

2005 MIAC Indoor Track & Field Championships Recap

The 21st Minnesota Intercollegiate Athletic Conference Indoor Track and Field Meet were held this past weekend at Concordia College for both the men and the women. The final results were predictable but historic. The University of St. Thomas cruised to their 21st consecutive men's title, breaking the MIAC all-sport record for consecutive league crowns. The UST women edged Concordia to win the Conference title for the sixth straight time—and the 18th in the 21 year history of the meet.

The men's win eclipsed the old MIAC standard of 20 consecutive titles, set by St. Olaf in swimming and diving from 1980-1999. It also was the 51st league title in either Cross Country, Indoor Track or Outdoor Track in the 25 years that Joe Sweeney has been at the helm at UST.

UST distanced itself from the pack on the first day, rolling up 93 points off four first place finishes and a pair of seconds. They held a 37 point lead heading into the second day of competition. They tacked on five more first place finishes on Saturday to finish with 191.0 points. St. Olaf used a strong finish in the final event of the meet to slip past Saint John's for second place. The Oles posted 113.0 points, while SJU racked up 104.0. Hamline finished fourth, their highest finish since 2000, and Bethel rounded out the top five.

Carson Glad paced UST with two individual titles. He won the 200-meter dash with a time of 22.06 and the 400-meter dash. His time in the 400, 0:49.35, provisionally qualifies him for the upcoming NCAA meet.

Tom Cruse of St. Olaf posted wins in the 600-meter and 800-meter runs. His time of 1:12.35 in the 600 was an Olson Forum record; he finished the 800 in a time of 1:55.23.

Dan Bucy of Carleton also took home two first place finishes. He won the 3,000-meter run in an Olson Forum record time of 8:42.83 and added the 5,000-meter run title, in a time of 14:55.04.

Tony Klappa of Hamline shattered the Meet record in the mile, winning with a time of 4:18.97.

St. Thomas swept the three relay events. The team of Carson Glad, P.J. Theisen, Cassidy Glad and Jason Schwietz captured the 4 x 400-meter relay in a time of 3:21.28. Theisen team up with Travis Birkliid, Jarrod Gray and Chris Mattke to win the 800-meter relay, posting a time of 1:30.54. The Tommie team of Jeff Geoden, Cassidy Glad, Bryan Limmer and Joe Hoovestol took top honors in the Distance Medley Relay, clocking in at 10:55.32.

The Tommies other four titles were won by Birkliid in the 55-meter fuddles (7.92 seconds), Cory Fusco in the 1,000 meter run (2:30.92), Theisen in the Long Jump (22' 9 1/4") and Joe Thomas in the High Jump (6' 6 3/4").

Saint John's had three individual champs, led by Lee Clintsman in the 55-meter dash (6.47 seconds). Damien Dumonceaux won the shot put with a throw of 50' 0", and Paul Ferber took the Triple Jump, leaping 47' 6 1/2".

Hamline's Jake Courier won the Weight Throw with a toss of 55' 10 1/4 " and Alex Wise of Mac took home first place in the Pole Vault with a vault of 15' 3".

In the Heptathlon, the top three finishers all eclipsed the meet record, with Rob Freindt of Saint Mary's taking home top honors with a score of 4,881 points.

On the women's side, the Tommies used 61 points in the Long Jump, High Jump and Triple Jumps to hold off Concordia and take home the championship. All-American Kristal Grigsby scored 39 points as she won Friday's long jump and high jump and Saturday's triple jump and scored in the 55 and 200. Her Saturday triple jump of 38' 6 3/4" broke her own meet record from 2004, ranks fourth-best in Division III in 2005 and was 1/4 -inch off the school record. Her Friday long jump of 19-0 broke the MIAC meet and all-time record and ranks first nationally.

Brigid Power had a hand in 28 points as she won the 1,000 and the mile and anchored the runner-up distance-medley relay. Andretta Colley contributed to 24 points as she was second in the long jump and triple jump (37-3) and ran on the runner-up distance-medley relay. Colley ranks sixth nationally in the long jump and 17th in the triple jump. Molly Bauman was in on 29 points as she won the 55 hurdles, anchored the first-place 800 relay, was fourth in the long jump and anchored the fifth-place 4x400 relay.

The host Cobbers held off the charge of three teams to finish second. After scoring 58 points in the opening day, they totaled 59 on the final day to finish with 117.0 points, trailing only UST, which amassed 140.0 points. It was their highest team total since 2001 when they also finished second. Gustavus finished with 99.0 total points to claim third place. Saint Mary's finished fourth with 94.0 points and St. Benedict's was a close fifth place with 91.0 points. For SMU, it was their highest indoor finish in the history of the women's program. The previous highest finish was seventh place back in 2001.

Grigsby's three individual wins were the most among competitors. Powell's two individual wins made her one of three to win two individual titles.

Tonnisha Bell of Augsburg swept two sprint titles, winning the 55-meter dash in a time of 7.19 seconds and the 200-meter in 25.26, both times provisionally qualified her for the upcoming NCAA meet. Her teammate, Hannah Dietrich captured the 800 in a time of 2:16.48 and also provisionally qualified for the Nationals.

Keidra Anderson of Hamline captured both the 3,000 and 5,000. Her time of 17:38.85 in the 5,000 broke the Olson Forum record as well as the Hamline school mark. She clocked 10:21.54 in the 3,000.

Angie Pfeiffer of Concordia won the 400-meter dash in a time of 58.60, also a provisional qualifying time for the NCAA meet. The Cobbers won two of the three relays. In the 4 x 400, Jill Francher, Alissa Bilden, Amy Ravenhort and Pfeiffer took first with a time of 4:01.46. The Cobber Distance Medley relay team of Rachel Carpenter, Kelly Olson, Carrie Fransen and Jen St. John bettered the Olson Forum record with a time of 12:36.55 in breezing to the win.

St. Thomas won the 800-Meter relay, as Colley. Bauman, Selina Dehns and Nkechi Alaike teamed up for a time of 1:47.12. Bauman captured the 55-meter hurdles in a time of 8.63 seconds.

Maria Roche of Saint Mary's captured the 600-meter run in a time of 1:37.24. The Cardinals' Ashley Dingels won the Pentathlon with 3,317 points, surpassing the previous best score in the Olson Forum.

Jenna Wendorff of St. Benedict's won the shot put with a toss of 44' 4". The Weight Throw was won by Molly Christian of Carleton with a toss of 46' 1 1/4". Kristi Schneider of Gustavus took home first place in the Pole Vault with a vault of 11' 6 1/2".

Women's Team Final Scores

- 1 St. Thomas 140.0
- 2 Concordia 117.0
- 3 Gustavus 99.0
- 4 Saint Mary's 94.0
- 5 St. Benedict 91.0
- 6 Carleton 51.0
- 7 Augsburg 49.0
- 8 Macalester 41.0
- 9 Hamline 39.0
- 10 St. Olaf 30.0
- 11 Bethel 27.0
- 12 St. Catherine 2.0

Men's Final Team Scores

- 1 St. Thomas 191.0
- 2 St. Olaf 113.0
- 3 Saint John's 104.0
- 4 Hamline 83.0
- 5 Bethel 63.0
- 6 Gustavus 59.0
- 7= Concordia 43.0
- 7= Macalester 43.0
- 9 Carleton 41.0
- 10 Saint Mary's 30.0
- 11 Augsburg 9.0