

2013 MIAC Women's Outdoor Track and Field Championship Preview

Posted: May 08, 2013

ST. PAUL, Minn. -- The University of St. Thomas enters the 2013 MIAC Outdoor Track and Field Championships as the favorite to repeat, and the Tommie women will try to add another conference title to their tremendous season in front of their home fans. St. Thomas will host the 2013 conference meet on its St. Paul, Minn., campus, Friday, May 10, and Saturday, May 11.

The Tommies are in search of No. 29 overall, as they've won 28 of the 31 MIAC Outdoor titles. Only Concordia (two titles) and St. Olaf (one) have stood in the way of Head Coach **Joe Sweeney's** UST women's team and a perfect performance in conference outdoor meets. This season, St. Thomas is going for its ninth-straight conference outdoor crown after also winning the indoor title on the St. Olaf campus in March.

The entire conference is hoping to replicate a record-setting 2012 meet, with four new MIAC records established at the championships a year ago. Augsburg's **Ashley Carney** set a new mark in the 100-meter dash (11.89), Hamline's **Shawny Kramer** broke the hammer throw record (172-11), Concordia's **Kaari Jensen** recorded the best-ever MIAC score in the heptathlon (4,829) and the St. Thomas 4x100-meter relay team also had a record-setting performance (47.05). Jensen successfully defended her multi-event title last weekend, and all other record-breakers are back to make for a star-studded 2013 championship meet.

St. Thomas racked up 172.5 points a year ago to win the title by 52 points. Concordia - which hosted the 2012 meet - was the runner up and only other team over 100 with a score of 120.5. Gustavus rounded out the top three with a score of 99, and Saint Benedict (91) and Carleton (85) also earned spots in the top five. Hamline (72) edged St. Olaf (69) for sixth, Bethel (60) came in eighth. Macalester (30) was three points better than both Augsburg (27) and St. Catherine (27) and Saint Mary's (5.0) finished out the standings.

The defending-champion Tommies are led by star **Taylor Berg**, who is racking up honors during her senior season. Berg was honored as the top cross country and indoor track athlete this year, and will try to add outdoor honors. The All-American is currently ranked first in the nation in the 5,000-meter run and fifth in the 1,500. Junior **Emily Van Heel** will try to add to her impressive career, which includes 17 MIAC track and field first-place finishes. Twin sprinters **Angela** and **Erika Tipp** and runners **Kayla Goeman** and **Christina Rozeske** also boost Sweeney's confidence in his squad.

Jensen's repeat win the heptathlon last weekend got the Cobbers off to another great start at the MIAC outdoor meet. Concordia is loaded in the field events with throwers **Hilary Bircham** and **Cherae Reeves** and jumpers **Chelsea Klemetson** and **Hilary Thompson** all primed for big performances. Gustavus is also hoping to continue a great year after winning the MIAC cross country title in the fall. Distance runner **Beth Hauer**, pole vault specialist **Allyson Voss** and jumper **Lauren Rotschiller** all bolster the Gustie hopes of another great performance.

Saint Benedict also has a talented, balanced lineup ready to run. Versatile **Mandy Witschen**, thrower **Sam Imholte**, sprinter **Erin Sand**, jumper **Alexis Good** and pole vaulter **Danielle Busch** are all ready to lead the Blazers into the conference meet. Carleton also has plenty of talent ready for the MIAC meet, led by middle distance runners **Haley Johnson**, **Colette Chelichowski** and **Ruth Steinke**, as well as thrower **Kao Sutton**. **Amelia Campbell** finished third in the heptathlon last weekend to get the Knights off to a great start. In addition to MIAC record-holder Kramer back for Hamline, the Pipers also return fellow thrower **Becky Culp**, who was honored as the Indoor Outstanding Women's Field Athlete and is again among the league's (and nation's) best. Thrower **Jess Putland**, pole vaulter **Carly Braun** and runner **Maria Theisen** add to Hamline's depth.

The Oles will try to improve on their seventh-place finish a year ago under the direction of Indoor Coach-of-the-Year **Andrea Gelle**. Distance runner **Emma Lee**, middle distance runner **Moriah Novacinski** and versatile athlete **Dani Larson** and lead St. Olaf into the MIAC meet. Bethel is loaded in the sprinting events with **Courtney Fregeau**, **Ashley Quick** and **Krista McCright** and **Rachel Kalk** gives the Royals an All-Conference athlete in the hurdles as well. Macalester will be led by nationally-ranked jumper **Kate Rochat**, and **Rachel Gunsalus** and **Irene Gibson** give the Scots plenty of talent on the track.

The Auggies have Carney - who has a decorated MIAC career in the sprinting events - back to lead their team into the 2013 championships. St. Catherine has talent in the throwing events, with **Faith Berg** in the discus and shot and **Stephanie Meschke** in the javelin. And Saint Mary's returns All-MIAC thrower **Coco Booker** in the shot as well as **Katie Stolz**, who holds the Cardinal school record in the steeplechase.

The 2013 MIAC Indoor Track and Field Championships began with last weekend's multi-event competitions at Saint John's. The full event will begin Friday at St. Thomas with field events beginning at 3 p.m. and track events starting at 3:30 p.m. Saturday's action will start with the National Anthem at 11:50 a.m. The Day 2 field events start at 12 p.m. and the track events will begin at 1 p.m. The full schedule of events is available online.

Saturday's final event begins at 4:35 p.m., and there will be a short awards ceremony following the conclusion of the meet to honor both team champions. The top three individuals in each event and the first-place relay team will automatically earn All-Conference honors, and the fourth- through sixth-place finishers in each open event and second- through sixth-place relay teams will all be named All-Conference Honorable Mention.

The MIAC has a Web page dedicated to the event, and complete results, recaps, and multimedia coverage of the championships will be



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available on that site throughout the event. There will be live results available for all events courtesy of [Apple Raceberry Jam](#) and fans can also find entries and heat sheets on the MIAC's event page as they become available.

Admission for the event is \$7 for adults and \$3 for students per day, with children ages 5 and under admitted free. MIAC passes will be honored. The MIAC would like to thank the University of St. Thomas, its coaches, and its staff, for its efforts as the host school. Stay tuned to [St. Thomas' athletic web site](#) for complete details and meet information.

2013 MIAC Outdoor Track and Field Championships Preview Video

2013 MIAC Women's Outdoor Track and Field Championship Coverage

The MIAC Web site will be the first place for results and recaps from the 2013 MIAC Outdoor Track and Field Championships. Stay tuned to the 2013 MIAC Outdoor Track and Field Championship Home Page, as well as the MIAC's social media networks on [Facebook](#), [Twitter](#) and [YouTube](#) throughout the weekend to stay connected to all the action at St. Olaf. Also, this Thursday's (May 9) MIAC Media Weekly Podcast will offer a preview of the event as St. Thomas Men's Head Coach **Steve Mathre** joins host **Mike Gallagher** to talk MIAC Track.

| [2013 MIAC Outdoor Track and Field Championships Page](#) |

MIAC Women's Outdoor Track and Field Links

| [Website](#) | [MIAC Performance Lists](#) | [Composite Schedule](#) | [Team Pages](#) | [Recordbook](#) | [Archives](#) |



AUGSBURG | [Auggies' women's outdoor track and field home page](#) |

Head Coach

- Dennis Barker (18th season)

A Year Ago

- T-10th place | 27.0 points

In the 2012 NCAA Championships

- 2012 NCAA Women's Outdoor Track and Field Championships – 51st place - Team score: 2.0

Top Performers

- Ashley Carney (SR, Sprints I ranks 2nd in MIAC in 100-meter dash - 12.37; 1st in 200-meter dash - 25.03; 2012 All-American; 2012 MIAC Most Outstanding Women's Track Athlete)
- Lauren Rice (JR, Mid-Distance I ranks 4th in MIAC in 5,000-meter run - 17:51.34; 16th in 1,500-meter run - 4:51.98)
- Brittany Tuberg (SR, Pole Vault I ranks 6th in MIAC in pole vault - 3.23m/10-feet-7.0; 2nd in pole vault at 2012 MIAC Outdoor Championships)
- Mary Klecker (FY, Mid-Distance I ranks 5th in MIAC in 800-meter run - 2:18.15; 8th in 1,500-meter run - 4:47.09)
- 400-meter relay team (49.14-second time recorded at the Cal Sate-Northridge Meet is 2nd-fastest time recorded in MIAC)

By the Numbers

- 54: NCAA Division III National Championship qualifiers head coach Dennis Barker has had in cross country and track and field
- 5: individual first-place finishes Carney has recorded this season
- 4:22.93: School record time recorded by the Augsburg 1,600-meter sprint-medley relay team of Adrienne Young, Molly Allen, Ashley Carney and Mary Klecker at the Drake Relays earlier this season

Did You Know?

- Augsburg sprinter Ashley Carney was recently proposed to by longtime boyfriend and former Augsburg sprinter Rick Wolke at the Auggie Awards, Augsburg's annual athletic department gala, on April 22. She said yes. The pair were featured in a StarTribune story about the proposal.
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BETHEL | [Royals' women's outdoor track and field home page](#) |

Head coach

- Andrew Rock (First season)

A Year Ago

- 8th place | 60.0 points

In the 2012 NCAA Championships

- Ashley Magelssen – No. 18 in 100-meter, No. 20 in 200-meter
- 4x400-meter relay (Ashley Magelssen, Ashley Quick, Courtney Fregeau, Krista McCright) – No. 13 in 4x400-meter

Top Performers

- Rachel Kalk (Jr., 100-meter hurdles, long jump | All-MIAC, school-record holder in 100-meter hurdles)
- Courtney Fregeau (Jr., sprints | All-MIAC, NCAA National Competitor, 6-time Bethel record holder)
- Krista McCright (Sr., sprints | All-MIAC, NCAA National Competitor, 5-time Bethel record holder)
- Ashley Quick (Jr., sprints | All-MIAC, NCAA National Competitor, 5-time Bethel record holder)
- Alyssa Solberg (Jr., Hammer, Discus | School record holder in the hammer throw)

By the Numbers

- 11: Bethel University's women's track and field squad has 8 active participants who hold 11 outdoor school records.
- 4,002: The Royals traveled 4,002 miles to go to and from Point Loma, California to participate in their first outdoor track and field meet of the 2013 season in the PLNU Collegiate Open.
- 11.98: Ashley Magelssen became the fastest runner in Bethel's history last year by breaking the 12-second barrier in the 100-meter dash at the 2012 MIAC Track and Field Championships. Prior to Magelssen, the fastest time recorded in the 100-meter dash came in 1993.

Did You Know?

- Coming into the 2013 MIAC Track and Field Championships, Bethel University's women's program has two student athletes in the Top 30 nationwide within their respective events.

Off the Track

- Three women, including Rachel Kalk, Steph Skoog, and Nichole Berscheid were honored to the MIAC Academic All-Conference list at the end of the 2012 school year.
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CARLETON | [Knights' women's outdoor track and field home page](#) |

Head coach

- Donna Ricks (19th season)

A Year Ago

- 5th place | 85.0 points

In the 2012 NCAA Championships

- Simone Childs-Walker '12 - 8th place in 10,000m run - Team score: 1

Top Performers

- Haley Johnson (Sr. | 2012 All-MIAC Honorable Mention in the 1500m run; owns MIAC's 2nd-fastest 800m time this season and ranks 9th in 1500m)
- Kao Sutton (Jr. | 2012 All-MIAC Honorable Mention in the Discus Throw; ranked in MIAC's top 10 in discus and hammer throw)
- Colette Celichowski (So. | 2012 All-MIAC Honorable in the 1500m run; ranked 3rd in MIAC at both the 800m and 1500m distances)
- Amelia Campell (Fy. | Finished third at the 2013 MIAC Heptathlon, earning all-conference distinction)
- Ruth Steinke (Fy. | Ranked first in the MIAC in the 3000m steeplechase, second in the 1500m run, and fifth at the 5000m distance)

By the Numbers

- 23: Carleton has had 23 individuals earn All-America recognition, doing so a total of 46 times.
- 4: Number of runners ranked in the MIAC's top12 in the 800-meter run.
- 10: The Knights had 10 individuals post top-3 finishes at the 2012 MIAC Outdoor Championships. The only one to return this year is Colette Celichowski, who was part of the Knights' winning 4x800 relay.

Did You Know?

- In the last seven years, the Knights have finished fifth or better four times at the MIAC Outdoor Track and Field Championships

Off the Track

- Last season, the Carleton College women's track and field team recorded a 3.49 cumulative GPA, tying for the 22nd-best mark in the nation. The Knights were recognized as an All-America team by the U.S. Track and Field and Cross Country Coaches Association (USTFCCA).



CONCORDIA | [Cobbers' women's outdoor track and field home page](#) |

Acting Head coach

- Terri Krueger

A Year Ago

- 2nd place | 120.5 points

Top Performers

- Hilary Birchem (So., Throws | owns the 4th farthest distance in the discus in school history; currently ranked 8th in the nation and 2nd in the MIAC in the discus; 2012 All-MIAC Honorable Mention in the discus at the outdoor meet)
- Kaari Jensen (Sr., Sprints/Jumps/Multi-Event | 2013 MIAC heptathlon champion; 2012 All-American; 2-time MIAC heptathlon champion; currently 1st in the long jump and javelin, 2nd in the 100-meter hurdles and 7th in the 200 meters in the MIAC)
- Chelsea Klemetson (So., High Jump | 2012 MIAC Champion in the high jump at the outdoor meet; 2nd place in the high jump at the 2012 & 2013 MIAC Indoor Meets; 2012 NCAA DIII National Indoor Meet participant; currently 2nd in the high jump in the MIAC)
- Cherae Reeves (So., Shot Put | 2013 Indoor All-American; 2nd in the shot put at the 2013 MIAC Indoor Meet; Cobber record holder in the indoor and outdoor shot put; currently 2nd in the nation in the shot put; 2-time MIAC Field Athlete of the Week)
- Hilary Thompson (Jr., Jumps | 2013 All-MIAC at the indoor meet; finished 2nd in the triple jump at the 2012 MIAC Indoor Meet; 2012 All-MIAC in the triple jump at the outdoor meet; currently has the best mark in the triple jump in the MIAC)

By the Numbers

- 5: Concordia has 5 athletes ranked in the top 25 in the nation in their events.
- 12: Cobber senior Kaari Jensen (Pierz, Minn.) has earned 12 All-MIAC and All-MIAC Honorable Mention awards in her 3-plus year career.
- 23: The Concordia women's track and field team has finished in the top 5 at the MIAC Outdoor track and Field Meet for 23 consecutive seasons.

Did You Know?

- Concordia was scheduled to host 19 college and high school track and field meets during the indoor and outdoor season.



GUSTAVUS | [Gusties' women's outdoor track and field home page](#) |

Head coach

- Dale Bahr (Fourth season)

A Year Ago

- 3rd Place | 99.0 points

In the 2012 NCAA Championships

- 2012 NCAA Track and Field Championships – 68th place | 2 points

Top Performers

- Allyson Voss (Sr., Pole Vault) | All-American, placed seventh in pole vault at 2012 NCAA Championships with height of 12-feet 7.50-inches...Three-time outdoor All-Conference in the pole vault, placing third in 2010, second in 2011, and winning title in 2012...Currently

ranks first in the MIAC and 15th in NCAA Division III with a height of 12-feet 0.5-inches.

- Beth Hauer (Sr., Distance) | 2012-13 NCAA Postgraduate Scholar...Placed fourth in 5,000-meter and fifth in 10,000-meter at 2012 MIAC Championships...Currently ranks sixth in the 5,000-meter run with a top time of 18:04.27.
- Lauren Rothschilder (Sr., Jumps) | Place seventh in both the long jump and triple jump at 2012 MIAC Championships...Currently ranks second in the triple jump with a mark of 36-feet 8.5-inches and 10th in the long jump with a leap of 16-feet 8.5-inches.

By the Numbers

- 162' 5" – The distance sophomore Elizabeth Weiers threw the hammer on April 30 at the MSU Twilight Meet held in Mankato, Minn. Weiers's throw broke the Gustavus school record previously held by April Felt and set in 1999.
- 5 – The number of Gustavus throwers who rank inside the top 13 in the MIAC in the shot put. Haley Solheim leads the group in sixth, while Sarah Swanson and Emily Ford both sit in the top ten in ninth and tenth, respectively.
- 2002 – The last year that the Gustavus outdoor track and field team finished outside the top three at the MIAC Championships. The Gusties have recorded 10 straight finishes on the podium.

Did You Know?

- It was ten years ago this season that both Nichole Petersen and Jackie Luehmann broke school records in the 5,000-meter run and shot put, respectively. Petersen ran a 17:46.80 at the Washington University Invite on April 5, while Luehmann threw the shot 46-feet 10-inches at the Manitou Classic on April 18. Both records still stand today.

Off the Track

- The Gustavus Adolphus track and field team will serve as volunteers at the upcoming Special Olympics Area 9 Athletics Competition set to take place on campus Sunday, May 5. One of the most well-attended events in the state, Gustavus welcomes Special Olympic athletes from Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Scott, Sibley, Waseca and Watonwan counties.



HAMLINE | [Pipers' women's outdoor track and field home page](#) |

Head coach

- Shawn Johnson-Hipp (21st season)

A Year Ago

- 6th place | 72.0 points

In the 2012 NCAA Championships

- Becky Culp (Third place, Discus, also participated in Shot put)
- Brenna Coyle, (Seventh Place, Hammer Throw)
- Shawny Kramer (11th place, Hammer Throw)

Top Performers

- Becky Culp (Sr., Discus, 1st in MIAC- school record 153-10; 2Nd in MIAC in Shot Put; 4th in Hammer)
- Shawny Kramer (Soph., Hammer, 1st in MIAC173-2; 3 rd in Discus)
- Jess Putland (Soph, Hammer, 3rd in MIAC; Fourth in Shot Put)
- Carly Braun (Sr., Pole Vault, 3rd in MIAC)
- Maria Theisen (Jr, 8th in 1500 meters, 16th in 800)

By the Numbers

- 2 new school records set this year by HU tracksters-- Marolyn Saulsberry (15.09) in 100 Meter Hurdles and Becky Culp in Discus
- 3: All-American honors already won by Becky Culp; also same number of field events she will compete in next week
- 37: number of athletes on Hu roster

Did You Know?

- The Pipers have only participated in one meet this year where the temperature has been over 60 degrees.

Off the Track

- Members of the women's team filled many roles as Hamline hosted the annual Prep Elite Meet in late April. More than 200 high schools had competitors on hand. The team members did everything from rake the pits to handling programs.
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MACALESTER | [Scots' women's outdoor track and field home page](#) |

Head coach

- Martin Peper (13th season)

A Year Ago

- 9th place | 30.0 points

Top Performers

- Kate Rochat (Sr., Horizontal Jumps | MIAC Indoor long jump champion, third in triple jump, ranked nationally, Macalester Senior Female Athlete of the Year)
- Rachel Gunsalus (Sr., Distance | top collegiate runner at Hamline Twilight in All-American 10K with 38:09 clocking)
- Stephanie Goei (So., Throws | fourth at MIAC indoor meet in weight throw)
- Daiga Kravale (Jr., Sprints | won 400 dash at Mac's Rider Invitational in 59.23)
- Irene Gibson (So., Endurance Sprints | 2012 MIAC indoor champ in 600 dash)

By the Numbers

- 3:58.17: Macalester dead-heated with St. Thomas in the 4x400 relay at the Mac Rider Invitational with a 3:58.17 time.
- 14: Macalester's women's roster is represented by athletes of 14 states.
- 3: Macalester has had three outdoor meets cancelled this spring.

Did You Know?

- Macalester first-year steeplechaser Sarah Jonathon (Guilford, Conn.) is the great-great granddaughter of former U.S. President (1909-13) and Supreme Court Chief Justice William Howard Taft.

Off the Track

- Once again this year, the Macalester track team volunteered in January – at the start of the indoor season – at the Feed My Starving Children, an organization which aids malnourished children.



SAINT BENEDICT | [Blazers women's outdoor track and field home page](#) |

Head coach

- Robin Balder-Lanoué (14th season)

A Year Ago

- 4th place | 91.0 points

Top Performers

- Mandy Witschen (Jr., Hurdles/Multi | Took third at the MIAC Indoor Pentathlon ... ranked second in the MIAC in the 400-hurdles (1:05.70) ... took third at the 2012 MIAC Heptathlon, and third in the 400-hurdles ... led off 4x400 relay (3:58.97) which is ranked third in the MIAC and 48th in the NCAA)
- Sam Imholte (Jr., Throws | Set the CSB record with a 39.14 in the discus ... ranked fifth in the MIAC in the shot put (12.54m), fifth in the discus (39.14m), sixth in the hammer (44.42m), & seventh in the javelin (33.43m) ... shot put mark ranked 46th in the NCAA)
- Erin Sand (Sr., Sprints | Ranked fourth in the MIAC in the 100-meter (12.62) and ninth in the 200-meter (26.56) ... won the 100-meter at the Macalester Invite)
- Alexis Good (FY, High Jump | Ranked third in the MIAC and 21st in the NCAA ... winner at the Hamline Invite and runner-up at the CSB|SJU Invite ... 1.65 PR is one centimeter shy of a CSB record)
- Danielle Busch (Sr., Pole Vault | 2011 MIAC Champion and NCAA Qualifier ... 2011 MIAC Indoor Champion ... currently ranked 10th in the MIAC)

By the Numbers

- 17: Events of the 20 competed with someone ranked in the top-eight of the MIAC. The Blazers have a top-10 athlete in 19 events and someone in the top-12 in every event.
- 2: First place finishes in the two meets for the Blazers that had team scoring this season. They opened with a win in the CSB|SJU Dual early in the year, and most recently, took first out of 10 teams at the Macalester Invite on Apr. 27.
- 1: Record broken this season. Sam Imholte broke her own record with her 39.14-meter toss on Apr. 24. Alexis Good had a season best of 1.65-meters in the high jump, which puts her just one-centimeter shy of the CSB record.

Did You Know?

- The Blazers returns eight athletes who scored points in 11 different events at the 2012 MIAC Outdoor Championships. Mandy Witschen led the way with points in the 100 and 400-hurdles and the heptathlon, while Erin Sand scored in the 100 and 200-meter dashes. Kayti Helm joined Witschen in the heptathlon, while Manon Gammon Deering in the 1500, Kelsie Larson in in the 3000-steeplechase, Clare Foley in the hammer throw, Sam Imholte in the shot put and Kendra Coleman in the javelin all also return in 2013.
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ST. CATHERINE | [Wildcats' women's outdoor track and field home page](#) |

Head coach

- Shannon Houlihan (First season)

A Year Ago

- T-10th place | 27.0 points

Top Performers

- Faith Berg (Sr., Throws | Top 5 in MIAC for discus, Top 15 for shot put, No. 4 all-time at St. Kate's in discus)
- Stephanie Meschke (Sr., Javelin | Top 5 in MIAC for javelin, made finals in 2012 MIAC meet, school record holder in javelin)
- Sarah Mong (So., Jumps | Top 10 in MIAC high jump, placed fifth at 2012 MIAC meet, No. 2 all-time at St. Kate's in high jump)
- Brittany Moore (Fy., Hurdles | Top 5 in MIAC for 100 meter hurdles, No. 3 all-time at St. Kate's in 100H)
- Haley Tsuji (Jr., Pole Vault | Top 10 in MIAC pole vault, made finals in 2012 MIAC meet, No. 3 all-time at St. Kate's in pole vault)

By the Numbers

- 9: This season, there have been nine Wildcat performances that placed on St. Kate's top-10 performance lists in six different events.

Off the Track

- Throwers Kianna Byrne and Jordan Priebe both serve as members of the Colleges Against Cancer group that helped organize the first-ever Relay for Life event at St. Catherine University on April 12.
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SAINT MARY'S | [Cardinals' women's outdoor track and field home page](#) |

Head coach

Shawn McMahon (6th season)

A Year Ago:

12th place | 5.0 points

Top Returners

- Coco Booker (Sr., 5-10 | All-MIAC in shot put at the 2012 MIAC Indoor Championships; Fourth-place in shot at the 2012 MIAC Outdoor Championships)
- Katie Stolz (So., 5-5 | School record-holder in 3,000 steeplechase; SMU's top cross country runner in every meet in 2012)
- Maya Booker (So., 5-6 | Has been the team's top hammer thrower all season)
- Laura Schommer (So., 5-4 | Owns team's top times in the 400 during the 2013 outdoor season).

By The Numbers

- 1: The Cardinals' Katie Stolz (Forest Lake, Minn.), who set the school's 3,000 steeplechase record at the 2012 MIAC Outdoor Championships, broke the record again on April 21, clocking a time of 11:47.49 at the UW-La Crosse Phil Esten Challenge.
- 12.44: Coco Booker (St. Paul, Minn.), coming off a second-place effort in the shot at the MIAC Indoor Championship and a fourth-place showing in the shot at the MIAC Outdoor Championships, heads into her final conference championship boasting a season-best shot put throw of 12.44 meters.
- 44.54: Maya Booker (St. Paul, Minn.) uncorked a season-best mark of 44.54 meters in the hammer throw at the Hamline Twilight on April 24.

Did You Know?

- Ashley (Dingels '05) Gossen — a seven-time conference champion, not to mention a five-time national championship qualifier and a two-time All-American — is one of three Cardinal student-athletes to be inducted into the SMU Sports Hall of Fame on Sept. 13.

Off The Track

- The Cardinals were among those women's teams who earned 2012 All-Academic Team honors by the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA).



ST. OLAF | [Oles' women's outdoor track and field home page](#) |

Head coach

- Andrea Gelle (Third season)

A Year Ago

- 7th place | 69.0 points

In the 2012 NCAA Championships

- Emma Lee qualified in the 10K for the NCAA Championships. She finished 10th with a time of 36.48.70.

Top Performers

- Emma Lee (Senior; Distance; Team Captain | Two time competitor in the 10K at NCAA Outdoor Championships, school record holder in the indoor 5K and outdoor 10K, four time national qualifier for NCAA Cross Country Championships, three-time All-American in cross country, nine time academic all-conference, four All-Conference Awards, two honorable mention awards)
- Dani Larson (Sophomore; Multi-Event | School record holder in the 400m hurdles, indoor high jump, and pentathlon, earned two All-America honors at 2012 NCAA Indoor Championships, earned MIAC's outstanding performance award after winning the 2012 pentathlon, six All-Conference Awards, seven Honorable Mention Awards, MIAC Champion in the Indoor 2012 high jump and pentathlon)
- Becca Bevans (Senior; Distance)
- Moriah Novacinski (Junior; Middle Distance; Team Captain | 2011 MIAC 1000m Champion, 2011 & 2012 MIAC distance medley relay (DMR) Champion and record holder, St. Olaf record in the DMR, 6 All-Conference awards, 9 Honorable Mention awards, competed at 2012 NCAA Cross Country Championships)
- Ellen Hawley (Senior; Sprints, Hurdles; Team Captain | Honorable mention in the 2012 400m hurdles)

By the Numbers

- 5: Senior Emma Lee has broken the St. Olaf school record in the 10K five times.
- 3: Three seniors qualified for the Drake Relays in the 10K: Emma Lee, Becca Bevans, and Sophie Pietrick

Did You Know?

- Sophomore Dani Larson broke the St. Olaf school record in the outdoor high jump early in the 2013 season with a mark of 1.69m.

Off the Track

- St. Olaf had nine women's track and field student-athletes earn Academic All-MIAC honors in the 2012 outdoor season.



ST. THOMAS | [Tommies' women's outdoor track and field home page](#) |

Head coach

- Joe Sweeney (34th season)

A Year Ago

- 1st place | 172.5 points

In the 2012 NCAA Championships

- 28th place, 8 points (4x400, 5th; 4x100, 7th; Taylor Berg, 7th in 1,500)

Top Performers

- Emily Van Heel, JR, sprints-TJ, 6X All-America and 17-time MIAC champ
- Taylor Berg, SR, 1,500-5,000, 6X All-America
- Angela and Erika Tipp, SO, All-America sprints (Seeded first in 100, 400, 4x100 and 4x400)
- Kayla Goeman, SO, 800, 2X All-America, seeded first in 800
- Christina Rozeske, JR, All-America sprints-relays

By the Numbers

- 26: MIAC outdoor team titles won by UST in last 28 years
- 17: MIAC individual/relay titles won thus far in five career meets by Emily Van Heel
- 17: UST performances seeded in top four in MIAC this season

Did You Know?

- Senior Taylor Berg is seeded first in the 5,000 and fifth in the 1,500 nationally this spring after placing eighth in 2012 NCAA cross country meet and fourth in the NCAA indoor 5,000

Off the Track

- Junior All-America sprinter Christina Rozeske, a candidate for Academic All-America with a 3.78 grade-point average, is also an All-MIAC women's hockey player who led the Tommies last winter with 13 goals
-