

2005 MIAC MEN'S INDOOR TRACK & FIELD PREVIEW

The 2005 MIAC Indoor Track & Field season is once again looking to be another exciting race for the conference title. Teams throughout the conference will look to their returning student-athletes athletes as well as new talent to climb to the top of the MIAC. Teams have a number of All-Conference and All-Americans returning, making for a competitive field this season. The top three finishers from last year were St. Thomas, St. Olaf, and Saint John's, respectively, and they will be looking to defend their place at the top of the conference. While the rest of the conference teams are driven to improve upon last year's performances. Augsburg, Concordia, Bethel, Macalester, and Saint Mary's are among the teams that will rely on the experienced and successful returning student-athletes provide strong veteran leadership to the newcomers in order to contend for the top spots in the MIAC.

St. Thomas has a 20 year streak of MIAC indoor championships. Although Coach Steve Mathre has graduated 16 seniors from a team that swept both the indoor and outdoor championships, returning All-Americans and a strong class of recruits should help defend that streak. The returning nine-time All-American, Carson Glad, has sixteen MIAC titles in relays and individual races. He has also helped the Tommies sweep all six indoor and outdoor titles during his career. Glad will once again be a key to this season's success.

There is reason to be optimistic again for Coach Bill Thornton and the St. Olaf team, who ended last season with a second place finish. Returning are all four members of the 2004 MIAC indoor championship distance medley relay team: John Lamppa , Nathan Campbell, Paul Sovik-Siemens, and Sam Hauck. Shot putter Peter Cathcart, who was honored as the MIAC's "Most Outstanding Track and Field Athlete" for his performance during last year's indoor championship also returns to help the Oles battle for the number one spot.

Saint John's also returns strong finishers from last year which they hope will help push them beyond their third place finish a year ago. Among the key returnees are senior Lee Clintsman and junior Matt Hawn, who each had top three finishes in last year's MIAC indoor meet.

Bethel remains confident in their teams ability and expects to move up spots in the MIAC meet, hopefully into the top half of the conference this year. Coach Mike Goldman has a talented group of recruits that he feels can make a strong difference in the standings.

Hamline finished in seventh place last season and is ready to rise up the in this years standings. Coach Paul Schmaedeke brings one of the largest teams ever in Hamline's history into the 2005 season. With a strong group of returning seniors leading a very large, and in Schmaedeke's words: 'committed team', Hamline should easily improve upon last year's finish.

Macalester returns a veteran group of distance runners who finished fourth at the MIAC cross-country championships last year and will be heavily relied upon for success this season. The Scots finished the 2004 indoor season in 9th place.

Carleton lost All-American Matt Hooley to graduation, but returns two seniors, Dan Bucy and Chris Lundberg, who were All-Conference last year, and one of which was an outdoor All-American. The Knights finished in fourth place last year.


Gustavus head coach Tom Thorkelson returns five All-Conference runners to improve upon their fifth place finish. The Gusties will also look to its young group of talent who proved their success last season to help them remain competitive beyond 2005.


Saint Mary's head coach Kirk Nauman feels that a three or four place jump this year is not our of the question for his team. Nauman have a strong group of young recruits who bring with them a strong work ethic and plenty of talent. He also feels that the team has much more depth.


Concordia coach Garrick Larson will begin 2005 with a fresh group of recurits and is eager to get the season underway. With a handful of student-athletes lost to graduation, the Cobbers have qualtiy runners returning to fill their void. Concorida feels good about the ability of the returning runners and new student-athletes to accept the chanllenge and assume leadership roles to take the Cobbers higher in the standings.


Augsburg ended 2004 with a sixth place finish at the MIAC indoor meet. Coach Dennis Barker believes that the incoming recruits will benefit greatly from the leadership of the returning student-athletes. Although the Auggies lost some key members, they feel the younger student-athletes will be able to provide depth, pushing them higher in the conference standings.

The 2005 MIAC Indoor Track & Field Championships will be held at Concordia College in Moorhead, Minn. on March 3-5, 2005.

Augsburg College			
Head Coach:	Dennis Barker (10th season)		
2004:	6th at MIAC Championships		
Key Returners:	To be added at a later time		
Season Preview:	To be added at a later time		


<u>Bethel University</u>			
Head Coach:	Mike Goldman (13th season)		
2004:	8th at MIAC Championships		
Key Returners:	Jason Bailey —2004 MIAC runner-up in 100 meters (2004 outdoor) Jeremy Williams —5th Place in MIAC in 400 meters (2004 outdoor) B.J. Hermerding —3rd Place in MIAC in 55 meters (2004 indoor) Josh Mooney —8th place finish in MIAC (2004 outdoor) Ryan Davis —5th place finish in heptathlon (2004) Joel Dischinger —3rd place in 600 meters and 6th place in 800 meters (2004)		
Season Preview:	Head coach Mike Goldman has high expectations as he looks ahead to the 2005 indoor and outdoor track and field seasons. "We expect to move up in the MIAC meet, hopefully into the top half of the conference" he said. In addition to the returning athletes that earned points for the Royals last season, a talented crop of newcomers have the ability to make an immediate impact. The solid group of newcomers includes Josh Otto (200 meters, 400 meters), Nate Porter (100 meters, 200 meters, 400 meters), Dave Borner (distances), Ryan Morey (pole vault), Chad Anderson (400 meters), and Justin McCoy (long jump, triple jump).		

Carleton College		
Head Coach:	Malcolm Dunn (1st season)	
2004:	4th at MIAC Championships	
Key Returners:	Dan Bucy , Sr., Sioux Falls, S.D. (Lincoln), Two-time MIAC Outdoor Championships winner in 3,000-meter steeplechase; Two-time All-MIAC performer in 5,000 (indoors) Eric Smith , Sr., Iowa City, Iowa (City), Two-time All-MIAC performer in shot put (indoors) Adam Williamson , Jr., Amherst, Mass. (Amherst Regional), All-MIAC in 1,500 meters (outdoors) in 2004	
Season Preview:	<p>The Knights have been consistent performers in the MIAC track and field world, finishing fourth at last year's indoor conference championships.</p> <p>Leading the Knights to this victory was, to a great extent, All-American middle-distance and distance runner Matt Hooley '04. Having lost Hooley to graduation, the Knights will rely on a large group of experienced and talented athletes in the 2005 season.</p> <p>Dan Bucy (Sr./Sioux Falls, S.D./Lincoln) finished 12th overall at the 2004 NCAA Cross Country Championships, helping the Knights to an eighth-place team finish. An All-American in the 3,000 meter steeplechase (outdoors), Bucy was a runner-up in the indoor 5,000 meter and 1,500 meter races in 2004. Senior Chris Lundberg (Minneapolis/Edina) and junior Adam Williamson (Amherst, Mass./Amherst Regional) also return from the afterglow of their cross country accomplishments. Lundberg placed second behind Hooley in the 5,000 in the 2004 indoor championships and Williamson looks to continue his strong participation in middle-distance events.</p> <p>The Knights' leading sprinter, Jason Tjosvold (Jr./Hong Kong/Chinese International School), placed fifth in the 200 at the 2004 indoor championships. He will also compete in the long jump and sprint relay teams. In the heptathlon, the Knights await the continuing success of Jason Weaver (So./Monument, Colo./Lewis Palmer), who in his first year of competition proved himself a top athlete, taking ninth in the indoor heptathlon.</p> <p>Doug Lind (Jr./Braham, Minn./Braham Area), who last year placed fifth in the indoor weight throw and competed in the shot put, will lead Carleton in the throws.</p> <p>Carleton, which opens the season on Jan. 22 at a triangular meet at St. Olaf College, is coached this season by Malcolm Dunn, who takes over for Dave Ricks.</p>	


Concordia College		
Head Coach:	Garrick Larson (11th season)	
2004:	10th at MIAC Championships	


Key Returners:	To be added at a later time.
Season Preview:	To be added at a later time.

Gustavus Adolphus College		
Head Coach:	Tom Thorkelson (7th season)	
2004:	5th at MIAC Championships	
Key Returners:	<p>Jack Henkemeyer (Junior, Plymouth, Minn) all-conference 200-meter dash, 400-meter dash, 4x400-meter relay</p> <p>Tanner Miest (Sophomore, New London-Spicer, Minn.) all-conference 55-meter hurdles</p> <p>Anthony Schulzetenberg (Sophomore, Greenwald, Minn.) all-conference 4x400-meter relay, 800-meter relay</p> <p>Adam Caulfield (Sophomore, Woodbury, Minn.) all-conference 4x400-meter relay, 800-meter relay</p> <p>Matt Wittman (Junior, Willmar, Minn.) all-conference 4x400-meter relay, 800-meter relay</p>	
Season Preview:	<p>The Gustavus Adolphus College men's indoor track and field team will look to improve upon its fifth place finish at the 2004 MIAC indoor championship. Head coach Tom Thorkelson enters his seventh season as head coach for the Gusties and returns five all-conference runners. The top individuals returning are junior Jack Henkemeyer and sophomore Tanner Miest. Henkemeyer earned all-conference honors in 2004 by placing third in both the 200 and 400 meter dashes. Miest claimed all-conference honors in the 55 meter hurdles with a second place finish. In the relays, the Gusties return the conference championship team in the 4x400 relay entirely intact. The relay team includes sophomores Anthony Schulzetenberg and Adam Caulfield and juniors Matt Wittman and Jack Henkemeyer. In addition to the all-conference returners, Alex Kestly will be strong in the weight throw for Gustavus. Gustavus will open the 2005 indoor season hosting Macalester and Martin Luther on Thursday, January 27.</p>	

Hamline University		
Head Coach:	Paul Schmaedeke, 6th season	
2004:	7th at MIAC Championships	
Key Returners:	<p>Jeff Metzдорff, Sr., Distance, Wadena, Minn. (Wadena-Deer Creek) - Finished third in the 5000 meters at last year's MIAC Outdoor Championships. Qualified for NCAA Div. III Cross Country Championships.</p> <p>Tony Klappa, So., Distance, Hopkins, Minn. – Placed fourth in the 800 meters and seventh in 1500 meters at the 2004 MIAC Indoor Championships.</p> <p>Ralph Rosario, Sr., Throws, St. Paul, Minn. (Como Park) – Placed seventh in the weight throw at the 2004 MIAC Indoor Championships. Set school record in the weight throw with a toss of 51-3 ½ at the first indoor meet of the season.</p>	

Season Preview:	<p>Hamline University men's track team and their coach, Paul Schmaedeke, have set the same two goals it has for many years. The first is to be the best team Hamline can be at the outdoor conference meet in May. The second is to send as many athletes to the national championships as possible.</p> <p>Our coaching staff is very excited about the coming track season," Schmaedeke said. "We have one of the largest groups of track and field athletes in the history of Hamline University. Not only is it one of our largest teams, it is also a highly committed team. Numerous individuals across a range of events have prepared hard and well for the coming season. It will be fun to see what we will be able to accomplish as a team and as individuals with this level of preparation and dedication."</p> <p>Senior co-captains Dave Brosnahan (Spirit Lake, Iowa), Ralph Rosario (St. Paul, Minn), and Jeff Metzdorff (Wadena, Minn.) will be depended on for points and leadership this season. While Brosnahan looks to improve on his seventh place finish in the decathlon in 2004, Rosario and Metzdorff will be staring down tough throwing and distance competition, respectively. Rosario placed seventh in the weight throw, eighth in the discus (42.27 meters), and just missed qualifying for the conference finals in the hammer. Metzdorff, who placed 67th at the cross country nationals this fall and scored in the 5,000-meter (third) and 10,000-meter (sixth) runs last spring's outdoor championships, will be supported by strong sophomore runners Tony Klappa (Hopkins, Minn.) and Chris Lutz (Pine City, Minn.). Klappa was fifth (seventh indoors) in the 1,500-meter run and Lutz was seventh in the 5,000-meter run.</p> <p>Complete preview: www.hamline.edu/hamline_info/athletics/mens_track/2005_Season/outlook.html</p>
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Macalester College		
Head Coach:	Martin Peper (11th season)	
2004:	9th at MIAC Championships	
Key Returners:	Alex Wise (So., Knoxville, Tenn. / Webb) – pole vault (MIAC runner-up '04) Sseebbaale Sseremba (Sr., Tutume, Botswana / McConnell) – triple jump (MIAC runner-up '04) Bo Rydze (Sr., Iowa City, Ia. / City) – distance / steeplechase (All-MIAC) Brendan Viele (Sr., Arden Hills, Minn. / Mounds View) – long jump	
Season Preview:	<p>Eleventh-year head track & field coach Martin Peper and the Macalester Scots have most of their top performers back from a year ago and are eager to move up in the MIAC in 2005. Last year the Scots placed ninth at the MIAC indoor championships and eighth at the outdoor meet.</p> <p>Some key Macalester veterans will be called on for high placings at the big meets, including the likes of distance standout Bo Rydze (Sr., Iowa City, Ia. / City), pole vaulter Alex Wise (So., Knoxville, Tenn. /Webb School) and triple jumper Sseebbaale Sseremba (Sr., Tutume, Botswana / McConnell College).</p> <p>Rydze has won multiple all-conference certificates in cross country and track and last year's Macalester Junior Scholar-Athlete of the Year would like to end his career with a standout senior campaign in events from 1500 meters and up. He took third in last year's indoor 3000 meters. Wise and Sseremba registered Macalester's best MIAC outdoor finishes last year with second-place performances – Wise in the pole vault and Sseremba in the triple jump.</p> <p>Coach Peper will rely heavily on a veteran group of distance runners which placed fourth at the MIAC cross country championships the past two years. In addition to Rydze, the Scots will look for big seasons from the likes of Eric Olson (Sr., Faribault, Minn. / Burnsville), Dylan Keith (So., Soldiers Grove, Wis. / North Crawford), Roscoe Sopiwnik (Jr., Frederic, Wis.), David Auguston (So., Sheboygen, Wis. / North) and Jordan Selbo (Jr., Amherst, Mass.).</p> <p>Brendan Viele (Sr., Arden Hills, Minn. / Mounds View) is a former all-conference long jumper and was fourth at last year's MIAC indoor meet. He joins Sseremba and long-jumper / sprinter Tim Burns (Jr., McFarland, Wis.) to give the Scots a talented horizontal jumping contingent. Macalester's sprinters are led by veterans Tammie Khumalo (Jr., Nhlengeno, Swaziland / United World College), Andre Moulton (Sr., Kingston, Jamaica / Cornwall College) and Burns.</p>	


Saint John's University			
Head Coach:	Tim Miles (26th season at SJU)		
2004:	3rd at MIAC Championships		

Key Returners:	Paul Ferber , Senior, Jumps, St. Cloud – ninth at 2004 NCAA indoor meet and MIAC champion in triple jump Lee Clintsman , Senior, Sprints, Maplewood/Hill-Murray – third at 2004 MIAC indoor meet in 55-meter dash Matt Hawn , Junior, Pole Vault, Eau Claire, Wis./Regis – second at 2004 MIAC indoor meet in pole vault Steve Dalhed , Senior, Sprints, Apple Valley – sixth at 2004 MIAC indoor meet in 600-yard dash
Season Preview:	<p>The Saint John's University indoor track and field team will try to improve on its third place finish at last year's MIAC indoor championships. SJU's top returning athletes are senior Paul Ferber in the jumps, senior Lee Clintsman in the sprints, junior Matt Hawn in the pole vault and senior Steve Dalhed in the sprints.</p> <p>Ferber won the 2004 MIAC indoor title in the triple jump and finished ninth at the NCAA meet.</p> <p>SJU needs to replace 800-meter MIAC champion and All-American Michael Marschel, who graduated.</p> <p>Saint John's will be coached by Tim Miles, who is in his 26th season at SJU.</p> <p>SJU's complete season preview can be found at www.gsjohnnies.com/trackfield/05preview.htm</p>

Saint Mary's University		
Head Coach:	Kirk Nauman (2nd season)	
2004:	11th at MIAC Championships	
Key Returners:	Lee Coleman (Gays Mills, Wis) Rob Friendt (Ogden, Utah)	
Season Preview:	<p>"On the men's side, things are looking much brighter," continued Nauman. "We have a number of new athletes who I would consider blue-collar guys - not flashy, but they get the work done. Their work ethic carries them a long way, and I have seen a number of surprises thus far in practice.</p> <p>"Our numbers are up this year, which is great to see. But the best part is, we're not only deeper this year, but our depth is more talented than it's ever been."</p> <p>Which is why Nauman figures a three- or four-place jump up the MIAC ladder isn't out of the realm of possibilities this year. "You take the returners we've got, add to that people like Rob Friendt (Ogden, Utah), a provisional qualifier in the heptathlon at the Division I level; and Lee Coleman (Gays Mills, Wis.), a state place finisher in the triple jump and sprints; and the potential to do great things is there," said Nauman, adding that the addition of assistant coaches Ward Berndt and Jackie Luehmann has also been a big plus this season. "On the guys side, I think we have a shot to move up (from 10th) to at least seventh.</p>	

St. Olaf College		
Head Coach:	Bill Thornton, 35th year	
2004:	2nd at MIAC Championships	
Key Returners:	Peter Cathcart (Jr., Lakeville, Minn.) Throws Evan Sundquist (Sr., White Bear Lake, Minn.) Heptathlon Malcolm Richards (Sr., Minneapolis, Minn./South) Distance Tom Cruse (So., Hastings, Minn.) Middle Distance Kelly Fulton (Billings, Mont.) Distance Jason Roberts (So., Nisswa, Minn./Brainerd) Long Jump	

Season Preview:	<p>The 2005 St. Olaf men's indoor track team hopes to improve upon last year's runner-up finish at the 2004 MIAC Indoor Track and Field Championships and capture the conference crown this winter. The Oles will rely on a strong group of returning athletes to overtake 2004 MIAC Champion University of St. Thomas.</p> <p>Shot putter Peter Cathcart (Jr., Lakeville, Minn.), who was honored as the MIAC's "Most Outstanding Track and Field Athlete" for his performance during last year's indoor season, will once again be a major contributor for the Oles this winter. Cathcart was the 2004 indoor conference champion in the event and qualified for the NCAA Division III Indoor Championships.</p> <p>Evan Sundquist (Sr., White Bear Lake, Minn.), Malcolm Richards (Sr., Minneapolis, Minn./South), Tom Cruse (So., Hastings, Minn.) are also returning MIAC individual champions that the Oles will rely heavily upon during the upcoming indoor season. Sundquist won the first-ever indoor heptathlon during the 2004 MIAC Championships and also owns the school record in that event (4581 points). A 2004 cross country All-American, Richards hopes to build on a strong fall season and defend his conference crown in the 5000M event. Cruse was the 2004 conference champion in the 600-yard dash as first-year and should be the favorite once again this winter.</p> <p>St. Olaf also returns all four members of its 2004 MIAC Indoor Champion Distance Medley Relay: John Lappha (So., Northfield, Minn.), Nathan Campbell (Sr., Monona, Wisc.), Paul Sovik-Siemens (Sr., Hastings, Minn.), and Sam Hauck (Jr., Shoreview, Minn./Concordia Academy). All four will undoubtedly contribute in both relays and individual events this upcoming season.</p> <p>Several athletes other athletes from the 2004 MIAC Champion men's cross country squad also figure to be featured prominently during the indoor track season. Senior Kelly Fulton (Billings, Mont.), who finished eighth in the nation at last fall's NCAA Division III Championships, missed the entire 2004 track season while studying abroad but should lead a deep and talented Ole distance-running corps in 2005. Jason Havey (Jr., Columbia, Mo.), Tony Hoff (So., Stillwater, Minn./Matomedi), and Jesse Horst (Sr., Minneapolis, Minn./South) were all mainstays on the cross country team and are primed for breakout performances during the indoor track season.</p> <p>Other standouts for the Ole men include 2004 MIAC outdoor champion long jumper Jason Roberts (So., Nisswa, Minn./Brainerd), sprinter Trey Williams (Jr., Pensacola, Fla.), distancer-runner Andrew Petz (So., Rochester, Minn./Century), and pole vaulter Josiah Telschow (So., Madison, Wisc./La Follette).</p> <p>The Oles are coached by Bill Thornton, who begins his 35th year as head track and field coach. Joining Thornton as assistant coaches are his son, Mark Thornton, a 1990 St. Olaf graduate and Rob McCarthy, who also serves as the defensive coordinator for the St. Olaf football team.</p> <p>St. Olaf will open its indoor track and field season January 15 when they compete in the MSU-Mankato Open.</p>
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University of St. Thomas		
Head Coach:	Steve Mathre (10th season)	
2004:	1st at MIAC Championships	
Key Returners:	Jason Schwietz , Sr Joe Thomas Sr Cassidy Glad Sr P. J. Theisen So Bryce Beckman Sr Matt Schroeder , So	

Season Preview:	<p>Coach Steve Mathre starts his 10th season will have nearly 60 athletes competing this winter and spring on the St. Thomas men's track and field team.</p> <p>In March, the Toms will look to break an all-time MIAC record for consecutive team championships in any sport. UST has won all 20 conference team titles held in indoor track. If the Tommies can repeat in the March 4-5 Championships in Moorhead, they will surpass the St. Olaf men's swimming feat of 20 consecutive crowns. In outdoor track, UST has won 20 of the last 22 conference team championship.</p> <p>Mathre graduated 16 seniors from a 2004 squad which swept the MIAC indoor and outdoor titles. Last May, UST placed ninth at nationals. The Tommies' all-underclassmen 4x400 relay of P. J. Theisen, Carson and Cassidy Glad and Jason Schwietz placed fifth in 3:13.73 -- the sixth consecutive year the Tommie men's 4x400 placed in the top five. UST also placed third in the 4x100 relay.</p> <p>Mathre has another strong blend of returners and newcomers. UST has five returning All-Americans - nine-time All-American Carson Glad and fellow seniors Schwietz, Joe Thomas (high jump), and Cassidy Glad, and sophomore Theisen (jumps/400). Two other MIAC champions, senior Bryce Beckman (800) and sophomore Matt Schroeder (pole vault), also return. Thomas, who started his career at Purdue, will finish his eligibility with the indoor season.</p> <p>Carson Glad has 16 career MIAC titles in relays and individual races, and has helped St. Thomas sweep all six indoor and outdoor team titles in his era. His winning time of 47.15 in the 400 meters last May at the MIAC meet broke a 17-year-old UST record.</p> <p>Leading the newcomers are freshmen A.C. Udeaja, a sprinter from Rochester John Marshall, and freshman middle-distance runner Neil Atzinger of Ann Arbor, Mich.</p> <p>Beckman, Carson Glad, Schwietz and Chris Mattke (hurdles/sprints) are the team captains.</p>
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