

2004 MIAC MEN'S OUTDOOR TRACK & FIELD PREVIEW

The 2004 MIAC Men's Outdoor Track & Field season will once again feature some of the top athletes and teams in NCAA Division III. Leading the contingent from the MIAC will be St. Thomas who has won twenty of the last twenty-two MIAC Outdoor Championships. Top teams looking to knock the Tommies off their perch include; Saint John's, Gustavus, and St. Olaf . Teams with some talented individuals but lacking the overall depth to be a top level team in the conference are Hamline, Augsburg, and Carleton. Finally rounding out the MIAC are a group of teams who are young and looking to improve upon last season's performance; they are Concordia, Bethel, Macalester, and Saint Mary's.

The 2004 MIAC Men's Outdoor Track & Field Championships will be held May 7-8, 2004 at St. Olaf. College in Northfield, Minn.

Augsburg College		
Head Coach:	Dennis Barker (10th season)	
2003:	8th at MIAC Championships	
Key Returners:	-- Mathew Shannon (Sr., Minneapolis, Minn./Washburn HS) -- First-ever multiple All-American in Augsburg men's track history; placed fourth nationally in indoor 400-meter dash and third in outdoor 400-meter dash in 2003; also qualified for nationals in outdoor 200-meter dash; won MIAC title in outdoor 400 in 2003 and 2002; school record-holder in seven individual events and as part of four relays; 12-time All-MIAC performer. -- Steven Floyd (Jr., Minneapolis, Minn./Park Center HS) -- All-MIAC honorable mention in outdoor 400-meter hurdles in 2003 with fifth-place finish; placed eighth in outdoor 110-meter hurdles; school record as part of outdoor 1,600-meter relay. -- Steve Zaffke (So., Stewartville, Minn.) -- All-MIAC honorable mention in outdoor triple jump in 2003, placing fifth.	
Season Preview:	Mathew Shannon (Sr., Minneapolis, Minn./Washburn HS) has established himself as one of the top sprinters in the MIAC and the nation over the last few years, and this year should be no exception. A 12-time All-MIAC performer (seven first-team, five honorable-mention), two-time conference champion in the outdoor 400-meter dash and school record-holder in 11 different events, Shannon made Augsburg history last season when he became the first Auggie male track and field athlete to earn multiple All-American honors in the same year, finishing third nationally in the outdoor 400-meter dash (47.18 seconds) and fourth in the indoor 400-meter dash (48.59 seconds). He is the only Augsburg athlete ever to break the 48-second barrier in the outdoor 400 and the 49-second barrier in the indoor 400. "Mathew has really made himself into one of the top 400 men in the country, and he's definitely a threat to win multiple events in the conference," Barker said. Ten letterwinners return to the Auggie lineup, including several quality sprinters. Steven Floyd (Jr., Minneapolis, Minn./Park Center HS), Jason Edwards (Sr., Fergus Falls, Minn.) and Steve Zaffke (So., Stewartville, Minn.) joined Shannon on a 1,600-meter relay team that finished second in the indoor conference meet and third in the outdoor conference meet last year. Floyd also earned individual honors with an All-MIAC honorable-mention finish in the outdoor 400-meter hurdles, where he placed fifth last year. Zaffke established himself as a solid jumper, finishing fifth in the conference outdoor triple jump to earn All-MIAC honorable-mention honors. Newcomers Steve Houser (Fr., Elk River, Minn.) and Marzel Harris (Fr., Apple Valley, Minn./Eastview HS) should also contribute to the sprinting mix for the Auggies, along with Paul Sanft (Jr., St. Paul, Minn./Johnson HS), who returns to the Auggies after a year's absence. In a very strong conference for distance running, several Auggies will hope to continue their improvements from last season and from the successful cross country campaign -- including Dan Vogel (Jr., LaCrescent, Minn.), Ryan Nevin (Sr., Barron, Wis.), Riley Conway (Jr., Lake City, Minn.), Micah Lenthe (Fr., Fergus Falls, Minn.), Erik Lundberg (So., Roseville, Minn./Mounds View HS) and George Spears (Sr., Minneapolis, Minn./South HS). Vogel earned All-Region honors and just missed out on All-MIAC honors in cross country in the fall. "All of the distance guys set personal bests last year in track and they were better this year in cross country, so we're looking for continued improvement this year. They've been training very well this year," Barker said. In the throws, Jon Dahlin (Sr., St. Louis Park, Minn.) returns to the Auggies after a year's absence. After his year off, Dahlin has shown strong improvement in his technique and strength, and could possibly threaten the school records in the weight throws, Barker said. Newcomer Mike Brinkman (Fr., Fridley, Minn.) will also throw for the Auggies.	

Bethel College		
Head Coach:	Mike Goldman (12th season)	
2003:	9th at MIAC Championships	
Key Returners:	Ryan Davis, Junior Joel Dischinger, Junior B.J. Hermerding, Junior	
Season Preview:	After an eighth-place finish at the MIAC indoor conference meet, the Royals will look to build for the outdoor season behind indoor season All-MIAC performers Joel Dischinger (Cheshire, Conn.) and B.J. Hermerding (Buffalo, Minn.). Junior Ryan Davis (Shelby, Mont.) will also be looking to score well for the Royals in the decathlon after a seventh place finish last year and a fifth place finish in this winter’s pentathlon at the MIAC championships.	

Carleton College		
Head Coach:	David Ricks (1st season)	
2003:	5th at MIAC Championships	
Key Returners:	Matt Hooley, Sr., Columbia, Mo. (Hickman), Distance Dan Bucy, Jr., Sioux Falls, S.D. (Lincoln), Distance, All-American in Steeplechase last year Chris Lundberg, Jr., Minneapolis (Edina), Distance Eric Smith, Jr., Iowa City, Iowa (City), Throws	
Season Preview:	Carleton, which finished fourth at the 2004 MIAC Indoor Championships to mark its best finish in seven years, looks to continue that trend during the outdoor season under rookie Coach Dave Ricks. The Knights will again be paced by a strong distance group, led by senior Matt Hooley and junior Dan Bucy. Hooley won last fall's 2003 MIAC Cross Country Championship individual title and claimed the 1,500- and 3,000-meter titles at the 2004 MIAC Indoor Championships. He is the defending outdoor conference champion in the 5,000 and 10,000 meters. Bucy, meanwhile, is a returning All-American in the steeplechase as well as the defending conference champion in the event. He also placed second in the 5,000 meters at the conference indoor championships earlier this year. Junior Chris Lundberg scored in both the 5,000 and 10,000 at last year's conference outdoor championship and earned All-MIAC honors at the 2004 MIAC Indoor Championships in the 3,000. Junior Eric Smith posted a break-out indoor season, finishing second in the shot put at the conference indoor meet. He joins a solid group of returners that includes senior Andy French and sophomores Doug Lind and Adam Witt, among others, in the throwing events. Sophomore Jason Tjosvold will carry the Carleton banner in the sprint and jump events.	

Concordia College		
Head Coach:	Garrick Larson (11th season)	
2003:	7th at MIAC Championships	
Key Returners:	- Nick Myran, Jr., Kenyon, Minn./Kenyon-Wanamingo HS – all-conference award winner in cross-country in the fall; third place in the 1500 meters at the 2003 conference outdoor meet. - Ben Nylander, Sr., Lisbon, N.Dak. – won the 1000 meters at the 2004 conference indoor meet.	

Season Preview:	The 2003-04 Concordia men's outdoor track and field team is hoping that they can continue to show improvement throughout the season and improve on their 10th place finish at the recently completed indoor championship meet. Head Coach Garrick Larson will rely on three distance and middle distance runners to provide the leadership for the youthful squad. The lead dogs for the Cobbers this season will be middle distance warrior Ben Nylander (Sr., Lisbon, N.Dak.), new-found distance star Nick Myran. Nylander and steadily-improving middle distance neophyte Kyle Halliday (Jr., Willmar, Minn.) . Nylander won the 1000-meters in this year's conference indoor meet. He will be looking to do the same in the steeplechase at the conference outdoor meet. Myran busted onto the distance scene last spring by placing third in the 1500 meters at the conference outdoor meet. He backed that performance up by finishing ninth, and earning all-conference honors, at this fall's cross country championship meet. Halliday has steadily improved throughout his career and is now on the verge of winning a conference championship. Halliday finished fifth in the 800-meter run at the indoor championships and recently won the 800-meter race at the St. John's Invitational. Several newcomers will play a pivotal role as the Cobbers try to inch their way towards the top of the MIAC. Giving Larson a force in the javelin will be Nick Didier (Jr., Helena, Mont./Capital HS). Didier, an all-conference offensive lineman in football, won the St. John's Invitational javelin event. He will be hoping to carry that success through the season. David Petit, a promising first-year jumper from Howard Lake, Minn., will be looking to improve on his top 15 finish in the indoor meet this season. <u>For complete Cobber men's tack and field coverage</u>
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<u>Gustavus Adolphus College</u>		
Head Coach:	Tom Thorkelson (6th season)	
2003:	3rd at MIAC Championships	
Key Returners:	Matt Dierks (Senior, Red Wing, Minn) Long Jump and Triple Jump John Dahl (Senior, Madelia, Minn.) Pole Vault Jack Henkemeyer (Sophomore, Plymouth, Minn.) Sprints	
Season Preview:	The 2004 Men's Outdoor Track and Field season will be the start of a new era for this competitive group. Gone is the leadership provided by four All-Americans (Jerry Washington, Ryan Hoag, Josh Gysbers, and Luke Speltz), but the cupboard is hardly bare. Coach Tom Thorkelson says his team should be "very competitive and strong in the field events." Among the top returners Coach Thorkelson has back to his squad are seniors Matt Dierks and John Dahl, junior Alex Kestly and sophomore Jack Henkemeyer. Dierks looks to improve on his third place finish in the long jump and sixth place finish in the triple jump at the 2003 MIAC Championship Meet. Dahl hopes to reach new heights after his third place finish in the pole vault at the championship meet. Kestly placed fourth in the discus and hammer throw at the conference meet and is expected to be competitive this season. Henkemeyer is looking to improve upon his accomplishments from the indoor season and last season. He placed sixth in the 200 and 400-meter dashes at last year's conference meet and anchored the 4x400 relay team this winter to a first place finish in the indoor championships.	

<u>Hamline University</u>		
Head Coach:	Paul Scmaedeke (5th season)	
2003:	6th at MIAC Championships	
Key Returners:	Will Sallee, Sr., Spencer, Wis. – won 110-meter high hurdles, placed second in both high jump and 400-meter hurdles at the 2003 MIAC Outdoor Championships, won high jump and 55-meter hurdles and 2004 MIAC Indoor Championships	

Season Preview:	The Hamline men's track and field team looks forward to the 2004 outdoor season after a seventh-place finish at the MIAC Indoor Championships. Fifth-year head coach Paul Schmaedeke will look to captain Will Sallee to provide leadership in the upcoming season. Sallee (Sr., Spencer, Wis.) was the conference champion in the high hurdles last year with a time of 7.85 and a qualifier for the NCAA Div. III Indoor Championships in the high jump. Sallee set an MIAC meet record in the pentathlon with a score of 3732. In the outdoor season, Sallee was the MIAC champion in the 110 high hurdles and placed second at the conference meet in both the high jump and intermediate hurdles. Senior Peter Kuznia (St. Francis, Minn.) and a pair of juniors, Chris Fream (Shoreview, Minn.) and Jeff Metzдорff (Wadena, Minn.) will all be looked upon to score in the conference meet. Metzдорff, a distance runner, was the leading runner on the cross country team, and Fream placed second in the indoor hurdles at the conference meet last season. Schmaedeke believes his throwers should step up this year after an offseason of hard training and dedication. Ralph Rosario (Jr., St. Paul, Minn.) scored at the conference meet in the 35-pound weight throw last season. Sophomores Jake Courier (Wells, Minn.) and Rob Oliva (Howard Lake, Minn.) have been working hard in their hammer, discus and shot put events. Joining this year's distance runners include Travis Bristow (Fy., Backus, Minn.), who was the third Piper to cross the finish line at the MIAC Cross Country Championships and Chris Lutz (Fy., Pine City, Minn.), who took eighth place in the Class 'A' state track meet in high school. Middle distance runner Tony Klappa (Fy., Hopkins, Minn.), a 3,200-meter relay performer at the state meet and the Pipers' second finisher in cross country, will be looked upon to contribute. Sean Smith (Fy., Blue Earth, Minn.), a state meet participant in the 400 meters, Andrew Lehner (Fy., St. Cloud, Minn.) and Andrew Link (Fy., Jordan, Minn.) are all sprinters who will be looked upon to help the Pipers. Rounding out the incoming first-year talent are pole vaulter Jake Krueger (Fy., Cascade, Wis.) who cleared 14 feet in high school, and long and triple jumper Aaron Smith (Fy., Mahtomedi, Minn.).
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Macalester College		
Head Coach:	Martin Peper (10th season)	
2003:	10th at MIAC Championships	
Key Returners:	Brendan Viele (Jr., Arden Hills, MN / Mounds View) - Long jump Bo Rydze (Jr., Iowa City, IA / City) distance / steeplechase Eric Olson (Jr., Faribault, MN / Burnsville) - middle distance Ssebbaale Sseremba (Jr., Tutume, Botswana / McConnell College) - triple jump	
Season Preview:	With increased depth and talent from a year, look for the Scots to show improvement under coach Martin Peper. Macalester is looking to get a lot of points generated from the middle- and long-distance runners from last fall's fourth-place MIAC cross country squad. Bo Rydze (Jr., Iowa City, IA / City) is an all-conference cross country performer and heads a group of improving runners like Eric Olson (Jr., Faribault, MN / Burnsville) and Roscoe Sopiwnik (So., Frederic, WI). Rydze placed third at the MIAC indoor meet in the 3K and sixth in the 1500. Jordan Selbo (So., Amherst, MA) and Tom Hammer (FY, Ithaca, NY) are coming off good cross country campaigns as well. All-MIAC long jumper Brendan Viele (Jr., Arden Hills, MN / Mounds View) leads the Macalester field event entrants. Viele placed second in the MIAC last year in the long jump outdoors and fourth this past winter indoors. Ssebbaale Sseremba (Jr., Tutume, Botswana / McConnell College) is looking forward to a breakthrough season in the triple jump after taking fifth in the MIAC last year indoors. The Scots will also rely on hurdler Mikhail Higgins (Sr., Nassau, Bahamas / College of the Bahamas), long jumper Tim Burns (So., McFarland, WI) and pole vaulter Alex Wise (FY, Knoxville, TN / Webb School).	

Saint John's University	
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Head Coach:	Tim Miles (25th season)	
2003:	2nd at MIAC Championships	
Key Returners:	Michael Marschel, Senior, Sartell Paul Ferber, Junior, St. Cloud Lee Clintsman, Junior, Maplewood	
Season Preview:	SJU is expected to return three national championship competitors to the team – senior Michael Marschel, Sartell, who placed sixth in the 800-meter run, junior Lee Clintsman, Maplewood, in the 100-meters and junior Paul Ferber, St. Cloud, in the triple jump. Marschel and Ferber are reigning conference champions in the MIAC. As a team, the Johnnies finished second in the MIAC Championships last spring. SJU's biggest losses from last year's squad are graduates John Mathews, who qualified for the indoor and outdoor nationals in the 1,500-meters, and All-American Tom Engwall in the javelin. Mathews earned All-America honors during the 2003 indoor season in the 1,500-meters. Other key athletes who will play a large role in the team's success are junior Steve Dalhed, Apple Valley, in the sprints, senior Chris Duffy, Eden Prairie, in the 800-meters, senior Aaron Bumgarner, Alexandria, running long distance, junior John Peterson, Blaine, in the hurdles and sophomore Matt Hawn, Eau Claire, Wis., in the pole vault. For the complete season preview go to http://gojohnnies.com/track_field/04preview.htm	

<u>Saint Mary's University</u>		
Head Coach:	Kirk Nauman (1st season)	
2003:	11th at MIAC Championships	
Key Returners:	Todd Yankowski (Sr., Chicago, Ill.) Jim Baertsch (Sr., Winona, Minn.)	

Season Preview:	When Kirk Nauman arrived on the Saint Mary's University campus in early August, he looked at himself as the little fish in the big pond that was SMU track and field. After all, as Paul Thornton's assistant, Nauman figured he'd have plenty of time to get himself acquainted with the ins and outs of the track and field program - not to mention familiarize himself with the student-athletes. On Sept., 19, 2003, however, that all changed. Thornton abruptly stepped down as the Cardinals' head coach, accepting a position as the the head track and field coach at Washington (Mo.) University. With Thornton's leaving, Nauman suddenly found himself swimming in some uncharted waters. "It was a bit of an adjustment, going from an assistant coach to being the head coach," admitted Nauman, who spent time as a coach at UW-Superior, Allegheny and, most recently, Minnesota State-Mankato. "I was pretty excited about coming here as an assistant and getting my feet wet a bit - I never expected when I got here that I would be the head coach." Yet, here he is, preparing his team - yes, his team - for the upcoming seasons. "I really like what I've seen so far," he said. "Everyone is working hard. It will be good to get a meet under our belts so we can really see where we're at and what we need to focus on." At least for the start of the season, Thornton won't be the only one missing from the Cardinal team. Junior Ashley Dingels (Gibbon, Minn.) - last season's Minnesota Intercollegiate Athletic Conference champion in both the pentathlon (indoor) and heptathlon (outdoor) - is out indefinitely as she recovers from a torn ACL she suffered during the volleyball season. "Obviously, when you take someone like Ashley out of your lineup, it hurts in terms of points (at the conference meet)," said Nauman of his junior All-American, who placed seventh overall in the heptathlon at the NCAA Division III National Outdoor Championships. "She was a major contributor for us at the conference meet, and without her, it certainly changes your expectations at the conference meet." Just what are Nauman's expectations? In a word = improvement. "When I look back and evaluate the success of this year, I'm going to look at individual improvement - did we get better in each event. I'm not going to get too caught up in where we finish at the conference championships, but if we continue to improve as the season progresses, I think we are going to score more points (than a year ago). "We have some very talented individuals, on both the men's and women's sides," continued Nauman. "What we don't have is a lot of depth. "We have the equivalent of one individual in every event who can get the job done - but the top teams we are going to face have two, three, four individuals who can compete at that highest level. "I'm excited about the season we have the potential for some really, really good things."
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St. Olaf College			
Head Coach:	Bill Thornton (34th season)		
2003:	4th at MIAC Championships		

Key Returners:	Jesse Horst, SO. Eighth in the 800 meters Peder Arneson, SR. fourth in the 1500 Meters Malcolm Richards, JR. sixth in the 5000 Meters and seventh in the 10, 000 Meters Dan Grindstaff, JR.sixth in the 400 meter Hurdles Peter Cathcart, SO. Second in the Shot Put Evan Sundquist JR. third in the Decathlon
Season Preview:	The 2004 Ole Track & field team culminated the Indoor season with a respectable second place finish at the MIAC Championships, and look forward to improving on their fourth place finish at the 2003 MIAC Outdoor Championships.

University of St. Thomas		
Head Coach:	Steve Mathre (9th season)	
2003:	1st at MIAC Championships	
Key Returners:	Joe Thomas, SR, High Jump, 2003 NCAA runner-up outdoors Carson Glad, JR, sprints/relays, 4X relay All-American, 2004 Indoor All-American 400, 11-time MIAC champ Jason Schwietz, JR, 400-relays, 3X relay All-American Matt McLaughlin, SR, throws, All-MIAC, 2004 Indoor champ weight throw, three-year football starter	
Season Preview:	St. Thomas will try to ride the momentum from the 2004 indoor season, when it placed 12th nationally and scored a 77-point win over runner-up St. Olaf at the MIAC meet. That also tied a conference record for consecutive MIAC team championships with 20. The St. Olaf men's swimming program also won 20 in a row from 1980-1999. The Toms had five firsts and seven seconds at conference indoor and scored in all 20 events with 32 different athletes scoring at least one point. Junior Carson Glad contributed 26 points. He won the 200 meters (22.06) for his 11th career conference individual or relay championship. He also was second in the 55-meter (6.55) and 400 dashes (49.04). Freshman P.J. Thiesen scored 21 points in four events, including a win in the long jump (22-5) and a third in Saturday's triple jump. Senior Matt McLaughlin (55-2 3-4) won the weight throw; freshman Matt Schroeder won the pole vault (15-2 1-4). The Toms' top 4x400 relay team didn't run at the MIAC meet but took second in the nation. Last year, the Toms scored a 73-point win over runner-up St. John's to claim the school's 19th team title in 21 seasons. The Tommies will try to sweep the MIAC indoor and outdoor team crowns for the fifth year in a row. The Toms have won 15 of a possible 17 MIAC track team titles in Mathre's nine seasons. The Tommies graduated some key performers, led by five-time All-American and three-time Academic All-American Andrew Hilliard; All-American sprinter Roman Cress; 2X CC All-American Brian Preus; and 2X All-American hurdler Craig Benson. Also, relay All-American Robert Ware didn't return to school. But the Tommies return several top performers from a group which placed 17th at the 2003 outdoor national meet. Depth has always been a key for St. Thomas, and Mathre has more than 60 athletes expected to compete. In juniors Carson Glad, Cassidy Glad, Jason Schwietz and Tom Hart, and senior Shaun Sharpe, the Tommies have the makings of another elite sprint/relay group. The field events will be led by senior Joe Thomas, the national runner-up last May in the high jump; McLaughlin in the hammer, discus and shot put; and senior Ben Garbe in the triple jump. The Toms' conference champion cross country team should help add scoring in the distance races. Junior Corey Fusco leads the middle-distance corps, and sophomore Jason Simmons and junior Chris Mattke will lead the hurdles. Theisen is expected to score well in the long jump, triple jump and 400 hurdles. He surpassed the provisional qualifying time in the 400 hurdles in his first college race March 20. The Tommies will host meets April 8 and May 1 and have some athletes at the Drake Relays prior to the May 7-8 MIAC Championships.	