The Oles will also be busy the following week with the Hamline Twilight Meet (April 25) and the Macalester Janis Rider Invitational (April 28) also coming up on the schedule.

Dani Larson, St. Olaf



St. Olaf freshman **Dani Larson** (St. Peter, Minn.) has been taking the MIAC by storm in her first collegiate season with All-America and conference honors during her first indoor season. That success has already carried over to the outdoors season, as Larson won the 400-meter hurdles Friday in her debut in the event to go along with another first-place finish in the high jump. Larson's performance in 400 hurdles was a new St. Olaf school record, and it ranks in the top three nationally. For her tremendous outdoor debut, Larson has been named the first MIAC Women's Outdoor Track Athlete-of-the-Week of the 2012 season.

Larson's winning and record-setting time in the 400 hurdles as 62.70, which is incredible considering it was her first attempt in the event. It ranks as the fastest time in the MIAC, and the third-fastest in Division III. She added the high-jump title at Friday's Wartburg Select meet by clearing the bar at 1.66 meters to continue her incredible rookie season. This is Larson's first MIAC Track Athlete-of-the-Week honor, though she did win the field award during the indoor season to go along with her Outstanding Women's Field Athlete and Women's Outstanding Performance-of-the-Meet honors from the 2012 MIAC Indoor Track and Field Championships.

The Oles and their fantastic freshman have a busy week coming up. The Oles will send a team to Des Moines, Iowa, for the two-day Jim Duncan Invitational, which will start at 3:30 p.m. Friday and resume at 8:30 a.m. on Saturday. St. Olaf will also send a team to River Falls, Wis., on Saturday for the UW-River Falls meet, which begins at 11 a.m. The Oles will return home to host the Manitou Classic in Northfield on April 21.

Kaari Jensen, Concordia

Pierz, Minn. / Pierz

Week of: 2012-05-07



Concordia's **Kaari Jensen** (Pierz, Minn.) has been terrific in the multi-event competition all season, and now she has a conference championship to prove it. Over the weekend, Jensen claimed the MIAC title in the heptathlon at Carleton College with an amazing performance that resulted in new Concordia and MIAC records and one of the best performance in all of NCAA Division III in 2012. For her outstanding effort, Jensen has been named the final MIAC Women's Outdoor Field Athlete-of-the-Week in 2012.

Jensen's winning score in the heptathlon was 4,829 points, which beats the previous Cobber record of 4,812 (Leah Kay, 2010) and the 7-year-old MIAC record of 4,668, which was set by Saint Mary's Ashley Dingels in 2005. Jensen's score is the second-best in the nation this season, and her victory gives Concordia the early lead in the conference championships with 14 points coming from her first-place finish. This is Jensen's second Athlete-of-the-Week award this season, and her score is more than 500 points better than anyone else in the conference in 2012.

Concordia will try to add several more standout performances on its home turf this weekend when it hosts the 2012 MIAC Outdoor Track and Field Championships. The Cobbers will welcome the rest of the conference to their facility Friday and Saturday in Moorhead, Minn. Friday's action starts with field events at 11 a.m. and track events at 1:30 p.m., while Saturday's field events start at 11:30 a.m. with track to begin at 1 p.m. Saturday's final event begins at 5:15 p.m. with a short awards ceremony to follow. Concordia will have updated results, scoring and more on its Web site throughout the weekend.

Ally Voss, Gustavus

Wausau, Wis. / West

Week of: 2012-04-30



While many of the MIAC's top performers spent the weekend competing at the Drake Relays in Des Moines, Iowa, Gustavus junior **Ally Voss** (Wausau, Wis./West) was enjoying the friendly confines of the Gusties home turf at the 12th Annual Drake Alternative meet. Voss was spectacular in the pole vault, setting a new Gustavus school record with the best performance in the MIAC this season and an effort that ranks her in the top 10 of all of Division III. For her performance, Voss was named the MIAC Women's Outdoor Field Athlete-of-the-Week.

Voss finished first in the event at the Gusties' home meet by clearing the bar at 3.77 meters, or 12-04 feet. That performance now ranks as the best effort in the pole vault in school history, and it is the top performance in the MIAC this season by more than a foot. Voss is also now tied for seventh in all of Division III in the pole vault, thanks to her great performance Saturday in St. Peter. Her winning jump came against a field that featured athletes from NCAA Division I (North Dakota State), Division II (St. Cloud State, Minnesota State-Mankato) and Division III (Carleton, Augsburg, UM-Morris).

There is just one final tune-up on the schedule for Voss and her Gustavus teammates prior to the 2012 MIAC Outdoor Track and Field Championships. This weekend - May 5-6 - the Gusties will compete in the Meet of the UnSainly in St. Paul, Minn. The conference championships will be held the following weekend at Concordia College in Moorhead, with the two-day event running May 11-12.

Erica Roelofs, Gustavus



Gustavus athlete **Erica Roelofs** (Vernon Center, Minn./Lake Crystal Wellcome Memorial) was one of the Gusties to compete in the multi-events competition over the weekend at Winona State's Warrior Open, and her performance was certainly memorable. Roelofs finished first in the heptathlon with nearly 4,300 points with one of the top showings in the event in both the MIAC and all of Division III this season, setting new personal records in four different events. For her performance, Roelofs has been named the MIAC Women's Outdoor Field Athlete-of-the-Week.

Roelofs won the heptathlon against a good field with a total score of 4,298 points. She had personal bests in the 100-meter hurdles (16.92 seconds), the 200-meter dash (27.49 seconds), the high jump (1.53 meters) and the javelin (33.60 meters). Only Concordia's Kaari Jensen (4,690) has recorded a better score than Roelofs in the heptathlon this season, and her score in Winona is the 10th best mark in all of NCAA Division III thus far in 2012.

The Gusties have another busy weekend on the horizon, starting with the three-day, star-studded Drake Relays Thursday through Saturday. The meet is hosted by Drake in Des Moines, Iowa, and attracts top talent throughout all three NCAA divisions. Gustavus will also host an alternative meet to the Drake Relays Saturday for athletes not competing in Iowa. The Gusties meet will start Saturday in St. Peter at 11 a.m.

Kaari Jensen, Concordia



Concordia's **Kaari Jensen** (Pierz, Minn.) showcased her versatility while leading the Cobbers to a second-place finish at the CSB/SJU Quadrangular and Multi-event meet Saturday and Sunday thanks to her performance in the heptathlon. Not only did the Cobber junior win the event, her score ranks No. 1 in both the MIAC and all of Division III thus far in 2012, and it is the second-best score ever recorded in Concordia history. For her outstanding performance, Jensen has been named the MIAC Women's Outdoor Field Athlete-of-the-Week.

Jensen's winning point total was 4,690, which was a personal record, as well as the top score the nation and conference this season. Her event-by-event performances were equally impressive. Her time and distance in the 100-meter hurdles and the javelin rank No. 1 in the MIAC this season, and she also turned in top-eight performances in the high jump, 200-meter dash and long jump. In addition, she also ranks in the top 20 in the league thanks to her showing in both the shot put and 800-meter dash as well. Jensen's total score is more than 700 points better than the second-best performance in the MIAC so far in 2012.

Jensen will try to continue her terrific start to the outdoor season Saturday when the Cobbers travel to Morris for a 10 a.m. start at the UM-Morris Open. Concordia will get a chance to enjoy home track-and-field advantage a few days later, as the Cobbers are scheduled to host the Cobber Twilight meet on April 24 at 3 p.m.

Hilary Thompson, Concordia



Concordia sophomore **Hilary Thompson** (East Helena, Mont./Helena) is off to a terrific start to the outdoor track and field season, with a pair of standout performances in the triple jump in her first two appearances this spring. Thompson finished sixth in the event against a loaded field Saturday at the Liberty Collegiate Invitational in Lynchburg, Va., with her distance ranking her No. 1 in the conference and in the top five in all of Division III. That comes on the heels of a great performance in the long jump at the CSB/SJU Invite, where she also recorded a top-three MIAC distance in the event. For her jumping excellence, Thompson has been named the first MIAC Women's Outdoor Field Athlete-of-the-Week for the 2012 season.

Thompson's distance and new personal record Saturday at Liberty were 11.75 meters, or 38-6.5 feet. She is almost a full meter ahead of the competition to lead the MIAC performance list, and that distance ranks fifth in the nation in all of Division III as well. She also recorded distances of 11.35 and 11.29 meters in Virginia as well. Thompson missed the 23-year old school record of 38-7.5 by just a single inch. She is also ranked No. 3 in the conference in the long jump with her distance of 5.19, or 17-0.5 feet, recorded on March 31 at the CSB/SJU meet.

The Cobber track and field team will head back up to Saint Benedict for a full weekend of competition as Thompson takes aim at the school record once again. Saturday, Concordia will compete in the Saint Benedict Triangular meet, which starts at 11 a.m., with multi-event competition running Saturday (1:30 p.m.) and Sunday (1 p.m.). The following weekend, the Cobbers travel to Morris for the UM-Morris Open on April 21.