

2011 Women's Outdoor T&F Championship Preview

Posted: May 11, 2011

ST. PETER, Minn. – The Minnesota Intercollegiate Athletic Conference (MIAC) will conclude its 2010-11 Playoffs and Championships with one of its marquee events this weekend: the 2011 MIAC Men's and Women's Outdoor Track & Field Championships. The event will be hosted by Gustavus Adolphus College in St. Peter, Minn., and it will run both Friday and Saturday.



The University of St. Thomas returns as the defending champion – and the winner at 24 of the last 26 MIAC Championships – and enters the weekend as the favorite once again with a strong, deep roster. The host Gusties were the runner up a year ago, and will again be one of the Tommies' top competitors, and they could get a boost running on their home track. Saint Benedict finished third last season and had a great showing at the MIAC Indoor Championships, and with several key athletes back, the Blazers could also be in the mix.

MIAC Track and Field fans will be in for a treat with a star-studded field, including several defending and multiple-time champions. Things got off to a great start last weekend as Gustavus' **Janey Helland** successfully defended her title in the heptathlon, and Helland will also be in the mix to defend her title in the 400-meter hurdles and excel in a number of other events.

One of the other stars to watch is Carleton distance runner **Simone Childs-Walker**. The junior has captured title in both the 5,000- and 10,000-meter runs in each of her first two seasons, and she looks to go 3-for-3 in both this weekend. Childs-Walker enters the weekend with the MIAC's top time in both events in 2011. Another Gustie – **Samantha Broderius** – will also try to become a three-time champ after winning the shot put in each of the last two seasons. Broderius enters with the top distance in both the shot and discus this season.

Saint Benedict brings back a pair of defending champs that enter the MIAC Championships with the top mark in their event this year in **Julia Renner** in the long jump and **Danielle Busch** in the pole vault. The other defending champions in this year's field are Augsburg's **Shanek Telphia** (100-meter dash) and St. Thomas' **Felisha Willaert** (discus).

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. The final event, the 1,600-meter relay, is scheduled for 7 p.m., and a short awards presentation will follow to the men's and women's team champions. Tickets are \$7 for adults and \$3 for students with valid identification. There are no other discounts offered, and children 5 and under will be admitted free.

2011 MIAC Outdoor Track & Field Championships Website

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 Augsburg

Coach: Dennis Barker (17th season)

2010 Championship Finish: 9th (52points)

Augsburg Championship Preview

Coming off of its best finish in five years, the Augsburg College women's track and field team will look to continue its upward move in the conference standings again this season at the Minnesota Intercollegiate Athletic Conference outdoor track and field championships.

Leading the Augsburg team during this year's championship meet will be the defending MIAC outdoor champion and 2010 NCAA championship-qualifying 400-meter relay team of Kandace Bostick (FY, Minneapolis, Minn./Burnsville HS), Ashley Carney (SO, Lakeville, Minn./Lakeville South HS), Katie Vrieze (SR, Richfield, Minn.), and Shanek Telphia (SO, Chicago, Ill./Gage Park HS). The quartet has already recorded an NCAA championship provisional qualifying time of 48.48 seconds earlier this season, and currently hold the fastest 400-meter relay time among MIAC teams during the 2011 outdoor season.

In addition to her role in the relay, the Auggies will also look for Telphia to make her mark in the individual events. Already one of the top sprinters in Augsburg school history, Telphia currently holds the top 100-, 200- and 400-meter times in the conference this season. Telphia's times of 25.04 and 57.02 seconds respectively in the 200 and 400, are NCAA Division III outdoor national championship provisional qualifying times, while her distance of 5.26 meters (17-feet-3.25) in the long jump ranks seventh-best in the conference this season.

Vrieze and Carney will look to add to the Augsburg point total in the sprint events as well. Carney currently owns the sixth-fastest 100-meter time in the conference, while Vrieze is currently ranked fifth in the 400 and sixth in the 200. Carney recorded a fifth-place finish in the 100-meter dash at the 2010 conference meet, while Vrieze recorded a ninth-place finish in the same race.

Augsburg hurdler Caroline Senungi (SR, Shoreview, Minn./Mounds View HS), a fourth-place finisher at the indoor conference meet in March, will look to continue her solid performance again in the 100-meter hurdles. Senungi's season best time of 15.34 seconds ranks as the fifth-fastest time in the conference this season. Senungi will also join Vrieze, Telphia and Kacie Bahr (JR, Brainerd, Minn.) on the Augsburg school-record holding 1600-meter relay team. The quartet, which finished first at last week's Tommie Twilight Meet, currently own the second fastest time in the MIAC this season.

In the field events, Augsburg pole vaulter Brittany Tuberg (SO, Apple Valley, Minn.) will enter this year's conference championship meet with the fourth-best mark among competitors in the field. Tuberg, the Augsburg school record holder in the pole vault, recorded a season-best height of 3.35 meters (10-feet-11.75) at the USC Trojan Invite earlier this season.

Augsburg thrower Erin Leyden (SR, Glen Ellyn, Ill./Glenbard South HS) is currently ranked sixth in the hammer throw, having recorded a season-best throw of 43.95 meters (144-feet-2) at the Hamline Twilight Meet earlier this season.



Bethel

Coach: Jim Timp (6th season)

2010 Championship Finish: 5th (71 points)

Bethel Championship Preview

Heading into the MIAC Outdoor Championships held at Gustavus Adolphus College in St. Peter, Minnesota, the Bethel Royal's Women's Track squad look to finish the season strong and have several athletes bring home All-MIAC honors.

On the women's side, the Royals have several contenders to take home All-MIAC honors as well. Ashley Maggleson has showcased her speed throughout the year in the 200-meter dash, as well as in the 4x100 relay. Maggleson won the 200m event earlier in the season at the Macalester Twilight meet.

Along with Maggleson, hurdler Rachel Kalk could finish atop the leader board at the conference meet in the 100-meter hurdles. At the Janis Rider meet, Kalk won the 100m hurdles in a time of 15.31, which is only .05 seconds off of the school record. She also placed 2nd in the triple jump with a mark of 34'4".

Seniors Kayla Jelen, Alex Potter, look to place well in distance events. Jelen ran the 3000 meter and finished 3rd at the Capitol City Championships with a time of 11:48.86. Meanwhile Potter placed 5th in the 1500m with a very respectable time of 4:51.13.

High jumpers Stephanie Skoog and Lauren West both jumped 5'2.25" placing them 3rd and 5th respectively based on attempts at the Janis Rider meet earlier in the season and look to build upon those numbers at the conference meet.

Hurdlers Abby Furlong and Rachel Meemken have done well for the Royals all season and will try to take home a strong finish in the 400-meter hurdles and 100-meter hurdles respectively.



Carleton

Coach: Donna Ricks (18th season)

2010 Championship Finish: 8th (54 points)

Carleton Championship Preview

The Carleton College women's track and field team is eager to improve upon last year's eighth-place finish. The Knights again expect big things from All-Americans Simone Childs-Walker (Jr./Seattle, Wash./Lakeside) and Kelly Lovett (Sr./Portland, Ore./Lincoln), but the team's overall fate hinges on the ability of others to step up.

Childs-Walker has swept the long-distance events—the 5,000- and 10,000-meter runs—the past two years, and is out to capture the three-peat. She currently owns the sixth-best 5,000-meter time of any female NCAA Division III runner this year. Additionally, she's already posted an automatic NCAA qualifying time in the 10,000-meter run and owns the nation's third-best time in the event.

Carleton will also count on juniors Taylor Ffitch (Portland, Ore./St. Mary's) and Alison Smyth (Billings, Mont./Billings West) for strong showings in the 5,000- and 10,000-meter events respectively. Rachael Klehm (So./Wellesley, Mass.), in her first year of collegiate track, could also contend for points in the 5K.

In shorter distance events, the Knights will call upon the services of Sarah Trautman (So./Lexington, Mass./Buckingham, Browne, and Nichols), Clare Franco (Jr./Brunswick, Maine) and Alex Dunn (Sr./Walnut Creek, Calif./The Athenian School). Franco competed at the NCAA Indoor Championships in 2009 and 2010.

The Knights have good reason to be excited about the field events. In the javelin, Lovett claimed All-American honors in both 2009 and 2010 and currently owns the third-best distance among D-III competitors this season. Megan Erlandson (Jr./Minneapolis, Minn./Minnehaha Academy) continues to break school records in the pole vault. She placed fifth at the 2011 conference indoor championships.

Kyla Walter (Jr./Aspen, Colo.) and Sami Kemper (Fy./Prior Lake, Minn.) are among the top competitors in the heptathlon and both could score in other field events as well. Kao Sutton (Fy./Hilo, Hawaii/Kamehameha Schools) could add to Carleton's point total with a strong showing in the discus.



Concordia

Coach: Marv Roeske (16th season)

2010 Championship Finish: 4th (88 points)

Concordia Championship Preview

Once again Concordia will enter the MIAC Outdoor Championship Meet with the top 5 monkey on its back. The Cobbers have finished in the top 5 at the MIAC Meet for 21 straight seasons, a streak that dates back all the way to 1988.

Concordia enters this year's conference meet seeded fourth so the chances of running their top 5 streak to 22 consecutive years seems to be in safe hands. Once again head coach Marv Roeske will use his depth to break into the top half of the conference. The Cobbers have only one athlete ranked in the top 4 in the running events and have just three athletes ranked in the top 3 in the field events. However, CC has numerous athletes hanging around the second tier just waiting for the MIAC Meet to break through and score valuable team points.

The strength of this year's Concordia team will once again be found in the field events. Last year CC scored the majority of their points in the eight field events and will look to do the same this season.

Alyssa Deutschmann (Sr., Hastings, Minn.), Katherine Brott (Sr., Deer Lodge, Mont./Powell County HS) and Hilary Thompson (Fr., East Helena, Mont.) own the top 3 seeded marks in the conference this season. Deutschmann, who won the 2011 indoor high jump, is currently ranked first in the outdoor high jump with a mark of 5-04.25. Brott finished third at last year's MIAC in the javelin and is ranked second heading into this year's meet while Thompson posted a career-best distance of 36-09.50 in the triple jump and is second in the conference.

The Cobbers have several other field athletes listed in the top 5 heading into the conference meet. Tatijana MullerDahlberg (Jr., Fargo., N.D./Oak Grove HS) is seeded fifth in the triple jump and is coming off a second-place finish in the same event at the 2011 MIAC Indoor Meet. Kristen Warren (Sr., Oakes, N.D.) leads the CC throw squad. She is currently ranked fourth in the shot put, fifth in the javelin and 12th in the discus. The top event for Concordia at the conference meet will once again be the javelin competition. The Cobbers have three athletes ranked in the top 5 and have six athletes already qualified for the meet.

Youth will be served for the Concordia track crew. The Cobbers have three underclassmen ranked in the top 15 of sprint and middle distance races. Freshmen Gina Weiss (Monticello, Minn.) and Morgan Christian (Moorhead, Minn.) are ranked in the top 10 in the 400 and 800 meters, while sophomore Natalie Decker (Darwin, Minn. Hutchinson HS) is seeded 10th in the 100-meter dash. All three have also been integral parts of the successful Concordia relay teams this spring. Weiss helped the Cobber 4x200-meter relay team set a new school record at the Drake Relays.

Hannah Knickerbocker (Fr., Stanchsfield, Minn./Cambridge-Isanti HS) and Elisabeth Hanson (So., Moorhead, Minn.) continue the youthful trend in the distance events. Knickerbocker is ranked in the top 15 in both the 5000 and 10000 meters while Hanson is the top steeplechase athlete for CC as she has the fifth fastest time in the conference this season.

Alexa Kleingartner (Sr., West Fargo, N.D.) will be hoping to make her last conference meet memorable. She is currently ranked third in the 100-meter hurdles and leads a group of eight Concordia runners who all have top 20 marks in the two hurdle events.



Gustavus

Coach: Dale Bahr (2nd season)

2010 Championship Finish: 2nd (132.5 points)

Gustavus Championship Preview

With six consecutive runner-up finishes at the conference meet, the Gustavus women's track and field team will look to use its home track advantage and gun for a title at the 2011 MIAC Outdoor Track and Field held April 13-14 in St. Peter, Minn. Head Coach Dale Bahr's squad enters the event with a great deal of experience under its belt, as eight All-Conference performers return to the track.

Janey Helland enters the meet as Gustavus' top competitor, ranking in the top-10 in the MIAC in six events. Helland is poised to repeat as the champion in the heptathlon with an NCAA automatic qualifying mark of 5,735. She also ranks second in both the 400-meter hurdles (65.64) and long jump (18' 4.5"), fourth in the high jump (5' 2.5"), seventh in the javelin (103' 5"), and 10th in the 100-meter hurdles (16.15).

Gustavus's other top competitor is thrower Sam Broderius. Broderius comes into the meet as the one to beat in both the shot put (42' 10.75") and discus (154' 2"), ranking first in both events. She has also recorded the seventh best hammer throw toss (144') in the league. Complimenting Broderius in the throws will be Megan Endresen, Emily Ford, and Allyson Hannemann. Endresen ranks seventh in the shot put (39' 3"), ninth in the discus (128' 4") and 10th in the hammer throw (142'). Emily Ford has the eighth best toss in the shot put (39' 2.5"), and Hannemann ranks sixth in the discus (132' 10").

Rounding out Gustavus' top field athletes is Ally Voss and Sarah Baker. Voss is the squad's top pole vaulter, ranking second (11' 7.75") in the event, while Baker ranks third in the triple jump (18' 3.75") and seventh in the high jump (5' 2.25").

Distance runners Beth Hauer and Brooke Beskau will look to lead the Gusties on the track. Hauer ranks fifth in the 10,000-meter run (37:47.29) and seventh in the 5,000 (18:30.70), and Beskau ranks sixth in the 10,000 (37:56.60) and ninth in the 5,000 (18:34.22). Megan Lundgren is the squad's top mid-distance runner, ranking eighth in the 800-meter run with a time of 2:19.87.



Hamline

Coach: Shawn Johnson-Hipp (5th season)

2010 Championship Finish: 6th (70 points)

Hamline Championship Preview

The Hamline University women's track and field team surprised all but themselves with a program-best third place finish at the MIAC indoor championships and looks to build upon that this weekend at the outdoor championships.

Brenna Coyle (Jr., Lindstrom, Minn.) comes to the outdoor championships after winning the weight throw at indoors to help lead a strong Piper throwing corps. Joining her to round out a trio of Piper throwers looking to head to nationals together are Robyn Wernberg (Sr., Brainerd, Minn.) and Becky Culp (Jr., Lindstrom, Minn.). Wernberg already has an NCAA automatic throw in the discus while Culp has a provisional mark in the same event. The pair is just shy of the NCAA provisional mark in shot put this spring. Coyle and Wernberg both have provo tosses in the hammer throw.

In other field events, Hamline's school record holder in the outdoor pole vault, Arlene Behling (Sr., Plymouth, Minn.) and Carly Braun (So., St. Cloud, Minn.), who holds the school record indoors, will look to finish high in the points totals for the Pipers.

Kameron Argiannis (Sr., Eden Prairie, Minn.) will be a multi-event threat for the Pipers, handling duties in sprints, hurdles, and jumps. Christina Walker (So., Katy, Texas) – a multiple-event school record-holder – as well as Kaitlyn Frenchick (Jr., Paynesville, Minn.) and Keelie Sorenson (Fy., Brooklyn Park, Minn.) will join Argiannis in the sprint events.

Hamline's distance runners will also add points to the tally, led by cross country NCAA meet participant Jessica Kociscak (Sr., Anoka, Minn.). Sara Holland (Sr., Dousman, Wis.), Maria Theisen (Fy., Minneapolis, Minn.), Carolyn Bocovich (Jr., Andover, Minn.), and Lauren Howe (Sr., Siren, Wis.) have also had strong springs and will look to continue those performances this weekend.

With the added depth in multiple event groupings and the return of numerous point-scoring athletes, the Pipers look to make a significant improvement upon their sixth place finish from a year ago.



Macalester

Coach: Martin Peper (11th season)

2010 Championship Finish: 12th (3 points)

Macalester Championship Preview

After back-to-back 12th-place finishes, look for the Scots to make a big move up the MIAC standings in 2011.

Macalester is very capable of scoring big team points in the 800-meter run as Tara McCoy (Sr., Menomonie, Wis.) and Robin Major (Sr., Putney, Vt. / Bellow Falls Union) are having big springs after each placing in the top three at the MIAC indoor meet in the 800 in March. McCoy and Major ran fast times at the Janis Rider Invitational and Tommie Twilight Meet and are entering in top form. They rank first and second on the MIAC outdoor honor roll (McCoy – 2:14.84 / Major – 2:16.34). McCoy could also run as one of the favorites in the 1500.

A pair of Mac frosh earned fifth-place conference indoor meet finishes to start their MIAC careers and are potential point-scorers again at Gustavus. Jasmine Eddy (Fy., Yorktown, Va. / Grafton) is a contender again outdoors in the shot put, as is fifth-place indoor 200-meter dash finisher Ana Armitage (Fy., Rickton, Ill. / Hononegah Community). Armitage is currently ranked fourth in the 200 (25.70). Another potential finalist is 1500-meter runner Libby Tollefson (Sr., Billings, Mont.), who was ninth in the indoor mile.

Holly Schiedermayer (Jr., Waupaca, Wis.) is fifth in the high jump (5-2 ¼) and could score points here. Macalester sprinters are led by Alexa Simpson (So., St. Elizabeth, Jamaica / Hampton School), who was 10th indoors in the 200 dash. Other key Scots include Kate Rochat (So., Portland, Ore. / Cleveland) in the triple jump, Becky Kane (Fy., Miladore, Wis. / Auburndale) in the steeplechase, and Anna Schmitz (Fy., St. Paul, Minn. / Central) in the 5000 meters.

Macalester looks strong in all three relays.



Saint Benedict

Coach: Robin Balder-Lanoué (12th season)

2010 Championship Finish: 3rd (89 points)

Saint Benedict Championship Preview

The College of Saint Benedict track and field team will seek its first conference outdoor title in school history at the MIAC Championships.

The Blazers will be led by young but experienced competitors, including two field athletes who have met NCAA Provisional marks already this season: junior Julia Renner (long jump, Shoreview, Minn.) and sophomore Danielle Busch (pole vault, New Prague, Minn.). Renner is also ranked first and second in the high jump and triple jump respectively.

Several first-year and sophomore athletes will make an impact on the competition. Sophomore Erin Sand (New Prague, Minn) is ranked in the top five in 100, 200 and 400 meter dashes. Mo Flynn (FY, Burnsville, Minn.) ranks second in the 100 meter hurdles and Kelsie Larson (FY, Decorah, Iowa) is second in the 3000 meter steeplechase. First-years Kendra Coleman (javelin, Pelican Rapids, Minn.) and Clare Foley (hammer throw, Northfield, Minn.) will also contribute for the Blazers.

CSB isn't short on seniors who will compete at the Championships. Jillian Daleiden (400 meter, Blaine, Minn.), Molly Noel (800 and 1500 meter runs, Eagan, Minn.) and Caitlin Schnettler (steeplechase, Richmond, Minn.) will all be in contention for event victories.



St. Catherine

Coach: Michael Henderson (5th season)

2010 Championship Finish: 10th (48.5 points)

St. Catherine Championship Preview

After placing 10th at both last year's outdoor championship and this year's indoor championship, the Wildcats are looking to move up in the rankings at this week's MIAC meet. Leading the team in their quest is a trio of talented seniors, Kim Engel (sprints), Kayla Engel (mid-distance), and Jennifer Ampe (pole vault). All three will try to rewrite the St. Kate's record books one last time and end their MIAC careers on a high note.

Joining the senior captains in the hunt for points this outdoor season are juniors Brianna Ludtke (sprints), Samantha Levercom (sprints), and Callie Teigen (throws), sophomores Erin Coughlin (sprints), Kelsey Eder (mid-distance), Jessica Rogers (distance), and Stephanie Meschke (throws), and first-years Madelin Skaalrud (sprints), Haley Tsuji (pole vault), Sarah Howe (distance), and Kristna Poss (distance).

With such a diverse group of athletes taking to the track and the field at Gustavus this weekend, the Wildcats hope to end the season on a high note under (hopefully) sunny skies and against great competition.



Saint Mary's

Coach: Shawn McMahon (4th season)

2010 Championship Finish: 11th (22 points)

Saint Mary's Championship Preview

They were all good a year ago, but this time around, they want to be better.

In fact, if Andrew Brueggen (Holmen, Wis.), Sara Harstad (Chatfield, Minn.) and Ryan Wockenfus (New London, Wis.) have their way, when their respective events at the Minnesota Intercollegiate Athletic Conference Championships are completed, they will be the best.

“We’re excited about the conference championship,” said SMU coach Shawn McMahon, whose teams hosted last year’s conference outdoor championships. “Last year was great, we had a lot of outstanding performances — and the fact that we were able to do it in our own backyard was pretty special.

“But there’s still more out there for a lot of our athletes, and hopefully, we will be able to put it all together at the right time.”

Brueggen, Wockenfus and Harstad all earned All-MIAC honors a year ago with their second-place efforts — Brueggen in the hammer throw (54.03 meters), Wockenfus in the javelin (53.15 meters) and Harstad in the hammer throw (37.14 meters) — and each is determined to make their last conference championship their best yet.

“Second was nice last year, but this year, all three have their sights set on that top spot,” said McMahon. “There’s no question they all have the ability to do it — it’s just a matter of putting it all together.”

Brueggen comes into the MIAC Outdoor Championships following a strong indoor season, in which he won the conference weight throw title with a school- and MIAC-record throw of 19.68 meters, while also qualifying for the indoor national championships.

And once outdoors, the senior has been just as impressive, uncorking a season-best throw of 60.76 meters at the Norse Relays that not only broke the school hammer record, but also shattered the stadium and Norse Relays records as well.

Harstad has been equally as impressive, as the senior bettered her school record in the hammer with a throw of 49.64 meters — more than two meters further than her runner-up throw at last year’s MIAC Championships — at the Phil Esten Challenge on April 15, while Wockenfus’ season-best throw of 50.60 meters at the Norse Relays on April 9 puts him in position for another run at a conference crown.

“Those three (Brueggen, Harstad and Wockenfus) have had great outdoor seasons, but, hopefully, they won’t be the only ones making some noise for us,” said McMahon, noting that throwers Coco Booker (St. Paul, Minn.), Nicole Heitmann (Hayward, Wis.) and Kassondra Burtis (Fairmont, Minn.) could also garner the Cardinals some points at the conference meet. “We’ll just have to wait and see.”

While the throwers have stolen most of the headlines this season, McMahon has a stable full of sprinters and distance runners eager to make some noise.

John Kelly (Rochester, Minn.), Peter Borash (Bowlus, Minn.), Benton Kodet (Northfield, Minn.), Jake Traxler (Le Center, Minn.) and Robby McGuire (Rochester, Minn.) have had solid springs for the men, while Brittany Kuehn (Sauk Rapids, Minn.), Joanna Pace (Minoqua, Wis.), Shauna Stephens (Norwood, Minn.), Bethany Schmidt (Sparta, Wis.) and Stephanie Sturgis (Woodbury, Minn.) lead the way for the SMU women.

“I’m excited to see what we can do,” said McMahon. “The potential is there, we’ll just have to wait and see how things unfold.”



St. Olaf

Coach: Andrea Gelle (1st season)

2010 Championship Finish: 7th (60 points)

St. Olaf Championship Preview

The St. Olaf women's track and field team, which finished fifth at the MIAC Indoor Championships in March, will look to a distance crew to set the tone at the MIAC Outdoor Championships.

Emma Lee, who has a provisional time in the 10,000 will anchor the distance runners. Rachel Dean will also be a top contender in the 5,000 and 10,000.

Moriah Novacinski will compete for a top spot in the 1,500 and 800. Laura Cook should challenge in the 800 as well.

Becca Neuger, who will be a part of the Oles strong relay teams, will be the team's top runner in the 400.

In the field events, first year high jumper Elise Raney figures to be the team's best chance at a top spot.



St. Thomas

Coach: Joe Sweeney (31st season)

2010 Championship Finish: 1st (168 points)

St. Thomas Championship Preview

St. Thomas will attempt to repeat as MIAC outdoor track and field champions this weekend in Winona. The UST women have won 23 of the last 25 outdoor team titles, and 11 consecutive MIAC indoor crowns.

Coach Joe Sweeney has guided the Tommies to 64 conference team title in cross country and indoor and outdoor track and field.

Senior All-Americans Nikki Arola, Kelly Russ and Erin Sprangers will lead the Tommies. Russ (800) and senior Kyle Crotty (javelin) have qualified automatically for the NCAA outdoor meet, and St. Thomas has NCAA provisional qualifiers in nine events.

Arola has qualified provisionally in the 100, 400, 400 hurdles and 4x400 relay. In the 2009 MIAC outdoor meet, Arola contributed 41 points as St.

Thomas rallied from a 40-point deficit on the final day. Arola won the 200-meter dash (25.60) and 400-meter dash (57.32) and ran on the winning 4x100 (48.57) and 4x400 relays (3:51.56, meet record). She ran in nine prelim or final races over two days. Arola has contributed to 19 MIAC individual or relay championships in the last six MIAC indoor and outdoor meets.

The Tommie women are is seeded first in nine events, second in five events, and third in four events.

In the MIAC indoor meet in March, St. Thomas won only three races but scored in 19 of 20 events and topped Gustavus by 28 points.

St. Thomas will attempt to win the program's seventh consecutive MIAC outdoor track and field team championship in 2011. The UST women have won 24 of the last 26 outdoor team titles, and 12 consecutive MIAC indoor crowns.

The St. Thomas men and women have won 106 all-time MIAC team titles in indoor and outdoor track and field.

Coach Joe Sweeney has guided the Tommies to 66 conference team title in cross country and indoor and outdoor track and field.

All-Americans Nikki Arola, Kelly Russ, Erin Sprangers and Kylie Crotty all graduated last May, but the Toms have rebuilt the roster and are coming off a close win in the 2011 MIAC Indoor Championships. Another tight battle outdoors is expected.

In the 2010 MIAC indoor meet, St. Thomas won only three races but scored in 19 of 20 events and topped Gustavus by 28 points. They came back to top Gustavus by 35.5 points to win the outdoor crown. Last March, the UST women scored in 17 of 20 events with points from 14 different competitors and fended off runner-up St. Ben's, 146-107 to take the 2011 indoor title.

Sweeney will lean on a few dynamic competitors in UST's 2011 title bid.

--Freshman sprinter Emily Van Heel was the star of the MIAC Indoor Championships. Van Heel won the triple jump (37-5); swept the 55 (7.27), 200 (25.48) and 400 dashes (58.42); and capped the meet as she kicked home to victory on the last lap of the 4x400. Van Heel also ran on the runner-up 800 relay and scored two points with a seventh in the long jump (16-10 3-4).

--Senior Allie Metzler will be a threat in the 5,000 and 10,000

--Senior Melissa Kuebler is seeded first in the MIAC in the 100 hurdles and among the leaders in the 400 hurdles

--Junior Amy Maas is seeded well in the discus, shot put and hammerr.

--UST is also ranked well in the 4x100 and 4x400 relays.