

Jack Deichert, Hamline

Golden Valley, Minn. / Hopkins
Week of: 2012-05-07



The Hamline men's track team is in the midst of another successful season, with one of its top athletes peaking at the perfect time. Senior distance runner **Jack Deichert** (Golden Valley, Minn./Hopkins) starred at the Pipers' home Meet of the UnSaintly Saturday despite less-than-ideal conditions, winning the 1,500-meter run with a time that was a new personal best, ranked top-15 nationally and just shy of a new Hamline record. For his performance, Deichert was named the final MIAC Men's Outdoor Track Athlete-of-the-Week of the 2012 season.

Deichert's winning and career-best time in the 1,500 Saturday was 3:51.92. He was nearly six seconds better than the rest of the field, which featured top runners from other MIAC and Division II teams. Deichert's time was just over a second off of the current Pipers' school record in the event despite the rainy conditions that canceled some of the meet's events. It is the second-fastest time in the MIAC this season and just one of three under 3:54. His time currently ranks him 13th overall in all of Division III in the 1,500

Deichert and the Pipers hope to continue their strong performances this weekend as Hamline will join the rest of the conference at the 2012 MIAC Outdoor Track and Field Championships. The meet will be hosted by Concordia College Friday and Saturday in Moorhead, Minn. Friday's action starts with field events at 11 a.m. and track events at 1:30 p.m., while Saturday's field events start at 11:30 a.m. with track to begin at 1 p.m. Saturday's final event begins at 5:15 p.m. with a short awards ceremony to follow. Concordia will have updated results, scoring and more on its Web site throughout the weekend.

Brian Saksa, St. Olaf

Dassel, Minn. / Dassel
Week of: 2012-04-30



St. Olaf sophomore distance runner **Brian Saksa** (Dassel, Minn.) has had a breakout season for the Oles and, last week, he added another highlight-reel performance to his list of achievements in 2012. Saksa scored a victory in the men's 1,500-meter run at Macalester's Twilight Meet Thursday in St. Paul to move to the top of the MIAC performance list, and into the top 10 nationally. For his performance, Saksa was named the MIAC Men's Outdoor Track Athlete-of-the-Week.

To claim first place in the 1,500 at Macalester, Saksa narrowly edged teammate Reid Gilbertson at the finish line by less than a second. Saksa's winning and MIAC-leading time was 3:51.03, compared to 3:51.97 for Gilbertson, who ranks second in the conference. Saksa also now is in the Top 10 on the Division III performance list for the event. This is Saksa's third MIAC Athlete-of-the-Week honor in 2011-12, as he also won the honor once during cross country and once during the indoor track season.

Saksa and his teammates have two final opportunities on the schedule this week to prepare for the 2012 MIAC Outdoor Track and Field Championships. The Oles will host the Rolex Classic Tuesday in Northfield, Minn., at 4 p.m., and Saturday they travel to St. Paul, Minn., to compete in the Meet of UnSaintly on the Hamline campus with a 10 a.m. scheduled start time. The MIAC meet will take place the following weekend - May 11-12 - on the Concordia College campus in Moorhead, Minn.

Noah Laack-Veeder, Carleton

Madison, Wis. / La Follette
Week of: 2012-04-23



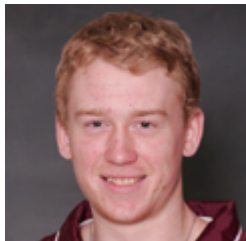
Carleton has gotten an outstanding outdoor track and field season out of freshman runner **Noah Laack-Veeder** (Madison, Wis./La Follette), highlighted by his great performance Saturday on the Knights' home track. Laack-Veeder won the men's 800-meter dash in the highlight of the meet against a terrific field, and he helped the 4x400-meter relay team record a great time as Carleton finished second in the team standings. For his performance, Laack-Veeder has been named the MIAC Men's Outdoor Track and Field Athlete-of-the-Week.

In Saturday's 800-meter dash, Laack-Veeder used a time of 1:53.89 to finish first in a field that featured four of the top six performances in the MIAC this season. He was stride-for-stride with Hamline star Jack Deichert in the final 100 meters and pulled out the thrilling victory. He also helped the 4x400 team finish with Carleton's fastest in the event in three years,. Laack-Veeder is currently third on the MIAC top times list in the 800 with his season best of 1:53.58, which came on April 5, also on his home track.

Laack-Veeder hopes to continue his standout freshman season with a busy weekend coming up for the Knights. Thursday, they will send a team to St. Paul to compete in the Macalester Twilight Meet on the Scots campus at 4 p.m., and they are also sending athletes to the star-studded Drake Relays, held over the weekend at Drake Stadium in Des Moines, Iowa.

Rick Wolke, Augsburg

Belle Plaine, Minn. / Belle Plaine
Week of: 2012-04-16



Augsburg sprinter **Rick Wolke** (Belle Plaine, Minn.) continued his stellar senior season Saturday with one impressive individual performance and two outstanding contributions to the Auggie relay teams at the UW-River Falls Invitational. Wolke bested a talented field with a tremendous time in the 200-meter dash, and he helped the two relay squads to top-three times in the MIAC this season. As a result of his great performance, Wolke has been named the MIAC Men's Outdoor Track Athlete-of-the-Week.

Wolke's individual accomplishment served as the top highlight from his great day. The senior finished first in the 200 with a time of 21.64 to beat 50 runners from both Division II and III. His time is the fastest in the MIAC this season, and it ranks 12th nationally. Wolke also anchored the Auggies' 4x100-meter relay team, which finished second with the MIAC's top time in 2012 (42.56) and he helped the 4x400-meter relay team run a 3:22.59, which is the third-fastest time in the conference this season. This is Wolke's third MIAC Athlete-of-the-Week honor in 2012 after winning it once as an individual and once as part of a relay team during the indoor season.

Augsburg and its talented crew of sprinters - led by Wolke - will be back in action Friday to try to continue their successful spring. The Auggies will run at the Tomcat Twilight Meet at the University of St. Thomas campus Friday at 4 p.m. Augsburg has another big weekend on tap the following weekend at the Drake Relays in Des Moines, Iowa, April 26 to 28.

Devon Monson, Hamline

Thompson, N.D. / Thompson
Week of: 2012-04-09



Hamline senior distance runner **Devin Monson** (Thompson, N.D.) has won several big races throughout his stellar cross country and track career. However, Saturday, he reached new heights with a new personal record and a spot in Piper history. Monson's performance in the 5,000-meter run wasn't only good for first place or a new personal best, it was also the fastest time ever recorded in the event in school history. To top it off, it also ranks No. 1 in all of NCAA Division III thus far in 2012. For his record-breaking performance, Monson has been named the first MIAC Men's Outdoor Track Athlete-of-the-Week of the 2012 season.

It was fitting that Monson's standout performance came in front of the home crowd Friday at the Hamline Invitational at Klas Field. The senior star finished the 5,000 with a time of 14:29.72 to secure his place in the Piper record books, and to vault to the top of the Division III and MIAC performance lists in the event. Monson's time is almost a full minute better than the previous No. 1 time in the MIAC this season. The previous Hamline record was 14:36.54, set by Travis Bristow in 2007.

It was a big week for the Hamline men, with Monson and teammate Andrew Schlichting sweeping the MIAC Men's Outdoor Track and Field Athlete-of-the-Week honors. The Pipers will look to continue that success Saturday when they head to Decorah, Iowa, for the Luther College Invitational, which is set to begin at 11 a.m. Hamline also has a busy schedule the following week, with the TomCat Invite on Friday, April 20, and a meet at Carleton College on Saturday, April 21.

Connor Johnson, Concordia

Colfax, N.D. / Richland
Week of: 2012-05-07



Concordia freshman **Connor Johnson** (Colfax, N.D./Richland) continued to prove that he's advanced beyond his first-year status in the javelin with his best performance to date over the weekend. Johnson was outstanding in the event at Saturday's Masanz Invite, hosted across town by Division II Minnesota State-Moorhead, with a new personal best and conference-leading throw against an extremely competitive field. For his performance, Johnson has been named the final MIAC Men's Outdoor Field Athlete-of-the-Week of the 2012 season.

Johnson's throw in the javelin traveled a distance of 53.60 meters, or 175-10 feet. He was the top Division III athlete in the event and fourth overall behind an unattached thrower and two from NCAA Division II schools, finishing ahead of several other Division II, III and NAIA competitors. With his throw, Johnson now ranks No. 1 in the MIAC - nearly two feet ahead of the rest of the field - and his throw was the 12th-best in Cobber school history.

Concordia hopes its star freshman and the rest of its team continues to improve on their personal bests and enjoys the home-track advantage at the 2012 MIAC Outdoor Track and Field Championships. The meet will be hosted by the Cobbers Friday and Saturday in Moorhead, Minn. Friday's action starts with field events at 11 a.m. and track events at 1:30 p.m., while Saturday's field events start at 11:30 a.m. with track to begin at 1 p.m. Saturday's final event begins at 5:15 p.m. with a short awards ceremony to follow. Concordia will have updated results, scoring and more on its Web site throughout the weekend.

Cameron Clause, Gustavus

Mankato, Minn. / East
Week of: 2012-04-23



Gustavus sent track and field athletes to Winona over the weekend to compete in the Warrior Open, hosted by Winona State, and junior **Cameron Clause** made the most of the trip with his standout performance in the decathlon. Clause won the event with a score of more than 6,000 points, which not only vaulted him into the top spot on the MIAC Outdoor list, but also into the top 15 in all of Division III thanks to personal best in eight of the 10 events. For his performance, Clause has been named the MIAC Men's Outdoor Field Athlete-of-the-Week.

Clause's winning score - the best mark in the MIAC this spring - was 6,067 points. He had personal bests in the 110-meter hurdles (17.25), 100-meter dash (11.47), 400-meter run (52.84), 1,500-meter run (4:36.33), high jump (1.78 meters), javelin (40.82 meters), long jump (6.46 meters) and discus (26.36 meters). The next best performance in the event in the MIAC this season is a score of 5,251. Clause's total of 6,067 is the 14th-best score in all of NCAA Division III in 2012.

The Gusties have another busy weekend on the horizon, starting with the three-day, star-studded Drake Relays Thursday through Saturday. The meet is hosted by Drake in Des Moines, Iowa, and attracts top talent throughout all three NCAA divisions. Gustavus will also host an alternative meet to the Drake Relays Saturday for athletes not competing in Iowa. The Gusties meet will start Saturday in St. Peter at 11 a.m.

Blair Riegel, Gustavus

Lakeville, Minn. / South
Week of: 2012-04-16



Home-field advantage isn't talked about in track and field as much as some other sports, but Gustavus and star sophomore **Blair Riegel** (Lakeville, Minn./South) certainly seemed to enjoy their surroundings Saturday in their friendly confines. Riegel had a tremendous day in the Gusties first home outdoor meet of 2012, winning titles in the triple jump and long jump with one personal best and a pair of top-three MIAC distances in the process. For his performances, Riegel has been named the MIAC Men's Outdoor Field Athlete-of-the-Week.

Riegel two first-place finishes highlighted Gustavus' 11th-annual Lee Krough Invitational. He recorded a distance of 6.72 meters (22-0.75 feet) in the long jump to win the event and rank third in the conference this season, and he was even better in the triple jump. Riegel's winning distance of 14.45 meters (47-05.0 feet) is the best jump in the MIAC in 2012, and it bests his previous personal record in the event (14.10 meters, 46-03.0 feet). On top of his field success, Riegel also turned in top-three finishes in the 100- and 200-meter dashes in the meet which featured competitors from Minnesota State-Mankato, UM-Morris, Macalester and Bethany Lutheran.

Riegel and his teammates will travel to Northfield next Saturday for the Carleton Relays to prepare for another big relay event the following weekend. The Gusties will head to Des Moines, Iowa, for the star-studded Drake Relays, which run April 26-28. Gustavus will also host a Drake alternative meet on Saturday, April 28, in St. Peter at 11 a.m.

Andrew Schlichting, Hamline

North Oaks, Minn. / Mounds View
Week of: 2012-04-09



Hamline has had several standout performances in the throwing events throughout the 2012 indoor track and field season and the start of the outdoor schedule. However, junior thrower **Andrew Schlichting** (North Oaks, Minn./Mounds View) raised his own personal bar considerably with a performance in the hammer throw that bettered his own personal record by almost two meters, and ranked him in the top 20 throughout all of Division III. For his tremendous throw, Schlichting has been named the first MIAC Men's Outdoor Field Athlete-of-the-Week for the 2012 season.

Schlichting registered his new personal best in the hammer in the SJU/CSB Invitational on March 31. His throw traveled a distance of 55.62 meters, or 182-06.00 feet. His old personal record was 53.79, so this new mark was a considerable improvement, and it registered as the 16th-best throw in all of Division III thus far in 2012. Schlichting's distance ranks second in the MIAC this season, trailing only teammate Brennan McKeag's 58.19-meter throw. This is the second MIAC Athlete-of-the-Week honor for Schlichting in 2012 after also winning the honor once during the indoor season.

It was a big week for the Hamline men, with Schlichting and teammate Devin Monson sweeping the MIAC Men's Outdoor Track and Field Athlete-of-the-Week honors. The Pipers will look to continue that success Saturday when they head to Decorah, Iowa, for the Luther College Invitational, which is set to begin at 11 a.m. Hamline also has a busy schedule the following week, with the TomCat Invite on Friday, April 20, and a meet at Carleton College on Saturday, April 21.