

Steve Groskreutz, Gustavus

Faribault, Minn. / Faribault
Week of: 2011-05-09



With the 2011 MIAC Outdoor Track and Field Championships coming up this weekend, Gustavus' hurdler **Steve Groskreutz** (Faribault, Minn.) picked a great time to hit his stride. Groskreutz was great at last weekend's Meet of the UnSaintly at Hamline, finishing second in the 400-meter hurdles, hitting the NCAA's provisional mark for the national championships and besting all other Division III competitors in the race. For his performance, Groskreutz was named the MIAC Men's Outdoor Track Athlete-of-the-Week.

Groskreutz finished the 400 hurdles with a time of 54.17, which was second only to a runner from Division II Minnesota-Duluth. That time met the NCAA Division III provisional qualifying mark of 54.30 and moved Groskreutz up to No. 2 on the MIAC performance list heading into this weekend's conference championship. This season, he is only one of two MIAC hurdlers to break 55 seconds in the 400.

The 2011 MIAC Men's and Women's Outdoor Track & Field Championships will be hosted this weekend by Gustavus Adolphus College in St. Peter, Minn., running both Friday and Saturday. Competition begins Friday with field events starting at noon, and track events starting at 2 p.m. Saturday's action starts with field events at 1:30 p.m., the steeplechase at 3:30 p.m. and the rest of the running events at 4 p.m.

Jordan Spronk, Bethel

Pipestone, Minn. / Pipestone
Week of: 2011-05-02



Bethel University junior **Jordan Spronk** (Pipestone, Minn.) had a night to remember Thursday at the Macalester Twilight Meet in St. Paul, Minn. The track athlete turned in a pair of first-place performances in two sprinting events at the meet, while moving to the top of the MIAC performance list in each event and nearly hitting the NCAA's provisional qualifying standard in the process. Spronk's dual victories came in the 200- and 400-meter dash. As another result of his outstanding performance, Spronk was named the MIAC Men's Outdoor Track Athlete-of-the-Week.

Spronk's first victory came in Thursday's 200-meter dash, where he sprinted to a winning time of 21.80 seconds. That is now the fastest time in the MIAC this season, and he literally could not have been much closer to reaching the NCAA's provisional mark, which is 21.78 seconds. Spronk was equally good in the 400, securing his second victory of the evening with a time of 49.23. That is also the top time in the MIAC this season, which will make Spronk one of the runners to watch at next weekend's MIAC Outdoor Championships. He was again less than a second away from a provo mark, which is 48.50 in the 400.

The Royals will have one more chance to get into championship form before the MIAC Outdoor meet takes place on May 13-14 at Gustavus Adolphus College in St. Peter. This weekend, Bethel will run at the Howard Wood Relays at Howard Wood Field in Sioux Falls, S.D. Friday's action begins at 4 p.m. with Saturday's events starting at 9 a.m.

Andrew Johnson, Hamline

Andover, Minn. / Andover
Week of: 2011-04-25



The Hamline men's track and field team has gotten plenty of standout showing in 2011, and senior **Andrew Johnson** (Andover, Minn.) delighted the home crowd Thursday with the latest great Piper performance. Johnson won the steeplechase at Hamline's Capitol City Championships with a new personal record time, which also set the new MIAC standard this season and just missed the NCAA provisional mark. As a result of his great showing, Johnson has been named the MIAC Men's Outdoor Track Athlete-of-the-Week.

Johnson finished the 3,000-meter steeplechase with a time of 9:24.40. He already led the MIAC with the conference's best time in the event prior to Thursday, but he cut another four seconds off his time and moved incredibly close to the Division III provisional mark, which is 9:24.00. Johnson currently leads the rest of the MIAC by nearly eight seconds in the steeplechase and is one of three Pipers that are atop the conference performance list in their respective events. This is his first Track Athlete-of-the-Week honor.

The Pipers hope the top performances keep rolling in with another busy week on the horizon. They will head across town Wednesday to compete at the Macalester Twilight meet, and qualifiers will head to Des Moines, Iowa, Thursday through Saturday for the Drake Relays. Non-qualifiers will compete in an alternative meet at Gustavus on Saturday.

4x400 relay team, Augsburg

Joe Arnold, Rick Wolke, Nick Ward, Matt Schafer
Week of: 2011-04-18



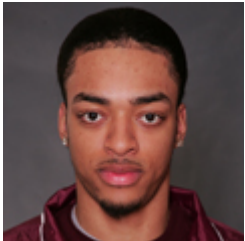
The 2011 track and field season has been a good one for Augsburg sprinters. The Auggies have seen plenty of success and honors in individual sprinting events, and this week, those individuals combined their talents to add in team success as well. **Joe Arnold, Rick Wolke, Nick Ward** and **Matt Schafer** combined to win the 4x400-meter relay at the University of St. Thomas Tom Cat Open over the weekend with a terrific time. As a result, the four sprinters have been collectively named the MIAC Men's Outdoor Track Athletes-of-the-Week.

Arnold (Grand Rapids, Mich.), Wolke (Belle Plaine, Min.), Ward (Coon Rapids, Minn.) and Schafer (New Brighton, Minn./Irondale) finished their relay race with a first-place time of 3:19.22, which not only took the top spot at the meet, but it is also the fastest time in the event in the MIAC this spring. The Auggies' time edged Hamline (3:19.78) for the top spot by roughly half a second, and Augsburg took a big step towards the NCAA provisional (3:16.40) and automatic (3:13.00) qualifying times. This is technically the third-straight weekly honor for Ward, as he claimed the final track honor of the indoor season and last week's first outdoor track honor. Wolke also earned the MIAC weekly award during the indoor season.

Augsburg and its award-winning sprinters will be back in action this week, when it travels across the metro to compete at the Capitol City Championship, hosted by Hamline University in St. Paul, Minn. The meet is set to start Thursday at 3 p.m.

Nick Ward, Augsburg

Coon Rapids, Minn. / Coon Rapids
Week of: 2011-04-11



Augsburg sprinter **Nick Ward** (Coon Rapids, Minn.) didn't have much trouble making the adjustment from indoor to outdoor track season. The senior continued his outstanding 2011 season with several impressive performances early in the outdoor season, including a pair of first-place finishes in the 100-meter dash and a second-place finish in the 200-meter dash to go along with his provisional qualifying time and top MIAC time in the 100. For his great start to the outdoor season, Ward has been named the first MIAC Men's Outdoor Track Athlete-of-the-Week in 2011.

Ward's best performance of the young outdoor season came at the Hamline Invite, where he won the 100-meter dash, besting a field of 54 runners with a time of 10.79 seconds. That time provisionally qualified him for the NCAA Division III Outdoor Championships, and it ranks as the best 100 time in the MIAC this season. He also won the 100 at the University of Wisconsin-River Falls, beating the 81-person field with a time of 10.93. He was also the top Division III runner and second overall in the 200-meter dash with a time of 22.29, and Ward also holds the top MIAC long jump distance of the outdoor season after finished first with a distance of 6.86 meters.

Ward will try to continue his outdoor brilliance with a pair of opportunities this weekend. Friday, the Auggies will compete in at the University of St. Thomas TomCat Twilight Meet at 4 p.m .in St. Paul, and they'll be back in action in Minnesota's capital city Saturday at the Concordia University-St. Paul Holst Invitational, which begins at 10 a.m.

Devin Dirth, St. Thomas

Apple Valley, Minn. / Apple Valley

Week of: 2011-05-09



Though the 2011 MIAC Outdoor Track and Field Championships will technically be held this coming weekend at Gustavus, the event actually kicked off this past weekend in Northfield, Minn., with the men's decathlon and women's pentathlon, and St. Thomas' **Devin Dirth** (Apple Valley, Minn.) didn't waste any time getting the defending champion Tommies off to a great start. Dirth successfully won his second-straight MIAC Outdoor decathlon title with his new season-best score, which met the NCAA provisional mark. For his performance, Dirth has been named the MIAC Men's Field Athlete-of-the-Year.

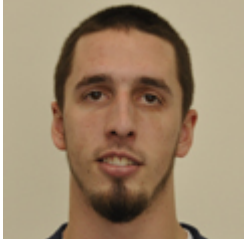
Dirth finished the MIAC decathlon with a total score of 6,141. That was good for first place by nearly 500 points, and it eclipsed the NCAA Division III provisional qualifying mark of 6,050 by nearly 100 points. Dirth finished first among competitors in the shot put, discus and pole vault, was second in the javelin and fourth in both the long and high jump to capture his second-straight decathlon crown. Just a junior, Dirth will get to try for a three-peat next spring.

Though Dirth's big win is already in the books, the rest of the 2011 MIAC Men's and Women's Outdoor Track & Field Championships will be hosted this weekend by Gustavus Adolphus College in St. Peter, Minn., running both Friday and Saturday. Competition begins Friday with field events starting at noon, and track events starting at 2 p.m. Saturday's action starts with field events at 1:30 p.m., the steeplechase at 3:30 p.m. and the rest of the running events at 4 p.m.

Bucky Dixon, Bethel

Hayward, Wis. / Hayward

Week of: 2011-05-02



While most of the Midwest's track and field community was focused on the Drake Relays in Iowa over the weekend, Bethel's **Bucky Dixon** (Hayward, Wis.) turned heads with an incredible showing from another meet on Saturday. The sophomore set a new Royals' school record and met the NCAA Division III provisional qualifying distance with a tremendous throw in the discus at Saturday's 11th Annual Drake Alternative Meet hosted by Gustavus Adolphus College in St. Peter, Minn. For his performance, Dixon has been named the MIAC Men's Outdoor Field Athlete-of-the-Week.

Dixon's record-setting discus throw traveled a distance of 50.22 meters, or 164-09.00. The throw is the longest of his collegiate career, and the best mark in Bethel men's track and field history. In addition, Dixon now sits in second place on the MIAC performance list, and 14th overall in NCAA Division III in the event. He easily met the NCAA's provisional distance, which is 48.00 meters, and he moved considerably closer to the automatic distance, which is 52.72 meters. Dixon's throw placed him in fourth at the meet, behind three unattached athletes, and in the process he bested several Division I and Division II competitors.

The Royals will have one more chance to get into championship form before the MIAC Outdoor meet takes place on May 13-14, also at Gustavus Adolphus College in St. Peter. This weekend, Bethel will run at the Howard Wood Relays at Howard Wood Field in Sioux Falls, S.D. Friday's action begins at 4 p.m. with Saturday's events starting at 9 a.m.

Shaise Schuette, Hamline

Anoka, Minn. / St. Francis
Week of: 2011-04-25



Though he's just a sophomore, Hamline men's track and field athlete **Shaise Schuette** (Anoka, Minn./St. Francis) has already become a consistent contributor for the Pipers and among the elite pole vaulters in the MIAC. Schuette was at his best last week on his home turf as he finished first in the event at the Capitol City Championships, hosted by Hamline last Thursday. In addition, Schuette's recorded height met the Division III provisional qualifying standard and moved him to the top of the MIAC leader board. For his performance, Schuette has been named the MIAC Men's Outdoor Field Athlete-of-the-Week.

Schuette cleared the bar at 4.75 meters (15-07.00) to win the pole vault Thursday and set a new season-best mark for the standout sophomore. Schuette's mark exactly met the NCAA's provisional standard for qualifying for the national championships, and it vaulted him to the top of the 2011 MIAC performance list by a tenth of a meter. This is the first Athlete-of-the-Week honor of Schuette's young career, and he is the first non-thrower from Hamline to win the Field award since its inception in 2002.

The Pipers hope the top performances keep rolling in with another busy week on the horizon. They will head across town Wednesday to compete at the Macalester Twilight meet, and qualifiers will head to Des Moines, Iowa, Thursday through Saturday for the Drake Relays. Non-qualifiers will compete in an alternative meet at Gustavus on Saturday.

Brennan McKeag, Hamline

Lakeville, Minn. / Apple Valley
Week of: 2011-04-18



Hamline University senior **Brennan McKeag** (Lakeville, Minn./Apple Valley) had an outstanding indoor track season in 2011, and through the first few outdoor meets of the season it appears that trend will continue. McKeag had his best showing of the young outdoor season over the weekend when he set a new Pipers school record and moved into the top 10 in the nation with his performance in the hammer throw at the University of St. Thomas Tom Cat Open. For his performance, McKeag has been named the MIAC Men's Outdoor Field Athlete-of-the-Week.

McKeag's record-setting throw traveled a distance of 57.76 meters (189-06.00) at the St. Thomas meet to break the previous Hamline school record by more than a full meter. His throw also eclipsed the provisional qualifying mark for the NCAA championships (53.00 meters) and nearly met the automatic qualifying standard (59.38 meters). His distance currently ranks second in the MIAC, and seventh in all of Division III. This is McKeag's first Athlete-of-the-Week honor of the 2011 outdoor season after he claimed the award twice in a three-week span during the indoor season.

McKeag will get a chance to display his skills for the home fans Thursday when Hamline hosts the Capitol City Invite, which is scheduled to begin at 3 p.m. The Pipers will compete again a week from Wednesday when they travel to cross-town rival Macalester for the Macalester Twilight Meet.

Andrew Brueggen, Saint Mary's



Saint Mary's senior **Andrew Brueggen** (Holmen, Wis.) had a record-setting season during indoor track and field with his outstanding performances in the weight throw, and just a few weeks into the outdoor season, it appears records will continue to fall for the Cardinals' star in 2011. Brueggen automatically qualified for the NCAA Division III Outdoor Championships with his performance at the Norse Relays at Luther College, and he took down three records in the process as well to add to the legacy of his incredible senior season. For his performance, Brueggen has been named the inaugural MIAC Men's Outdoor Field Athlete-of-the-Week for the 2011 season.

Brueggen's record-setting distance in the weight throw was 60.76 meters, and it did much more than book his ticket to nationals. It also set a new Saint Mary's school record, as well as a new Norse Relays meet record and a facility record in the process. At this point in the outdoor season, Brueggen's distance ranks No. 1 in the MIAC, and No. 2 in all of Division III. This latest smattering of broken records comes on the heels of Brueggen's tremendous indoor season, where he also qualified for nationals and set numerous records, including the Men's Outstanding Performance of the Meet award at the MIAC Indoor Championships for breaking the event's 18-year-old meet record.

Brueggen will try to continue his stellar season this weekend when the Cardinals travel across the border into Wisconsin for a competitive meet in La Crosse. SMU will be part of the field at the UW-L Phil Esten Challenge Friday, which will be held on the University of Wisconsin-La Crosse campus.