

2006 MIAC MEN'S OUTDOOR TRACK & FIELD PREVIEW

The 2006 MIAC Men's Outdoor Track & Field season will once again feature some of the top athletes and teams in the NCAA Division III. Defending MIAC champion Saint John's University will be rivaled by St. Thomas, St. Olaf, Gustavus, and Hamline who rounded out the top five finishers in last years conference meet. Carleton, Bethel, Concordia, Macalester, Augsburg, and Saint Mary's are all looking to improve upon last season's performances and move up in the conference standings.

The 2006 MIAC Men's Outdoor Track & Field Championships will be held May 12-13, 2006 at th University of St. Thomas in St. Paul, Minn.

<u>Augsburg College</u>		
Head Coach:	Dennis Barker, 11th Season	
2005:	10th Place	
Key Returners:	NA	
Season Preview:	NA	

<u>Bethel University</u>		
Head Coach:	Jim Timp, 1st Season	
2005:	7th Place	
Key Returners:	Justin Kamphenkel (Sr., St. Cloud, Minn.) Jason Bailey (Jr., Burnsville) Josh Otto (So., White Bear Lake, Minn.) Nathan Porter (So., Woodbury, Minn.) Ryan Morery (So., Kimberly, Wis.)	
Season Preview:	The 2006 season looks to be a unique opportunity as the men’s and women’s squads will be coached by Jim Timp. Timp has been the men’s assistant coach for the past eight years. Assistant coaches this year will be Christian Johnson, who is a 1997 graduate of Bethel, a national meet qualifier, and still part of the Bethel record 4x400 meter relay team. Christian will work with the sprinters and hurdlers. Doug Novak, who has been with the program for about 20 years, will continue his work with the vaulters. Bob Jones is back for his second year with the program as the throws coach while Kyle Leaf, who has been the high jump coach for the past two years, will add the horizontal jumps to his repertoire. The men’s squad welcomes back a very talented group of returning runners, who will provide leadership. Included in that group are co-captains Justin Kamphenkel and Jason Bailey, who are part of a stellar sprint squad which also includes Josh Otto, 5th last year in the 400m as a freshman, and Nathan Porter, 5th in the 200m as a freshmen and who has proven to be an outstanding lead-off man for the sprint relays. The team will look for good leadership this year, as there is a lot of new faces on the team. Other top runners include, David Borner, a multi school record holder in just one season at Bethel; Josh Tschetter, who is nearing the school record in the 3000m steeple chase; Ryan Morery, an All-conference performer in the pole vault as a freshmen. The coaching staff is very excited about coaching the men’s and women’s teams together. Timp says, “The unity between the two teams has been very encouraging to see and should help provide the kind of commitment and dedication that we need to grow this program and contend in the MIAC. With the kind of talent coming on board and the leadership and commitment that is already here, our squads are seeking top five finishes in the MIAC.”	

<u>Carleton College</u>		
Head Coach:	Dave Ricks, 2nd Season	
2005:	6th Place	

Key Returners:	Steve Harris (Sr., Distance, Roseville, Minn. / Roseville Area) Quentin Kennedy (So., Mid-Distance, Chariton, Iowa) Roy Salter (Sr., Hurdles, Fullerton, Calif.) Jayme Dahlin (Sr., Throws, St. Louis Park, Minn.) Jason Tjosvold (Sr., Sprints, Hong Kong / Chinese International School) Tim Blaha (Sr., Throws, Northfield, Minn.)
Season Preview:	The Knights of Carleton enter the outdoor track and field season with a roster bolstered with returners from off-campus and the addition of throwing events. Dave Ricks, in his first season as Carleton's permanent outdoor head coach after serving as interim head coach in 2004, will look to take the Knights past their sixth place finish in the indoor conference championship. The top story of the indoor season was that of Steve Harris (Sr./Roseville, Minn.), who besides being a two-time conference indoor champion in the 5,000 and 3,000 meters, finished an astounding third in the NCAA Indoor Championships in the 5,000. Sophomore Quentin Kennedy (Chariton, Iowa) was the other top performer for the slightly anemic winter distance squad. Kennedy has proven capabilities in distances ranging from the 1500 to the 10,000 meters. Adam Williamson (Sr./Amherst, Mass.) and Eamon Monaghan (So./Wilmette, Ill.), both of whom competed at the NCAA Cross Country Championships, come back from a winter interim to compete in the outdoor season. The Knights have impressive talent in the sprint and hurdling events. Roy Salter (Sr./Fullerton, Calif.) was fifth in the 55-meter hurdles at the MIAC indoor meet, and Tom Ballinger (Fy./Wenatchee, Wash.) was second in the 400 meters. In the Knights' first outdoor competition, Ballinger posted a provisionally qualifying time in the 400-meter hurdles and the second-fastest time in school history. Jason Tjosvold (Sr./Hong Kong/Chinese International School) and Nick Cesarek (Fy./Eagan, Minn./Eastview) had strong showings at the Knights' spring break meet in the 100 meter dash. Kane Bechstein (Fy./Apple Valley, Minn.) and Jason Weaver (Jr./Monument, Colo.) will take on the decathlon this spring, Bechstein having finished third at the MIAC indoor heptathlon. In the throwing events, discus specialist Jayme Dahlin (Sr./St. Louis Park, Minn.) will make significant contributions in his event, as will javelin thrower Tim Blaha (Sr./Northfield, Minn.).

<u>Concordia College</u>		
Head Coach:	Garrick Larson, 13th Season	
2005:	8th Place	
Key Returners:	NA	
Season Preview:	NA	

Gustavus Adolphus College		
Head Coach:	Tom Thorkelson, 8th Season	
2005:	4th Place	
Key Returners:	Jack Henkemeyer (Sr., Sprints, Plymouth, Minn.) Tanner Miest (Jr., Hurdles, New London, Minn.) Jered Hokenson (Jr., High Jump/ Heptathlon, Watertown, Minn.)	

Season Preview:	The Gustavus men's track and field team will return a strong contingent of athletes that recorded top ten finishes at last year's MIAC Outdoor Championships and the team's goal is to improve on fourth place finishes in each of the past two seasons. The team will be anchored by senior sprinter Jack Henkemeyer (Sr., Plymouth, Minn.), junior hurdler Tanner Miest (Jr., New London, Minn.), and junior high jumper Jered Hokenson (Watertown, Minn.). Henkemeyer narrowly missed all-conference honors last season with a fourth place finish in the 100 meter dash last year while also adding a sixth place finish in the 200 meter dash. He is considered one of the top sprinters in the conference. Henkemeyer will also be a part of the 4x200 meter relay team with Tom Johnson (So., Mankato, Minn.), Anthony Schultzenberg (Jr., Greenwald, Minn.), and either Ben Treichel (So., Webster, Wis.) or Chad Arlt (Fr., St. Michael, Minn.). Miest captured the MIAC title in the 100 meter hurdles last season and posted a second consecutive runner-up finish in the 55 meter hurdles at the MIAC Indoor meet in March. Hokenson earned all-conference honors last season with a win in the high jump and added a fourth-place finish in the decathlon at last year's MIAC Championships. Already the 2006 MIAC indoor heptathlon and high jump champion, Hokenson will look to carry that success forward into the spring. In the throwing events, Gustavus will be led by senior Joe Atkinson (Lake Crystal, Minn.), junior Andy Klaers (Delano, Minn.), senior Darin Mays (Minnesota Lake, Minn.), and junior Luke Weyandt (Blaine, Minn.). Atkinson finished fourth at the MIAC Outdoor Championships last season with a throw of 48-0 and is expected to be one of the top competitors in the shot put this season. Klaers finished sixth in the hammer throw (156-5) and eighth in the discus last season (141-7). Mays finished seventh in the shot put at the 2005 MIAC Championships with a heave of 46-7 1/2, while Weyandt recorded a toss of 46-2 1/2 to finish eighth. In the hurdles, Miest is considered one of the elite hurdlers in the conference. He will be shooting for his third consecutive top-two finish and his second 110 meter hurdle title. Miest will welcome another top prospect to the fold this year as freshman Tyler Geyen (Watertown, Minn.) is expected to give the Gusties a strong one-two punch. Geyen was one of the top high school hurdlers in the state last year. In the jumps, the Gusties will be young, but Coach Tom Thorkelson feels the team is much improved in this area. Sophomore Ben Treichel returns and he will welcome newcomers John Retka (Fr., St. Paul, Minn.) and Chad Wilshusen (Fr., Fremont, Neb.). This group is hoping to pick up some points at the conference meet in the long and triple jump this year after the Gusties were shut out in the two events a year ago. In the pole vault, sophomore Drew Hood (Mankato, Minn.) returns after finishing seventh last year. Senior Matt Fordyce (Atwater, Minn.) will also contribute.
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<u>Hamline University</u>		
Head Coach:	Paul Schmaedeke, 6th Season	
2005:	5th Place	
Key Returners:	Jake Courier (Sr., Throws, Wells, Minn. / United South Central) Tony Klappa (Jr., Distance, Hopkins, Minn.) Shawn Smith (Jr., Sprints, Blue Earth, Minn.)	

Season Preview:	Hamline track and field will look to extend its rich tradition in 2006 with a strong group of returners and emerging new talent. The Pipers will try to build on a very strong 2005 campaign where they finished fourth at the indoor MIAC championship and fifth at the MIAC outdoor. At the outdoor MIAC meet, they were only three points out of third place. The trio of captains, Jake Courier (Wells, Minn.), Tony Klappa (Hopkins, Minn.), and Shawn Smith (Blue Earth, Minn.), will be looked upon to lead the way in their respective event groups. Smith, a junior quarter-miler will lead the sprint group under a first-year coach Peter Stuart. Shawn will also be accompanied by a strong group of veterans, including junior Adam Lehner (St. Cloud, Minn.), senior Mike Dugas (Coon Rapids, Minn.), and junior Ben Ganske (Eau Claire, Wis.), who were mainstays in the sprint relays in 2005. All of these veterans have the potential for big points within individual races as well in 2006. The hurdlers will be led by senior Josh Johnson (Worthington, Minn.). Johnson has made steady improvements and is poised to make his mark in the MIAC. First-year hurdler Brant Luehman (Amery, Wis.) was a standout 300-meter hurdler in high school and will move up to the 400-meter hurdles. His height and strength lead coaches to believe he has all the tools to be a major player in the MIAC. Klappa will lead one of the strongest distance groups in MIAC history, which this year became the fourth MIAC cross country championship team at Hamline. They were also the first MIAC championship team in any sport at Hamline since 1988. They did so in convincing fashion, taking five of the top 10 places overall. The team went on to the NCAA Regional Championship where they finished third overall, qualifying the team for the NCAA National Championship Meet. At nationals, they placed seventh in all of Division III. Individually, Klappa will look to build on last year's break out performances, including winning the indoor mile in 4:18.97 and breaking a 26-year-old MIAC record in that event. Hamline's strong group of juniors also includes Chris Yotter (Annandale, Minn.), Travis Bristow (Pine River, Minn.), and Chris Lutz (Pine City, Minn.), who will all be in a position to score in individual races coming off a stellar summer of training and the amazing cross country season this fall. Courier will lead one of the best throwing groups in the MIAC. The throws crew scored conference high in points, both indoors and out in 2005. Courier was an MIAC champ in the weight last year, as well as runner-up in the shot put. For his performance, he was named MIAC Co-Field Athlete of the Meet. He went on to set school records in the weight and hammer throws, as well as scoring in the discus outdoors, and the shot put indoors and outdoors. Courier is one of the most well-rounded throwers across four events in Hamline history. The Pipers round out their squad with great success and depth in their other field events. Junior Jake Kruger (Cascade, Wis.) returns to action after taking home the 2005 MIAC title in the pole vault. Kruger was also a provisional qualifier last season and with new strength and speed looks to vault even higher this year. Kruger is backed up by Isaac Fordyce (Atwater, Minn.), an all-state vaulter in high school. Fordyce made the transition from high school to college in 2005 and will hit the ground running in 2006. He is a very disciplined and knowledgeable young vaulter, who after a great summer of training will be in the mix in the MIAC.
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Macalester College		
Head Coach:	Martin Peper, 13th Season	
2005:	9th Place	
Key Returners:	Alex Wise (Jr., Pole-Vault, Knoxville, Tenn. / Webb) Dylan Keith (Jr., Distance, Soldiers Grove, Wis. / North Crawford) Evan Mitchell (So., Throws, Minneapolis, Minn. / South) Josh Springer (So., Mid-distance, Portland, Ore. / Cleveland) Nate Crider (So., Mid-distance, Downers Grove, Ill. / North)	

Season Preview:	Head Coach Martin Peper and the Macalester Scots have most of their top athletes back from a year ago and are ready to move up in the MIAC after placing ninth outdoors last season. Mac placed seventh at this year's indoor meet. The Scots will be led in by pole vaulter Alex Wise (Jr., Knoxville, Tenn. / Webb School), who is primed for another standout campaign. Wise won last year's MIAC indoor pole vault title and placed second outdoors, qualifying for and participating at the NCAA championships in May, where he gained valuable national experience when placing 15th. Macalester is coming off a good cross country campaign last fall and the top runners from that team will be counted on heavily in the middle- and long-distance races. Dylan Keith (Jr., Soldiers Grove, Wis. / North Crawford) earned All-MIAC honors in cross country last fall. David Augustson (Jr., Sheboygan, Wis. / North) was second this past indoor season in the 1000 meters and fourth in the mile. Nate Crider (So., Downers Grove, Ill. / North) was fifth at the conference meet last spring in the outdoor 1500 meters and Josh Springer (So., Portland, Ore. / Cleveland) was eighth outdoors and ninth indoors in the 800-meter run. Evan Mitchell (So., Minneapolis, Minn. / South) placed third in the MIAC in the javelin last spring and has national-qualifying potential. Tyler Schwecke (So., Buffalo Lake, Minn. / Fairfax-Winthrop-Gibbon) earned All-MIAC status with a third-place triple jump effort this past indoor season. Tim Burns (Sr., McFarland, Wis.) was sixth in the conference outdoor long jump finals.
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Saint John's University		
Head Coach:	Tim Miles, 27th season	
2005:	1st Place	
Key Returners:	Tim Smit (Sr., Distance, Colfax, Wis.) Derek Johnson (Sr., Hurdles, Edina, Minn.) Eric Nelsen (Sr. Distance, Alexandria, Minn.)	
Season Preview:	The Saint John's University track and field team expects to have another exciting and successful season in 2006 as they defend last season's MIAC outdoor championship. The Johnnies head into the outdoor season after finishing third, two points behind second place Hamline, at the 2006 MIAC Indoor Championships at Carleton College on March 3-4. Sophomore Chris Erichsen (Spring Valley, Minn./Kingsland) won the mile run and finished second in the 800m run. Sophomore Erik Diley (Prescott, Wis.) placed second in the triple jump, junior Chris Tift (Sauk Rapids, Minn./Sauk Rapids-Rice) finished second in the shot put and freshman Noah Ferche (Rice, Minn./Sartell-St. Stephen) was second in the high jump. The distance medley relay team of Jeff Lundgren (North Mankato, Minn./West), Ryan Vidrine (Ville Platte, La./Sacred Heart), Jeremy Sutton (Apple Valley, Minn.) and Jordan Hoaglund (Eden Prairie, Minn.) placed second with a school record time of 10:32.05. Leading the way for the Johnnies will be their seniors, All-Conference cross country runner Tim Smit (Colfax, Wis.), All-Conference hurdler Derek Johnson (Edina, Minn.), and steeplechaser Eric Nelsen (Alexandria, Minn.). SJU will also look to All-Conference sophomore Mike Leither (St. Cloud, Minn./Cathedral) to perform well in the hurdles, junior decathlete Matt Mogensen (St. Peter, Minn.), sophomore mid-distance runner Chris Erichsen, sophomore jumper Erik Diley and junior thrower Chris Tift. Saint John's comes into the 2006 season with an impressive crop of freshmen. Expected to make an impact in their first outdoor season as Johnnies are mid-distance runner Mitch Gesell (Alexandria, Minn.), jumper Erik Buss (Coon Rapids, Minn.), pole vaulter Derek Oslund (Golden Valley, Minn./Armstrong) and high jumper Noah Ferche. SJU will look to replace two-time All-American triple jumper Paul Ferber, All-Conference sprinter Lee Clintsman and All-Conference sprinter Steve Dalhed who all graduated. Peter Allen, 2005 MIAC outstanding track athlete, transferred to the University of Minnesota-Twin Cities for the completion of his degree in civil engineering. Tim Miles, SJU class of 1976, enters his 27th season as head track and field coach in 2006. Miles was honored with his fourth MIAC Coach of the Year Award in 2005. It was the second year in a row Miles has been selected for this award. Miles has produced a program that has finished among the MIAC's top two squads 17 of the last 26 seasons, and has led the Johnnies to MIAC outdoor championships in 1997, 1999 and 2005. At the national level, Miles' athletes have recorded 38 All-American performances.	

Saint Mary's University		
Head Coach:	Kirk Nauman, 3rd season	
2005:	11th Place	
Key Returners:	Dan Gerber (Jr., Sprints, Belvidere, Ill.) Jon Pace (So., Multi-events, Minocqua, Wis.)	
Season Preview:	The 2005 track and field seasons were filled with memorable moments for Saint Mary's University coach Kirk Nauman. In fact, on more than one occasion during the off-season, Nauman would catch himself reliving some of the "clips" from his Cardinals' highlight-reel season. There was Ashley Dingels (pentathlon), Rob Friendt (heptathlon) and Maria Roche (600) winning Minnesota Intercollegiate Athletic Conference indoor titles. There was the Cardinal women's fourth-place showing in the MIAC Indoor Championships, SMU's best-ever team finish. There was Dingels placing 13th in the high jump at the NCAA Division III Indoor National Championships. And that was just the indoor season. There was Dingels completing the MIAC multi-event double, winning the outdoor heptathlon, shattering the school and conference records in the process. There was Dingels and Ellen Koranda (Blue Earth, Minn.) representing SMU at the NCAA Division III Outdoor National Championships. And there was Dingels clearing 5-foot-7 to place fourth in the NCAA high jump, earning the then-senior the third All-American honor of her career. "It's hard to believe the (indoor) season is already here, it seems like just yesterday we were at the (NCAA Division III outdoor) nationals," said Nauman. "Last year was a very good year for us. It was another stepping stone toward our ultimate goal. "We had a lot of outstanding achievements last year, and, hopefully, we can pick up right where we left off this year." Complete SMU track and field preview: http://sports.smumn.edu/track/2006/newsletter/trpreview.html	

<u>St. Olaf College</u>		
Head Coach:	Bill Thornton, 35th Season	
2005:	3rd Place	
Key Returners:	NA	
Season Preview:	NA	

University of St. Thomas		
Head Coach:	Steve Mathre, 11th season	
2005:	2nd Place	
Key Returners:	P.J. Theisen (Jr., Hurdles/Jumps, Elko, Minn. / New Prague) Peter Rosholt (Sr., Throws, Fridley, Minn.) Cassidy Glad (Sr., Sprints, Cold Spring, Minn. / Rocori) Derek Marks (Jr., Throws/Jumps, Lakeville, Minn.) Matt Schroeder (Jr., Pole Vault, Winona, Minn.) Travis Birkliid (Jr., Hurdles, Andover, Minn. Anoka)	

Season Preview:	St. Thomas placed second in the 2005 MIAC men's indoor track & field meet, just 7.5 points behind St. John's. The Toms, who have won 19 of the last 22 conference outdoor team titles, bounced back to dominate the 2006 indoor team title, doubling the score of runner-up Hamline. Coach Steve Mathre graduated 15 seniors including All-Americans Carson Glad, Joe Thomas and Jason Schwietz. His roster of 60-plus athletes includes several football players, including starters P.J. Theisen, Peter Rosholt and Justin Nwadiashi. Theisen placed sixth at the NCAA indoor 55 hurdles and dominated the MIAC indoor meet with four individual and one relay championship. More than 30 freshmen are on the roster, and 11 of them scored in the conference indoor meet. Leading that group is James Ewer (Lakeville), who had a 23-6 long jump and was Minnesota state champion and also a threat in sprints and the triple jump; Matt Boumeester (Tartan), the MIAC indoor 1,000-meter champ; (Ryan Chapman (Bloomington, Indiana), an outstanding long hurdler with effective range up to the 1500 meters; Zach Turner (Wayzata) second in Minnesota state high hurdles and a talented high jumper; Pat Jager (Tartan) a promising 400m runner; and Kyle Brandon (Winona Cotter), the Minnesota Class A mile champion.
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