

2006 MIAC MEN'S INDOOR TRACK & FIELD PREVIEW

The 2006 MIAC Men's Indoor Track and Field season will once again feature some of the top student-athletes and teams in all of NCAA Division III. As has been the case for the past 21 seasons, St. Thomas is the reigning champion coming into this season. The Tommies will be challenged by strong teams from St. Olaf, Saint John's and Hamline. All four of those teams will battle for the MIAC Indoor Championship, March 2-4, 2006 at Carleton College in Northfield. Bethel, Gustavus, Concordia, and Macalester all have teams with the ability to move up in the MIAC standings and possibly contend with the elite teams in the conference. Teams with a mix of youth and veteran leadership that will look to surprise teams at the conference meet include Carleton, Saint Mary's, and Augsburg.

St. Thomas is the only team to ever win an MIAC Indoor Track and Field Championship. In 2006, the Tommies will be looking to make it 22 straight indoor championships. Last season, St. Thomas won the title by a comfortable 78 points. Coach Steve Mathre graduated 15 seniors including All-Americans Carson Glad, Joe Thomas and Jason Schwietz. But Mathre had potentially his best recruiting class. His roster of 60-plus athletes includes several football players, including starters P.J. Theisen, Peter Rosholt and Justin Nwadiashi.

St. Olaf will attempt to dethrone the Tommies for the top-spot in the MIAC. With a balance attack on the track and in the field the Oles are legit contenders in 2006. Pete Cathcart was an All-American in 2003 and holds the school records in both the indoor shot put and #35 weight throw. Tom Cruse was voted Most Valuable Athlete at the conference indoor championships in 2005 winning both the 600 and 800. The distance group will be strong led by Sam Hauck who was individual MIAC champion in cross country in the fall.

Saint John's plans to build off the success of last season when they were third at the MIAC Indoors and won the MIAC Outdoor Track & Field Championship. Leading the way for the Johnnies will be their seniors, All-Conference cross country runner Tim Smit, All-Conference pole vaulter and current school record-holder Matt Hawn, All-Conference hurdler Derek Johnson, and steeplechaser Eric Nelsen all return to a talented Saint John's roster.

After winning the 2005 MIAC Cross Country Championship, Hamline will be one of the top teams in the MIAC this season. A well-rounded Piper squad will try to build on last season's fourth place finish at the MIAC Indoors. Tony Klappa had many strong performances in 2005, including winning the indoor mile in 4:18.97 and breaking a MIAC record in that event. Jake Courier was an MIAC champ in the weight throw last year, as well as runner-up in the shot put. For his performance, he was named MIAC Co-Field Athlete of the Meet.

First year head coach Jim Timp will lead a Bethel team that finished fifth last season at the MIAC Indoor Championship. A talented group of runners return for the Royals led by co-captains Justin Kamphenkel and Jason Bailey. Other top athletes include; Josh Otto, fifth last year in the 400m as a freshman; Nathan Porter, fifth in the 200m as a freshmen; David Borner, a multi school record holder; Josh Tschetter, who is nearing the school record in the 3000m steeple chase; and Ryan Morery, an All-conference performer in the pole vault as a freshmen.

Gustavus, sixth place at the 2005 MIAC Indoor Championships, have a strong contingent of athletes back in 2006. The team will be anchored by senior sprinter Jack Henkemeyer, junior hurdler Tanner Miest, and junior high jumper Jered Hokenson. Henkemeyer earned all-conference honors with a second place finish in the 55 meter dash last year while also adding a fifth place finish in the 200 meter dash.

The Concordia Cobbers will attempt to continue their climb up the MIAC standings in 2006. The Cobbers, led by Coach Garrick Larson, are coming off a seventh place finish at the 2005 MIAC Indoor Championships.


Macalester has most of their top athletes back from a year ago and are ready to move up in the MIAC after placing seventh indoors and ninth outdoors last season. The Scots will be led in '06 by pole vaulter Alex Wise, who won last year's MIAC indoor pole vault title and placed second outdoors. All-MIAC cross country runner Dylan Keith will lead a strong group of middle and long distance runners this season for the Scots.

Under the guidance of first year head coach Dave Ricks, Carleton will look to build off a ninth place showing last season.


The Saint Mary's men's track and field team will focus on improving their individual performances from last season's tenth place finish. Coach Kirk Nauman will led a young group of Cardinals this season. Saint Mary's will look to two top returnees for leadership this season. Junior Dan Gerber sprints and sophomore Jon Pace in multiple events are two athletes to watch from Saint Mary's.


Coach Dennis Barker plans on having his Augsburg Auggies improve upon last season's eleventh place finish at the MIAC Indoor Championships.

The 2006 MIAC Indoor Track & Field Championships will be held at Carleton College in Northfield, Minn. on March 2-4, 2006.


<u>Augsburg College</u>		
Head Coach:	Dennis Barker (11th season)	
2005:	11th at MIAC Championships	
Key Returns:	No information available at this time.	


Season Preview:	No information available at this time.
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Bethel University		
Head Coach:	Jim Timp (1st season)	
2005:	5th at MIAC Championships	
Key Returners:	<p>Justin Kamphenkel (Sr.)</p> <p>Jason Bailey (Jr.)</p> <p>Josh Otto (So.)</p> <p>Nathan Porter (So.)</p> <p>Dave Borner (So.)</p> <p>Ryan Morery (So.)</p>	
Season Preview:	<p>The 2006 season looks to be a unique opportunity as the men’s and women’s squads will be coached by Jim Timp. Timp has been the men’s assistant coach for the past eight years. Assistant coaches this year will be Christian Johnson, who is a 1997 graduate of Bethel, a national meet qualifier, and still part of the Bethel record 4x400 meter relay team. Christian will work with the sprinters and hurdlers. Doug Novak, who has been with the program for about 20 years, will continue his work with the vaulters. Bob Jones is back for his second year with the program as the throws coach while Kyle Leaf, who has been the high jump coach for the past two years, will add the horizontal jumps to his repertoire.</p> <p>The men’s squad welcomes back a very talented group of returning runners, who will provide leadership. Included in that group are co-captains Justin Kamphenkel and Jason Bailey, who are part of a stellar sprint squad which also includes Josh Otto, 5th last year in the 400m as a freshman, and Nathan Porter, 5th in the 200m as a freshmen and who has proven to be an outstanding lead-off man for the sprint relays. The team will look for good leadership this year, as there is a lot of new faces on the team. Other top runners include, David Borner, a multi school record holder in just one season at Bethel; Josh Tschetter, who is nearing the school record in the 3000m steeple chase; Ryan Morery, an All-conference performer in the pole vault as a freshmen.</p> <p>The coaching staff is very excited about coaching the men’s and women’s teams together. Timp says, “The unity between the two teams has been very encouraging to see and should help provide the kind of commitment and dedication that we need to grow this program and contend in the MIAC. With the kind of talent coming on board and the leadership and commitment that is already here, our squads are seeking top five finishes in the MIAC.”</p>	


Carleton College		
Head Coach:	Dave Ricks (1st season)	
2005:	9th at MIAC Championships	
Key Returners:	Steve Harris (Sr., Roseville, Minn., Distance) Doug Lind (Sr., Braham, Minn., Throws) Jason Weaver (Jr., Monument, Colo., Multi-Events) Jason Tjosvold (Sr., Hong Kong)	

Season Preview:	<p>It's not often that a team graduates a dominating runner that earned numerous conference titles and expects better results the following year, but that's exactly the situation the Carleton College men's track and field team finds itself in heading into 2006.</p>
	<p>Gone is distance star and MIAC MVP Dan Bucy '05 to graduation. He won four individual titles in the indoor and outdoor conference championships combined last season, scoring nearly half of Carleton's points at the 2005 MIAC Indoor Championships.</p>
	<p>While his departure will certainly be felt, the cupboard is hardly bare for head coach Dave Ricks. His own situation mirrors the teams in some respects. Though he's officially a first-year coach, he comes in with first-hand knowledge of the program after serving as interim head coach in 2004 and leading the Knights to top four finishes at both the indoor and outdoor conference championships.</p>
	<p>Taking Bucy's place as the distance front-runner will be senior Steve Harris (Roseville, Minn.), who led the cross country team to national ranking all season long, capped by another NCAA Championships appearance as a team and All-American honors for Harris.</p>
	<p>Ricks pointed to sophomores Quentin Kennedy (Chariton, Iowa), Joe Sepe (Fargo, N.D./South), John Nowinski (Black River Falls, Wis.) and Ryan Martinez (Bend, Ore./Mountain View) as keys to filling out Carleton's slots in the long and middle distance events.</p>
	<p>Nick Cesarek (Fy./Eagan, Minn./Eastview) will likely be one of Carleton's top sprinters and track and field newcomer R.J. Jackson (So./Roseville, Minn./De La Salle) will lend support in the sprints and should be the top long jumper for Carleton. Ricks also pointed to Sam Wilson (Fy./Portland, Ore./Lincoln) and Jack Delehanty (Fy./Monona Grove, Wis.) as performers that will join classmate Ballinger to form the nucleus for the future of the long sprints at Carleton. Fifteen first-year athletes dot Carleton's roster.</p>
	<p>Senior Doug Lind (Braham, Minn./Braham Area) finished sixth in the indoor shot put last season and eighth in the weight throw, while classmate Andrew Roberts (Fort Lauderdale, Fla./Pine Crest) joins Lind as a returning thrower.</p> <p>Two years ago, under Ricks, they were fourth indoors, but we were ninth last year.</p> <p>He'll count on experienced returnees like Harris, Lind, Weaver, Tjosvold and others, and hope the first-year and sophomore classes can step up and produce.</p> <p>"We have a group of newcomers who will develop in the future, but whether they have an impact this year is yet to be seen," he said.</p>


<u>Concordia College</u>			
Head Coach:	Garrick Larson (12th season)		
2005:	7th at MIAC Championships		
Key Returners:	No information available at this time.		
Season Preview:	No information available at this time.		


<u>Gustavus Adolphus College</u>		
Head Coach:	Tom Thorkelson (8th season)	
2005:	6th at MIAC Championships	
Key Returners:	Jack Henkemeyer (Sr., Plymouth, Minn.) Tanner Miest (Jr., New London, Minn.) Jered Hokenson (Jr., Watertown, Minn.)	


Season Preview:	<p>The Gustavus men's track and field team will return a strong contingent of athletes that recorded top ten finishes at last year's MIAC Indoor Championships and the team's goal is to improve on last year's sixth place finish.</p> <p>The team will be anchored by senior sprinter Jack Henkemeyer (SR, Plymouth, Minn.), junior hurdler Tanner Miest (JR, New London, Minn.), and junior high jumper Jered Hokenson (Watertown, Minn.). Henkemeyer earned all-conference honors with a second place finish in the 55 meter dash last year while also adding a fifth place finish in the 200 meter dash. He is considered one of the top sprinters in the conference. Henkemeyer will also be a part of the 4x200 meter relay team Tom Johnson (SO, Mankato, Minn.), Anthony Schultzenberg (JR, Greenwald, Minn.), and either Ben Treichel (SO, Webster, Wis.) or Chad Arlt (FY, St. Michael, Minn.) Miest posted a second place finish in the 55 meter hurdles a year ago, missing first place by one-one hundredth of a second. Hokenson earned all-conference honors with a third place finish in the high jump just a week after wrapping up his basketball season a year ago. This year, Hokenson is just concentrating on track and field and he will look to score points for the Gusties in the pentathlon as well.</p> <p>In the throwing events, Gustavus will be led by junior Andy Klaers (Delano, Minn.), senior Darin Mays (Minnesota Lake, Minn.), senior Joe Atkinson (Lake Crystal, Minn.), and junior Luke Weyandt (Blaine, Minn.). Klaers finished fifth in the weight throw last year with a throw of 50' 6". Weyandt finished seventh in the shot put with an effort of 45' 2 1/2". Atkinson, who did not compete indoors last season, finished fourth at the MIAC Outdoor Championships and is expected to be one of the top competitors in the shot put during this indoor season.</p> <p>In the hurdles, Miest is considered one of the elite hurdlers in the conference. He will be shooting for his third consecutive top three finish and his first 55 meter hurdle title. Miest will welcome another top prospect to the fold this year as freshman Tyler Geyen (Watertown, Minn.) is expected to give the Gusties a strong one-two punch. Geyen was one of the top high school hurdlers in the state last year.</p> <p>In the jumps, the Gusties will be young, but Coach Tom Thorkelson feels the team is much improved in this area. Sophomore Ben Treichel returns and he will welcome newcomers John Retka (FR, St. Paul, Minn.) and Chad Wilshusen (FR, Fremont, Nebr.). This group is hoping to pick up some points at the conference meet in the long and triple jump this year after the Gusties who shut out in the two events a year ago.</p> <p>In the pole vault, sophomore Drew Hood (Mankato, Minn.) returns after finishing seventh last year. Senior Matt Fordyce (Atwater, Minn.) will also contribute.</p>
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Hamline University		
Head Coach:	Paul Schmaedeke (7th season)	
2005:	4th at MIAC Championships	
Key Returners:	Travis Bristow (Jr., Distance, Pine River, Minn./Pine River-Backus) Jake Courier (Sr., Throws, Wells, Minn./USC) Tony Klappa (Jr., Distance, Hopkins, Minn.) Aaron Smith (Jr., Jumps, Mahtomedi, Minn.)	

Season Preview:	<p>Hamline track and field will look to extend its rich tradition in 2006 with a strong group of returners and emerging new talent. The Pipers will try to build on a very strong 2005 campaign where they finished fourth at the indoor MIAC championship and fifth at the MIAC outdoor. At the outdoor MIAC meet, they were only three points out of third place.</p> <p>The trio of captains, Jake Courrier (Wells, Minn.), Tony Klappa (Hopkins, Minn.), and Shawn Smith (Blue Earth, Minn.), will be looked upon to lead the way in their respective event groups. Smith, a junior quarter-miler will lead the sprint group including junior Adam Lehner (St. Cloud, Minn.), senior Mike Dugas (Coon Rapids, Minn.), and junior Ben Ganske (Eau Claire, Wis.), who were mainstays in the sprint relays in 2005. All of these veterans have the potential for big points within individual races as well in 2006.</p> <p>Klappa will lead one of the strongest distance groups in MIAC history, which this year became the fourth MIAC cross country championship team at Hamline. They were also the first MIAC championship team in any sport at Hamline since 1988. They did so in convincing fashion, taking five of the top 10 places overall. The team went on to the NCAA Regional Championship where they finished third overall, qualifying the team for the NCAA National Championship Meet. At nationals, they placed seventh in all of Division III. Individually, Klappa will look to build on last year's break out performances, including winning the indoor mile in 4:18.97 and breaking a 26-year-old MIAC record in that event.</p> <p>Hamline's strong group of juniors also includes Chris Yotter (Annandale, Minn.), Travis Bristow (Pine River, Minn.), and Chris Lutz (Pine City, Minn.), who will all be in a position to score in individual races coming off a stellar summer of training and the amazing cross country season this fall.</p> <p>Courrier will lead one of the best throwing groups in the MIAC. The throws crew scored conference high in points, both indoors and out in 2005. Courrier was an MIAC champ in the weight throw last year, as well as runner-up in the shot put. For his performance, he was named MIAC Co-Field Athlete of the Meet. He went on to set school records in the weight and hammer throws, as well as scoring in the discus outdoors, and the shot put indoors and outdoors. Courrier is one of the most well-rounded throwers across four events in Hamline history.</p>
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Macalester College		
Head Coach:	Martin Peper (13th season)	
2005:	8th at MIAC Championships	
Key Returners:	<p>Alex Wise (Jr., Pole Vault, Knoxville, Tenn. / Webb)</p> <p>Dylan Keith (Jr., Distance, Soldiers Grove, Wis. / North Crawford)</p> <p>Evan Mitchell (So., Throws, Minneapolis, Minn. / South)</p> <p>Josh Springer (So., Middle Distance, Portland, Ore. / Cleveland)</p> <p>Nate Crider (So., Middle Distance, Downers Grove, Ill. / North)</p>	
Season Preview:	<p>Head Coach Martin Peper and the Macalester Scots have most of their top athletes back from a year ago and are ready to move up in the MIAC after placing seventh indoors and ninth outdoors last season.</p> <p>The Scots will be led in '06 by pole vaulter Alex Wise (Jr., Knoxville, Tenn. / Webb School), who is primed for another standout campaign. Wise won last year's MIAC indoor pole vault title and placed second outdoors, qualifying for and participating at the NCAA championships in May, where he gained valuable national experience when placing 15th. Wise was also seventh in the MIAC indoors in the 200-meter dash and a member of the second-place distance medley relay team.</p> <p>Macalester is coming off a good cross country campaign last fall and the top runners from that team will be counted on heavily in the middle and long-distance races. Dylan Keith (Jr., Soldiers Grove, Wis. / North Crawford) earned All-MIAC honors in cross country last fall. He was fifth as a sophomore at the MIAC championships in the indoor 5000 meters, eighth in the indoor 8000 meters, and ran to an all-conference third place finish outdoors in the 5K.</p> <p>Nate Crider (So., Downers Grove, Ill. / North) was fifth at the conference meet last spring in the outdoor 1500 meters and Josh Springer (So., Portland, Ore. / Cleveland) was eighth outdoors and ninth indoors in the 800-meter run. David Augustson (Jr., Sheboygan, Wis. / North) was sixth in the indoor 1000 meters.</p> <p>Evan Mitchell (So., Minneapolis, Minn. / South) placed third in the MIAC in the javelin last spring and has national-qualifying potential. Tim Burns (Sr., McFarland, Wis.) was sixth in the conference outdoor long jump finals and Tammie Khumalo (Sr., Nhlengeno, Swaziland / United World College) returns to lead the Macalester sprinters.</p>	


<u>Saint John's University</u>		
Head Coach:	Tim Miles (27th season)	
2005:	3rd at MIAC Championships	
Key Returners:	Tim Smit (Sr., Distance, Colfax, Wis.) Matt Hawn (Sr., Pole Vault, Eau Claire, Wis./Regis) Derek Johnson (Sr., Hurdles, Edina, Minn.) Eric Nelsen (Sr., Steeplechase, Alexandria, Minn.)	
Season Preview:	<p>The Saint John's track and field team expects to have another exciting and successful season in 2006 as they defend last season's MIAC outdoor championship.</p> <p>Leading the way for the Johnnies will be their seniors, All-Conference cross country runner Tim Smit (Colfax, Wis.), All-Conference pole vaulter and current school record-holder Matt Hawn (Eau Claire, Wis./Regis), All-Conference hurdler Derek Johnson (Edina, Minn.), and steeplechaser Eric Nelsen (Alexandria, Minn.).</p> <p>SJU will also look to All-Conference sophomore Mike Leither (St. Cloud, Minn./Cathedral) to perform well in the hurdles, junior decathlete Matt Mogensen (St. Peter, Minn.), sophomore mid-distance runner Chris Erichsen (Spring Valley, Minn./Kingsland) and junior thrower Chris Tift (Sauk Rapids, Minn./Sauk Rapids-Rice).</p> <p>Saint John's comes into the 2006 season with an impressive crop of freshmen. Expected to make an impact in their first season as Johnnies are mid-distance runner Mitch Gesell (Alexandria, Minn.), jumper Erik Buss (Coon Rapids, Minn.), pole vaulter Derek Oslund (Golden Valley, Minn./Armstrong) and high jumper Noah Ferche (Rice, Minn./Sartell- St. Stephen).</p> <p>SJU will look to replace two-time All-American triple jumper Paul Ferber, All-Conference sprinter Lee Clintsman and All-Conference sprinter Steve Dalhed who all graduated. Peter Allen, 2005 MIAC outstanding track athlete, transferred to the University of Minnesota-Twin Cities for the completion of his degree in civil engineering.</p> <p>Tim Miles, SJU class of 1976, enters his 27th season as head track and field coach in 2006. Miles was honored with his fourth MIAC Coach of the Year Award last season. It was the second year in a row Miles has been selected for this award. Miles has produced a program that has finished among the MIAC's top two squads 17 of the last 26 seasons, and has led the Johnnies to MIAC outdoor championships in 1997, 1999 and 2005. At the national level, Miles' athletes have put together 38 All-American performances.</p> <p>The Johnnies will open the indoor season Feb. 11 hosting their annual Alumni Meet at the McNeely Spectrum. SJU will also host Hamline and Minn.-Morris Feb. 18. This year's MIAC indoor championships will be held Mar. 3-4 at Carleton College in Northfield.</p> <p>The outdoor season for the Johnnies will start Apr. 1 at home. SJU will host two more meets in Collegeville. The Saint John's Decathlon will be Apr. 9-10, and the Saint John's Invitational Apr. 29. The MIAC outdoor championships will be held May 12-13 at the University of St. Thomas in St. Paul.</p>	

<u>Saint Mary's University</u>		
Head Coach:	Kirk Nauman (3rd season)	
2005:	10th at MIAC Championships	
Key Returners:	Dan Gerber (Jr., Belvidere, Ill., Sprints) Jon Pace (So., Minocqua, Wis., Multi-events)	

Season Preview:	<p>The 2005 track and field seasons were filled with memorable moments for Saint Mary's University coach Kirk Nauman.</p> <p>In fact, on more than one occasion during the off-season, Nauman would catch himself reliving some of the "clips" from his Cardinals' highlight-reel season.</p> <p>There was Ashley Dingels (pentathlon), Rob Friendt (heptathlon) and Maria Roche (600) winning Minnesota Intercollegiate Athletic Conference indoor titles. There was the Cardinal women's fourth-place showing in the MIAC Indoor Championships, SMU's best-ever team finish. There was Dingels placing 13th in the high jump at the NCAA Division III Indoor National Championships.</p> <p>And that was just the indoor season.</p> <p>There was Dingels completing the MIAC multi-event double, winning the outdoor heptathlon, shattering the school and conference records in the process. There was Dingels and Ellen Koranda (Blue Earth, Minn.) representing SMU at the NCAA Division III Outdoor National Championships. And there was Dingels clearing 5-feet-7 to place fourth in the NCAA high jump, earning the then-senior the third All-American honor of her career.</p> <p>"It's hard to believe the (indoor) season is already here, it seems like just yesterday we were at the (NCAA Division III outdoor) nationals," said Nauman. "Last year was a very good year for us. It was another stepping stone toward our ultimate goal.</p> <p>"We had a lot of outstanding achievements last year, and, hopefully, we can pick up right where we left off this year."</p> <p>Complete SMU track and field preview: http://sports.smumn.edu/track/2006/newsletter/trpreview.html</p>
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<u>St. Olaf College</u>		
Head Coach:	Bill Thornton (36th season)	
2005:	2nd at MIAC Championships	
Key Returners:	<p>Pete Cathcart (Sr., Lakeville, Minn.)</p> <p>Tom Cruse (Jr., Hastings, Minn.)</p> <p>Sam Hauck (Sr., Shoreview, Minn./Concordia Academy)</p> <p>Jason Roberts (Jr., Nisswa, Minn./Brainard)</p> <p>Trey Williams (Sr., Pensacola, Fla.)</p> <p>Joe May (Sr., Northfield, Minn./Trinity at Riverridge)</p>	

Season Preview:	<p>The St. Olaf men's track and field team is prepared for the upcoming season with a well-rounded group of athletes.</p> <p>Pete Cathcart (Sr., Lakeville, Minn.) enters the season with an impressive list of achievements, receiving All-American honors in 2003 and holding the school records in both the indoor shot put (16.32, 35-8 1/4) and #35 weight throw (16.32, 53- 6 1/2). He was third in the indoor shot and #35 weight throw at the MIAC Indoor Championships in 2005 and earned the conference shot title later that season at the outdoor championships.</p> <p>Tom Cruse (Jr., Hastings, Minn.) was voted Most Valuable Athlete at the conference indoor championships in 2005 after setting a new MIAC record in the 600 (1:12.35), winning the 600 and 800.</p> <p>The distance and mid-distance group is still strong after graduating two All-America athletes last year. Sam Hauck (Sr., Shoreview, Minn./Concordia Academy) was fifth at the MIAC Indoor Championships in the 1000 in 2005, and was individual MIAC champion in cross country in the fall earning All-Conference and All-Region honors. Joining him are John Lamppa (Jr., Northfield, Minn./Northfield), a key mid-distance relay runner and Tony Hoff (Jr., Stillwater, Minn./Matomedi), who also received All-Conference and All-Region honors in cross country and placed eighth in the 5000 at indoor conference in the spring.</p> <p>The Oles return tough relays with Aaron Schloer (Jr., Minneapolis, Minn./Southwest), Trey Williams (Sr., Pensacola, Fla.), and Joe May (Sr., Northfield, Minn./Trinity at Riverridge) all contributing to a secondplace 4x200 relay at indoor conference in 2005. May anchored the third place 4x100 at the outdoor championships. Williams was part of the same relay, and placed sixth in the 55 indoors and 100 outdoors.</p> <p>Jason Roberts (Jr., Nisswa, Minn./Brainard) will continue to long jump, placing third at the MIAC Indoor Championship last year and second outdoors.</p>
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University of St. Thomas		
Head Coach:	Steve Mathre (11th season)	
2005:	1st at MIAC Championships	
Key Returners:	<p>P.J. Theisen (Jr., Long Jump, Triple Jump, 400)</p> <p>Peter Rosholt (Sr., Throws)</p> <p>Cassidy Glad (Sr., Sprints/Relays)</p> <p>Derek Marks (Jr., Discus, Jumps)</p> <p>Matt Schroeder (Jr., Pole Vault)</p> <p>Travis Birklid (Jr., Hurdles)</p>	
Season Preview:	<p>St. Thomas won the 2005 MIAC men’s indoor track & field title by a comfortable 78 points. The Toms scored in 18 of 20 events with points from 20 different athletes. The Toms swept all three relays, had six individual firsts and six seconds.</p> <p>In the 21-year history of the event, the Tommie men have now won all 21 championships, and the UST women have won 18. The Tommie teams have swept men’s and women’s indoor titles for six consecutive seasons. The 21 titles broke an MIAC all-sport consecutive title record. The Tommies surpassed St. Olaf's 20-year men's swimming reign (1980-99) for longest conference champion run. The Toms' average winning margin in the 21-year streak is an amazing 85 points. They've won by 30 or more points and scored at least 179 points in 19 of the 21 indoor championships. UST has also won 20 of the last 23 MIAC outdoor team championships.</p> <p>Coach Steve Mathre graduated 15 seniors including All-Americans Carson Glad, Joe Thomas and Jason Schwietz. But Mathre had potentially his best recruiting class. His roster of 60-plus athletes includes several football players, including starters P.J. Theisen, Peter Rosholt and Justin Nwadiashi.</p> <p>More than 30 freshmen are on the preseason roster, and at least five are expected to contribute immediately -- James Ewer (Lakeville), who had a 23-6 long jump and was Minnesota state champion and also a threat in sprints and triple jump; Ryan Chapman (Bloomington, Indiana), an outstanding long hurdler with effective range up to the 1500 meters; Zach Turner (Wayzata) 2nd in Minnesota state high hurdles and a talented high jumper; Pat Jager (Tartan) a promising 400m runner; and Kyle Brandon (Winona Cotter), the Minnesota Class A mile champion.</p>	