

Todd Yankowski, Saint Mary's

Week of: 2004-05-04

Saint Mary's University senior Todd Yankowski (Chicago, Ill./St. Patrick HS) won the MIAC Decathlon and qualified provisionally for NCAA's with a score of 6033. This performance improved his school record by nearly 400 points. Also in his decathlon performance, Todd broke the SMU school record in the 110H.

Nick Myran and Ben Nylander, Concordia

Week of: 2004-04-27

Concordia College runners Nick Myran (Jr., Kenyon, Minn.) and Ben Nylander (Sr., Lisbon, N.D.) had a week to remember. Both athletes ran career-best times in three different races. They also achieved this milestone working side-by-side, as all three came in races that the two competed together. On Tuesday, at the Cobber Twilight, Myran clocked a 1:56.39 in the 800 meters and Nylander ran a 1:56.77 in the same race. At the same meet, the pair combined as part of the 4x400-meter relay team to run a 3:25.94. Myran's split time of 52.3 was a personal best and Nylander ran a 51.8 in the third leg. Finally, at the St. John's Invitational on Saturday, April 24, Myran finished the week by running a 15:33.79 in the 5000 meters and Nylander put up a 15:39.68. Those times are the ninth and tenth best times in the history of the school.

Lee Clintsman, Saint John's

Week of: 2004-04-20

Saint John's University junior Lee Clintsman (Maplewood, Minn. / Hill-Murray HS) finished with a time of 10.81 in the 100 meters at the Carleton Relays. The time is a provisional qualifier and ranks 9th nationally.

Dan Bucy, Carleton

Week of: 2004-04-20

Carleton College junior **Dan Bucy** (Sioux Falls, S.D./ Lincoln HS) ran the #1 time in the MIAC in the 3000m Steeplechase this weekend at the Carleton Relays. His time of 9:22.08 was a NCAA provisionally mark and ranks him 11th nationally.

Matt Hooley, Carleton

Week of: 2004-04-13

Carleton College All-American senior co-captain Matt Hooley (Columbia, Mo.) won the prestigious Wartburg Select 5000m run by out-dueling 2004 National Indoor 1500m Champion Ryan Kleimenhagen with a ferocious kick 14:48.67 to 14:49.06.

Mathew Shannon, Augsburg

Week of: 2004-04-06

Augsburg College senior Mathew Shannon (Minneapolis, Minn./Washburn) ran a 47.89 in the 400 meters at the Hmaline Invite April 3. This is an NCAA Provisional mark currently ranking 4th nationally and 1st in the MIAC. Shannon also won the 200 meters in 22.06, which is the top 200 meter time in the MIAC so far this year.

Andy French, Carleton

Week of: 2004-04-27

Carleton College senior Andy French (Wright, Minn. / Cromwell HS) Carleton's diminutive senior Co-captain Andy French had an outstanding throwing double this weekend at the St John's Invitational with two outdoor personal bests. Andy placed 3rd in the Hammer Throw with a throw of 154-0, and placed 4th in the Shot Put at 44-8.

Jon Dahlin, Augsburg

Week of: 2004-04-06

Augsburg College senior Jon Dahlin (St. Louis Park, Minn.) 48.64 meters (159' 7") in the hammer throw at the Hamline Invite April 3. This is an Augsburg school record and the top throw in the MIAC this year so far.