

2001 MIAC MEN'S INDOOR TRACK AND FIELD PREVIEW

The 2001 MIAC Indoor Track and Field Championship will be held March 2-3, 2001 hosted at Saint John's University in Collegeville, Minn (with the pentathlon taking place March 1 at SJU). Watch for the University of St. Thomas to continue their dominance as they have won the men's indoor championship all 16 years that it has been held since 1985.

Augsburg College

Head Coach: Dennis Barker

2000 MIAC Championship: 10th

Key Returners: (Name, Yr, Pos, Highlight)

Desman Oakley (Sr., Indianola, Iowa) Hurdler

Eric Bloemendal (Sr., Huntsville, Ontario) Distance runner

Christian Dawson (Jr., Invercargill, New Zealand/Cargill HS) Distance runner

Season Preview:

Several quality athletes are returning to an Augsburg College track and field program that continues to build numbers and depth for head coach Dennis Barker. Nine new school records were set during the indoor half of the track and field season in 2000, and combined with nine new outdoor marks, the quality of the Auggie track and field program continues to improve.

For the men's indoor squad, Barker noted that the team's strength will be in sprints and relay events. Desman Oakley (Sr., Indianola, Iowa) has been Augsburg's top hurdler throughout his career, and holds each indoor and outdoor hurdle mark. A Minnesota Intercollegiate Athletic Conference champion in the 55-meter hurdles two seasons ago, he finished second in the event last year at the league meet.

Distance runner Eric Bloemendal (Sr., Huntsville, Ontario) missed the indoor season last year battling injuries, but returns healthy this year, and will be joined by Christian Dawson (Jr., Invercargill, New Zealand/Cargill HS), who finished third in both the 1,000 and 1,500-meter runs at the MIAC meet.

On the women's side, Chrissy Baune (Jr., Marshall, Minn.), who owns nearly every middle distance school record, returns to defend her All-MIAC honors in three events -- the 3,000-(second), 800- and 1,500-meter (third each) runs. Teresa Lewandowski (Sr., Hastings, Minn.), who was injured just before the MIAC meet, also should shine in the middle distance events. She holds the school's mark in the outdoor 800-meter run.

Jen Eckman (Sr., Superior, Wis.) has shown improvement in the weights for the Auggies and should be a factor in the conference indoor weight events, Barker said.

Bethel College

Head Coach: Mike Goldman

2000 MIAC Championship: 9th

Key Returners: (Name, Yr, Pos, Highlight)

Season Preview:

After graduating many of their top athletes in 2000, Coach Mike Goldman hopes that a quality group of newcomers added to the veterans will propel the Royals into the top half of the MIAC.

Sprints: Sophomore Mike Johnson (Pine City, MN), an All-MIAC fullback in football, will lead a talented group of sprinters. Also looking to add points to the Bethel cause will be returners Ryan Hickman (Paso Robles, CA), Brian Wiger, Bryan Lemke (Des Moines, IA), and Justin Lindgren (Rhinelander, WI). Newcomer Nate Klint, a junior from Shoreview, Minn., transferred from NDSU and will be looked to contribute in the 100 and 200 meter events. Coach Goldman hopes sophomore Pete Corneia (Maple Grove, MN) and freshman Kyle Peterson (Cambridge, MN), Andy Aldridge (Northfield, MN), and Matt Moberg (Houghton, MI) will also develop in the sprints.

Distances: Senior KeSung Anderson (New Brighton, MN) will continue to lead the Royals. He holds Bethel's school record in the 800m and was the MIAC Champion in 1998. Returners Kevin Lightner (Windom, MN) and Brent Warren (Paddock Lake, WI) hope to continue their improvement and make significant contributions to the team.

Jumps: Senior Mike Luedtke (Alexandria, MN) is Bethel's current record holder in the long jump (23'.75") and is the top returning long jumper in the MIAC. Junior Pete Paulson (Cambridge, MN) has been a consistent conference meet placer in the triple jump in his first two years of competition and will look to climb in the MIAC ranks. Also looking to contribute points for the Royals are high jumper Kyle Leaf (Cambridge, MN) and pole vaulters Sam Anderson (Stanchfield, MN) and Justin Trann (Northfield, MN). Newcomers Kyle Peterson, Justin Speck (Rockford, IL), and Joel Olson (Becker, MN).

Throws: Returners Ryan Kooy (Willmar, MN), Shawn Hamilton (Bemidji, MN) will look to lead Bethel in the field events. Kooy has consistently been one of the top six shot putters in the MIAC. Hamilton has shown good potential and Coach Goldman hopes that he can contribute points for the Royals.

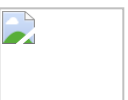
Carleton College

Head Coach: Bill Terriquez (17th season)

2000 MIAC Championship: 8th

Key Returners: (Name, Yr, Pos, Highlight)

Paul Anderson (Sr./Boulder, Mont./Jefferson) - Fourth in the 3,000 meters at MIAC Championships



Bryan Donald (So./St. Paul, Minn./Central) - Ninth in 1000 Meters at MIAC Championships
Kurt Fitterer (Sr./Mandan, N.D.) - 10th in pole vault at MIAC Championships
Paul Morrissey (Jr./North Oaks, Minn./ Mounds View) - School record-holder in triple jump
Graham Zorn (So./Ashland, Wis.) - top 10 in 600 and 800 meters at MIAC Championships

Season Preview:

The men's indoor track and field squad looks to improve on last year's eighth-place finish at the MIAC Championships placing its hopes on strong middle and long distance runners. Sophomore Graham Zorn (Ashland, Wis.) earned top 10 finishes in both the 600 meters and 800 meters at the MIAC Championships and will be counted on to earn points for the Knights this season. Sophomore Bryan Donald (St. Paul, Minn./ Central) also plans to provide help in the mid-distances after placing ninth at the MIAC Championships in the 1000 meters last year. Senior Paul Anderson (Boulder, Mont./Jefferson), who placed fourth in the MIAC in the 3000 meters, will lead the Knights' long-distance runners. Junior Paul Morrissey (North Oaks, Minn./ Mounds View) holds the school record in the triple jump and will be another strength for Carleton. Senior pole vaulter Kurt Fitterer (Mandan, N.D.) will look to better last year's 10th-place conference finish.

Concordia College

Head Coach: Garrick Larson (8th season)

2000 MIAC Championship: 2nd

Key Returners: (Name, Yr, Pos, Highlight)

Chris Goebel (Sr., Albany, MN) - Distance - 2nd Place in the 1000 at the 2000 MIAC Indoor Championships; NCAA Championship participant in the 1500 at the 2000 NCAA Outdoor Championships

Joel Nelson (Sr., Fargo, ND) - Throws - 2nd Place in the Shot Put at the 2000 MIAC Indoor Championships; 3rd Place in the Weight Throw at the 2000 MIAC Indoor Championships.

Joe Schmidgall (Jr., Morris, MN) - Jumps - 3rd Place in the High Jump at the 2000 MIAC Indoor Championships; School Record Holder in the High Jump; 14th in the High Jump at the 2000 NCAA Outdoor Championships.

Adam Strainer (Sr., Helena, MT) - Pentathlon - Defending MIAC Champion in the Pentathlon; 2nd Place in the Triple Jump at the 2000 MIAC Indoor Championships; Decathlon Champion at the 2000 MIAC Outdoor Championships.

Season Preview:

Concordia College will be looking to finish in the top three of the conference for the fourth straight year. Last year the Cobbers finished second at the MIAC Indoor Championships, the highest finish ever for Concordia. This year Concordia will be hoping for the same success as many key athletes are returning and several are ready to step into the spotlight. Captain Adam Strainer (Sr., Helena, MT), the defending pentathlon champion, will lead a talented group of jumpers. Strainer won the triple jump in his first year but has failed to duplicate the success, although he finished second last year. He will be called to score points in both events. Joel Nelson (Sr. , Fargo, ND) is the anchor of the throwers and will be looking to improve upon his second place finish in the shot put and his third place finish in the weight throw. Joe Schmidgall (Jr., Morris, MN) was a participant at the NCAA Outdoor Championships in the high jump and is hoping to carry that success over to the indoor season this year. The Cobbers will also be strong in the middle distance events as Chris Goebel (Sr., Albany, MN), who finished second in the 1000 last year will be the highest returning runner in that event. If the Cobbers can fill the cracks that fall in between their strengths, then a fourth consecutive top-three finish should be just around the corner.

Gustavus Adolphus College

Head Coach: Tom Thorkelson (Second Season)

2000 MIAC Championship: 6th

Key Returners: (Name, Yr, Pos, Highlight)

Jerry Washington, Sprints, Soph., Fort Richardson, Alaska (3rd in 55 meters, member of 3rd place 800 and 1600 meter relay teams)

Luke Speltz, Throws, Sophomore, Rollingstone, Minnesota (Conference champion in the shot put)

Hal DeLaRosby, Middle Distance, Senior, Two Harbors, Minnesota (Member of 3rd place 800 and 1600 meter relay teams)

Bjorn Knudson, Middle Distance, Senior, Anchorage, Alaska (Member of 3rd place 800 and 1600 meter relay teams)

Season Preview:

The Gusties are looking to improve on last year's sixth place finish at the MIAC Indoor meet. Head Coach Tom Thorkelson feels that the team is definitely deeper due to the addition of 20 freshmen. While he concedes that that the newcomers are an unknown quantity at the collegiate level the group brings strong credentials at the high school level. The team will miss the services of All-Conference thrower Jesse Harvey who will miss the indoor season with a hip injury but will be available for the outdoor season. The team does return All-Conference sprinter Jerry Washington and conference shot put champion Luke Speltz. Both made significant contributions last year as freshmen. Other top returners include seniors Hal DeLaRosby and Bjorn Knudson, who are solid middle distance runners and key contributors on relay teams.

Hamline University

Head Coach: Paul Schmaedeke (20th season at Hamline)

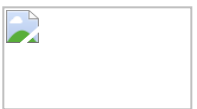
2000 MIAC Championship: 4th

Key Returners: (Name, Yr, Pos, Highlight)

Season Preview:

The 2001 men's track and field team is looking forward to another strong and successful season. The Piper thinclads will be working hard at improving on their fourth place team finish during the MIAC Indoor Meet as well as improving on their sixth place team finish in the MIAC Outdoor Meet.

The team will be lead by junior tri-captain Ben Nyquist who is a two time MIAC Champ in the discus as well as a two time NCAA Div. III All-America who finished second in the national meet last spring. Joining Ben in leading the team are senior tri-captain Chuck Dusbabek, a middle distance runner who lead off the last year's school record setting 4 X 800 relay team (8:46.33, 1:56.7 split) as well as senior tri-captain and distance runner Eric Kaluza(15:39 5K).



In keeping with traditions established over the years the the Pipers are looking to be strong once again in the throws, relays, long sprints and middle distances. Leading the way in the sprints will be versatile juniors Kevin Drake(400-50.35, 200-22.50) and Frank Marchio (Hurdles -15.57, IM-56.48, 400 split-50.0) who will cover their individual events as well as run legs in both the 4 x 100 an 4 x400 relays. Other returners who will be strong contributors to the sprint crew are senior Brian Taurinskas (100-11.47, 200-23.17), who runs 100 to the 400 and becomes even stronger with a baton in his hand; junior John Adegoke (51.10), a 400 guy who is looking to take some big drops in 2000; sophomores Tony Schumann (100-11.22, 200-22.33, 400 split-50.4) and Brian Lempola(100-11.25, 200-23.14) a couple of young, talented and versatile runners who will be big contributors in both sprint relays; sophomore Dave Roper, a 400 meter specialist who is returning from an injury plagued first year but expected to be contender for a leg in the 4 x400; and junior short sprint specialists Steve Ennis and Joey Kvamme, two of the hardest workers and toughest competitors on the team.

Returning in the middle distances are senior Brett Nichols (800-1:58.67, 800 split-1:57.9), who has been core member of the 4 x 800 relay team for the past 3 years; junior Jason Altman (1500-4:06.28, 800-1:59.45), who made big drops as a sophomore and is one of the toughest competitors on the team; sophomore Mike Baker (800-1:54.21, 400-49.69, 400 split-48.5) had an outstanding first year for the PIPers and is determined to be even better in 2000; and sophomore Justin Steen (800-2:00.96, 1500-4:10.45), who is on the verge of a big break through can be a big point scorer this year.

Tri-captain Kaluza will be leading the distance crew of senior Chad Sellers (5k-15:41.70), who had a break through season last year and looking to be even better this spring; sophomores Tom Kreger (5k-15:30.87), started with a strong first year and is working hard to put himself in the position of being one of top conference 5k folks this spring; and Steve Brandon, who is fighting through injuries working hard to establish a presence on the track.

Arriving in the First Year class are a number of good athletes who are expected to provide depth and aid in scoring on the track and in the field. Wyatt Ammon (Dell Rapids, SD) will add punch to the 400 meter crew; Will Sallee (Spencer, WI) will strengthen the hurdle group; Peter Kuznia (St. Francis) will be a welcome addition to the middle distance team; and Cory Kahl (Mosinee, WI) and J.J. Galle (Herron Lake, Mn) will bolster the horizontal jumpers.

Macalester College

Head Coach: Martin Peper (8th season)

2000 MIAC Championship: 7th

Key Returners: (Name, Yr, Pos, Highlight)

Kajerero Ssebbaale (Jr., Tutume, Botswana); All-America; 2-time MIAC indoor triple jump champ

Eric Klinker (Sr., Estelline, SD) - 4th in 55m hurdles in MIAC in '00; All-American hurdler at '00 NCAA outdoor meet.

Shingai Mukurazita (Sr., Harare, Zimbabwe) - All-MIAC triple jumper as Soph. (did not compete last year); All-America - soccer.

Season Preview:

Optimism runs very high for Macalester's 2001 men's indoor track and field season and it's easy to see why as the Scots return a pair of All-America athletes in hurdler Eric Klinker (Sr., Estelline, S.D.) and triple jumper Kajerero Ssebbaale (Jr., Tutume, Botswana).

Ssebbaale has qualified for both the indoor and outdoor nationals in the triple jump in each of his first two years at Macalester and has earned All-America honors each time. Last year he took fifth indoors and matched that with a fifth-place effort outdoors. Ssebbaale's indoor school record is 47-11 3/4.

The talented Klinker put it all together last Spring as a junior and produced his best season yet in the hurdles. Klinker won the MIAC outdoor championship easily in the 110-meter high hurdles (14.47) and 400-meter intermediate hurdles (54.17) with NCAA-qualifying times. At nationals he just missed getting into the high hurdle finals but qualified in the 400 meters with a school-record 52.41 time and placed seventh to secure his first All-America certificate.

Although Macalester lost two of the MIAC's best track and field stars to graduation in high jumper/hurdler John Shepard and distance standout Brandon Guthrie, there are still plenty of talented performers back to team with Klinker and Ssebbaale to give the Scots hope of moving up in the conference.

Eighth-year coach Martin Peper will seek improvement from potential key point-scorers like Shingai Mukurazita (Sr., Harare, Zimbabwe) in the triple jump; Gerald Wilson (Jr., Montezuma, N.M.) and Andy Reinsch (Sr., Bethesda, Md.) in the sprints, Ben Knudson (Sr., Hastings, Neb.) in the distance events, Toby Schwartz (Jr., Nicosia, Cyprus) in the throws, and Shaun Krueger (Sr., Madison, Wis.) in the jumps.

Saint John's University

Head Coach: Tim Miles (22nd season)

2000 MIAC Championship: 5th

Key Returners: (Name, Yr, Pos, Highlight)

Nick Thoemke, Sr., distance, 13th in the 3,000-meter at 2000 MIAC indoor and 2000 MIAC cross country champion

Jed Kassulke, Jr., hurdler, defending indoor 55-meter hurdle champion

Erik Hanson, Sr., sprinter/decathlete, sixth in 200-meter dash at 2000 MIAC indoor

Dan Scherer, Sr., sprinter, sixth in 55-meter dash at 2000 MIAC indoor

John Workman, Sr., vaulter, third in pole vault at 2000 MIAC indoor

Season Preview:

The Saint John's University indoor track and field team is looking to improve in 2001 on its fifth place finish at last year's MIAC meet. The Johnnies use the indoor season to train for competition during the spring months on the outdoor track. SJU is excited to host the MIAC indoor track and field meet the first weekend in March at the McNeely Spectrum on the SJU campus. Leading the way for the Johnnies this season will be defending MIAC indoor 55-meter hurdle champion Jed Kassulke and 2000 MIAC cross country champion Nick Thoemke. The Johnnies will once again be coached by Tim Miles, who has guided the cross country and track and field programs at SJU for the past 22



years.

Saint Mary's University

Head Coach: Paul Thornton (1st season)

2000 MIAC Championship: 11th

Key Returners: (Name, Yr, Pos, Highlight)

Chris Beach (Jr., Maple Grove, Minn., Decathlon)

Season Preview:

Paul Thornton will be the first to admit that he's no miracle worker.

He can't walk on water, make it rain at the snap of his fingers — and he can't transform the Saint Mary's University track and field teams into conference champions in a year.

Give him two or three years — now that's another story.

'There's no question our goal is to become a conference power,' admitted Thornton. 'But that's not something that's going to happen overnight — it's going to take some time.'

And, while Thornton may be a patient man, he does expect to begin seeing early results of his team's transformation.

Right now.

'I've challenged these teams,' Thornton said. 'I know it's going to take some time for everyone to buy into my system, my ideals and my way of doing things. But if they stick with it and give me 100 percent every day, the successes won't be far behind.'

In fact, Thornton has already seen dramatic improvement — and his team hasn't even had a meet yet.

'In one of our first practices of the season, we had everyone run six 400s at their own pace with two minutes rest in between. Most of them quit after three,' explained Thornton. 'We did the same thing a month later, and people were doing anywhere from eight to 16, so it's obvious we are on the right track.'

Where that track will lead, however, is a question Thornton has no answer for.

Yet.

'Right now, my expectations are for us to do better than we ever have before,' said Thornton, who is looking for veterans like Chris Beach (Maple Grove, Minn.), Clara Setzer (Red Wing, Minn.) and Kari Pederson (Hastings, Minn.) to lead the way. 'I firmly believe that this year, our women's team can finish as high as seventh — and score in up to 10 events. On the men's side, our men's team is looking to make a top-10 finish — and score in at least eight events.'

And that's just the tip of the iceberg.

'The challenge for me as coach is to maximize the abilities of each and every athlete,' Thornton said. 'And by doing that, hopefully, we will be able to broaden the horizons when it comes to our expectations.'

'Right now, it is a huge accomplishment for any of our athletes to qualify for the conference championships,' continued Thornton. 'For a number of teams, qualifying (for the conference championships) isn't an accomplishment, but rather, an expectation.'

'That's where we want to get to.'

St. Olaf College

Head Coach: Bill Thornton (30 seasons)

2000 MIAC Championship: 3rd

Key Returners: (Name, Yr, Pos, Highlight)

Mark Bresnan (Sr., Indianola, IA) All-American

Cory Dingels (Jr., Gibbon, MN) All-American

Jon Berg (Sr., Golden Valley, MN)

Jon Pearce (Sr., Lawrence, KS)

Andrew Cole (Jr., Mankato, MN)

Season Preview:

The 2001 St. Olaf Men's Indoor Track and Field team will be distinguished by its ability to score large point totals in every area, from the sprints to the distances and the jumps to the throws. With this potential and leadership of All-Americans Mark Bresnan and Cory Dingels, the Oles hope to challenge St. Thomas, who has never lost a MIAC indoor track championship, and to better their 21st place finish at the 2000 outdoor national championships.

University of St. Thomas

Head Coach: Steve Mathre (6th season)



2000 MIAC Championship: 1st

Key Returners: (Name, Yr, Pos, Highlight)

Roman Cress (2000 NCAA indoor runner-up in 55 meters)

Ryan Kollmann (2000 NCAA indoor runner-up at 1,500 meters, 4-time All-American)

Mark Bates (4x400 Relay All-American)

Craig Benson (110 hurdles All-American)

Jeremy Heckman (4x100 and 4x400 relay All-American)

Andrew Hilliard (4x400 All-American)

Justin Hall (4x100 and 4x400 relay All-American)

Nick Stahly (4x100 All-American)

Season Preview:

The 2001 St. Thomas men's track and field team will look to continue the school's streak of MIAC indoor track team championships. The Tommies have won all 16 conference indoor team titles since the meet was first scored in 1985. That 16-year streak is the longest current championship streak in any sport in the MIAC.

Coach Steve Mathre's 2000 team tallied 184 points to nearly double the total of runner-up Concordia-Moorhead (108.5). Cress won the 200 meters in a meet-record time of 22.03 -- just .01 ahead of teammate Jeremy Heckman, the 1999 MIAC champion. Cress won the 55 in a meet record 6.25, and anchored the UST winning 4x200 relay along with Heckman, Nick Stahly and Justin Hall in a meet-record time of 1:27.81. UST also won the 4x400 relay, anchored by Heckman with Hall, Mike Gruba and Mark Bates. Ryan Kollmann won the 1,500 and anchored the distance-medley relay team of Levi Severson, Andrew Hilliard, Neil Langer to victory.

Four members of the Toms' 2000 MIAC cross country championship team will boost the distance events -- Kollmann, Nic Maddox, Brian Preus and Dan Driane. Pole vaulter Chris Milton and LJ-TJ Andrew Kisilius lead the field-event crew.

2000 MIAC Men's Track and Field Championship Results: MEN'S RESULTS

Links: [1999 Indoor Track and Field Results](#)

2000 MIAC Men's Indoor Track and Field Championship Results

School	Pts
St. Thomas	184.0
Concordia	108.5
St. Olaf	100.0
Hamline	85.0
Saint John's	73.0
Gustavus	69.0
Macalester	44.0
Carleton	41.0
Bethel	38.0
Augsburg	26.5
Saint Mary's	11.0