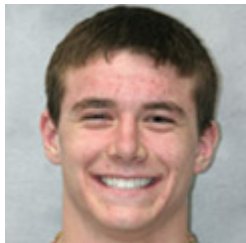


Tyler Geyen, Gustavus

Week of: 2008-05-05



Gustavus Adolphus College junior **Tyler Geyen** (Watertown, Minn.) won the 110 meter hurdles in a NCAA provisionally qualifying time of 14.77 Sunday at the Meet of the UnSaintly. This time ranks him second in the MIAC this season. Geyen also placed third in the Javelin with a personal best throw of 51.91m (169' 11 3/4").

Bethel 4x400 Relay Team, Bethel

Week of: 2008-04-28



The Bethel University 4x400m Relay team of Taylor Ferda (Soph., White Fish, Mont.), Joel Quick (Soph., Johnston, Iowa), Eric Rhode (Soph., North Saint Paul), and Josh Otto (Sr., White Bear Lake, Minn.) combined for an NCAA Provisional Qualifying time of 3:16.78 in the prelims at the Drake Relays on Friday. This time advanced them to the finals of the event on Saturday where they lowered their time to 3:16.72 to finish seventh. This is the top time run in the MIAC in over two years and puts them 11th on the national list.

Tom Ballinger, Carleton

Week of: 2008-04-21



Carleton College junior **Tom Ballinger** (Wenatchee, Wash.) won the 400m Hurdles at the Carleton Relays overcoming Bethel's Taylor Ferda down the homestretch. Both athletes recorded NCAA Provisional Qualifying times in that race, 53.57 and 53.92. Ballinger also placed fourth in the 110m Hurdles, anchored the second place 4x100m relay, and ran on the victorious 4x400m relay (3:21.73) with teammates Nick Cesarek, Michael Sanders, and Jack Delehanty to help Carleton finish fourth among 18 schools at the Carleton Relays. Ballinger currently sits on top of the MIAC Honor Roll in the 200m, 400m, 400m Hurdles, and as a member of Carleton's 4x400m relay.

Xavier Carroll, Concordia

Week of: 2008-04-14



Concordia College sophomore **Xavier Carroll** (El Cajon, Calif.) placed third in the 200m dash with a time of 22.85 at NDSU's Bison Open this weekend. His time currently ranks him #5 in the MIAC this season.

Chris Erichsen, Saint John's

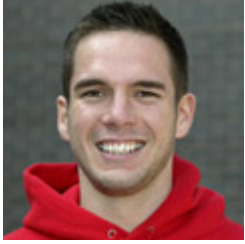
Week of: 2008-04-07



Saint John's University senior **Chris Erichsen** (Spring Valley, Minn./Kingsland) ran a NCAA Automatic Qualifying time of 9:04.72 in 3000m Steeplechase at the Hamline Invitational. His time currently ranks him #2 nationally in NCAA Division III. Erichsen was the 2007 runner-up at the NCAA Division III National Championships in the Steeplechase. He has also won five MIAC Track & Field Championships in distances ranging from the 1500m to the 5000m.

Erik Diley, Saint John's

Week of: 2008-05-05



Saint John's University senior **Erik Diley** (Prescott, Wis.) long jumped 7.17 meters (23-6 1/4) at the Ole Miss May Invitational at the University of Mississippi on Saturday. Diley's jump currently ranks as the top mark in the MIAC and fifth in NCAA Division III. Diley, himself, is the only MIAC long jumper to have surpassed this performance in the last six years.

Andrew Salvato, Saint John's

Week of: 2008-04-28



Saint John's University senior **Andrew Salvato** (North Oaks, Minn.) set a school record in the Hammer Throw on Sunday at the Saint John's Invitational. His throw of 51.18 meters (167' 11") was less than a foot shy of the NCAA qualifying mark. His performance ranks him third in the MIAC this season.

Jon Helm, Hamline

Week of: 2008-04-21



Hamline University sophomore **Jon Helm** (Roseville, Minn.) had five throws in the discus exceeding his previous personal record in less than 24 hours this weekend. Friday night he threw a PR at the TomCat Twilight, and the next day came back to hit four more PR throws. His final throw landing at 159"10 was good enough to give him the discus victory at the Carleton Relays. His performance was well above the NCAA provisional mark and good enough to place him seventh in the current NCAA Division III national rankings.

Tom Flynn, Concordia

Week of: 2008-04-14



Concordia College junior **Tom Flynn** (Shelby, Mont.) placed second in the Javelin at NDSU's Bison Open with a throw of 56.41m (185' 1"). The effort was less than 3 feet shy of an NCAA provisional qualifying mark. The throw was a personal best by over 14 feet and ranks him #2 in the MIAC.

Evan Mitchell, Macalester

Week of: 2008-04-07



Macalester College senior **Evan Mitchell** (Minneapolis, Minn./South) won the Javelin at the Hamline Invitational with a NCAA provisional mark of 57.70 (189'4"). Mitchell also placed fourth in the Hammer Throw with the top Division III mark of the meet throwing 45.73 (150' 00"). He is a two-time defending MIAC champion in the Javelin Throw.