

2007 MIAC MEN'S OUTDOOR TRACK & FIELD CHAMPIONSHIPS PREVIEW

May 11-12, 2007

Saint John's University - Collegeville, Minn.

St. Thomas will once again be the top pick to win the MIAC Outdoor Track & Field Championships. The Tommies, winners of 13 of the last 16 outdoor titles, look strong again, but Saint John's, Gustavus, and Hamline will all enter the meet with talented rosters and the intention of knocking off St. Thomas. Carleton, St. Olaf, Macalester, and Concordia will all look to make a move into the upper echelon of the conference standings in 2007. While Bethel, Augsburg, and Saint Mary's all have improved teams and should battle for higher placements than last season.

The 2007 MIAC Men's Outdoor Track & Field Championship will be held May 11-12, at Saint John's University's Clemens Stadium in Collegeville, Minn. Running in conjunction with the MIAC Women's Championship, the meet will feature both track and field events Friday evening and Saturday morning and afternoon. The MIAC Decathlon will be held May 3-4 at Carleton College in Northfield, Minn.

MIAC Men's Outdoor Track & Field Online Previews:

Augsburg College	
Head Coach:	Dennis Barker (12th season)
2006 Results:	10th at MIAC Championships
Key Athletes:	Kevin Haglund (Sr., Fridley, Minn./Concordia Academy) Spencer Power (Sr., Montgomery, Minn./Montgomery- Lonsdale) James Strand (Fr., Brainerd, Minn.) Adam Horkey (Fr., Windom, Minn.) Brent Haglund (Fr., Fridley, Minn.) Chris Scribner (Fr., New York, N.Y./Port Townsen)
Preview:	Augsburg's men's track and field squad enters this year's MIAC outdoor championships with a young and talented squad, aiming for improvement from last year's finishes. Kevin Haglund (Sr., Fridley, Minn./Concordia Academy HS), one of just two seniors on the Auggie men's roster, currently has the third-best distance among MIAC athletes in the triple jump (13.24 meters/43-feet, 5.25-inches). The other Auggie senior, Spencer Power (Sr., Montgomery, Minn./Montgomery- Lonsdale HS), has put together a solid career in throwing events. He currently stands seventh among MIAC athletes in the discus, eighth in the hammer throw and 16th in the shot put. James Strand (Fr., Brainerd, Minn.) has had a strong outdoor season in both sprint and hurdle events. He currently ranks fifth among MIAC athletes in the 400-meter hurdles, with a season-best 55.72-second effort. He also ranks in the top 40 among MIAC athletes in both the 100- and 200-meter dashes, recording a season-best 11.50-second effort in the 100 and a 22.80-second effort in the 200. Adam Horkey (Fr., Windom, Minn.) currently ranks 14th in the 110-meter hurdles (16.28 seconds) and 15th in the triple jump (12.03 meters). Brent Haglund (Fr., Fridley, Minn.) has had a strong freshman campaign in the distance events, currently ranking fourth among conference athletes in the 10,000-meter run (31:58.75) and 10th in the 5,000-meter run (15:30.90). Chris Scribner (Fr., New York, N.Y./Port Townsen HS) has also had a strong first season, ranking among the top 25 in both the 1,500- and 5,000-meter events.

Bethel University	
Head Coach:	Jim Timp (2nd season)
2006 Results:	9th at MIAC Championships

Key Athletes:	Lucas Blodgett (So.) Josh Otto (Jr.) Andy Kenutis (Sr.) Josh Tschetter (Sr.)
Preview:	The 2007 outdoor season looks to be a good opportunity to continue building upon the foundation that was set at the indoor championships, where the team finished fourth in the standings. The men's team does have a bit of depth especially in the sprints and middle distances. This should help the men maintain a top four spot outdoor, which is goal for this year's team. The men's squad welcomes back a very talented group of runners who will be looked upon to provide leadership. Included in that group are sprinters Andy Kenutis (Eden Prairie, Minn.) and Josh Otto (White Bear Lake, Minn.). With many new faces on the team, the leadership of these individuals will play a big role in the success of the team. Other top runners for the Royals include Taylor Ferda in the 110m and 400m hurdles, where he is close to national provisional marks in both events; Steve Strom (Jackson, Minn.), who should figure into the 800m; Josh Tschetter (Sioux Falls, S.D.), who is nearing the school record in the 3000m steeple chase; Dan Greeno (St. Michael, Minn.) who continues to get closer to the school record in the 5000m and 10k; Tyler Hinrichs in the 1500m. Lucas Blodgett (Spring Valley, Minn.), the school record holder in the hammer throw and has provisionally qualified in that event, has also made significant improvement in the discus throw in which he could end up placing well in the conference meet. The men's 4x400 meter relay team of Eric Rhode, Chad Anderson, Taylor Ferda, and Otto will be chasing a qualifying time in that event, as will Otto in the 400m, Greeno in the 10k, Ferda in both hurdle events and Hinrichs in the 1500.

Carleton College		
Head Coach:	Dave Ricks (3rd season)	
2006 Results:	5th at MIAC Championships	
Key Athletes:	Tom Ballinger (So., Wenatchee, Wash.) Kane Bechstein (So., Apple Valley, Minn./Eastview) Nick Cesarek (So., Eagan, Minn./Eastview) Joe Sepe (Jr., Fargo, N.D./South) John Hanks (So., LeRoy, Minn./LeRoy-Ostrander) Eamon Monaghan (Jr., Wilmette, Ill./New Trier)	
Preview:	The Carleton men's track and field team will look to replicate its surprising MIAC Indoor Championships finish in the outdoor venue. The Knights finished fifth indoors and will likely need some outstanding performances once again to move into the upper half of the conference meet. Sophomore Tom Ballinger figures to be one of Carleton's top scorers. He's ranked third in the 400-meter hurdles, where he placed third a year ago. He's fourth entering the 110-meter high hurdles as well. Carleton's other major points could come in the javelin if head coach Dave Ricks can figure out the logistics. Sophomore John Hanks is ranked fourth and Nick Cesarek and Kane Bechstein could also score. The latter two athletes, though, are scheduled to compete on Carleton's 4x100-meter relay team at the same time as the javelin, which will be held at another venue away from the track. If Ricks can figure out a way around this dilemma, the Knights could have three scorers in the javelin. Back on the track, Joe Sepe could be a force in the distance events, as he's ranked in a scoring position in the 1,500, 5,000 and 10,000 meters. Eamon Monaghan hopes to score in the 3,000-meter steeplechase as well. Ricks also hopes that Cesarek can gain some points in the sprints and Bechstein will post strong finishes in the decathlon and perhaps the pole vault. Jack Delehanty will cover the middle distances, where he finished seventh in the 800 meters in 2006. Senior Jason Weaver was ninth in the decathlon a year ago and eighth in the high jump. Ricks is hopeful but realistic about his team's chances. "Somehow we finished fifth indoors with a near perfect meet," he said. "Hopefully we'll have a great meet again."	

Concordia College		
Head Coach:	Garrick Larson (14th season)	
2006 Results:	8th at MIAC Championships	
Key Athletes:	Tom Flynn (So., Shelby, Mont.) Josh Haddeland (Jr., Waubun, Minn.) Nick Meseck (Fr., Madison, Minn./Lac Qui Parle Valley) Billy Oehlers (So., North Branch, Minn.) Dave Pettit (Sr., Howard Lake, Minn./Howard Lake-Waverly)	
Preview:	The 2007 Concordia men’s outdoor track and field team will have a great chance to break the string of eighth-place finishes they have been stuck in the last two seasons at the conference meet. The Cobbers have had several outstanding individual performances in 2007 and boast the top-ranked 4x800 relay team in conference heading into the championship meet. The top two conference-ranked individual athletes for Garrick Larson’s squad are sophomore Tom Flynn (Shelby, Mont.) and senior Dave Pettit. Flynn is currently ranked second in the javelin. The 2006 MIAC All-Conference performer has a season-best of 170-0, which he recorded at the Al Cassell Relays on Apr. 28. Pettit came up with a height of 6-2 in the Bison Relays and is also ranked second in the conference. The Cobbers could have several other field athletes score points at the MIAC Meet. Billy Oehlers (So., North Branch, Minn.) is ranked sixth in the shot put (46-11.50). Preston Lyles (So., Billings, Mont.) and Nick Bircherm (So., Lisbon, N.D.) are in the top ten in the discus and freshmen Nick Meseck (Fr., Madison, Minn./Lac Qui Parle Valley HS) and Jason Sather (Fr., Plymouth, Minn./Armstrong HS) are two of the top athletes in the jump competitions. Sather is also one of the team’s leaders in the track events. He is one of the few successful sprint athletes Concordia has had in recent years. He currently ranks 10th in the 100 meter dash. The top ranked track athlete is Josh Haddeland (Jr., Waubun, Minn.). Haddeland is ranked eighth in the 200 meters and seventh in the 400 meters. Paul Westmark (So., Appleton, Wis.) will also be looking to post a pair of top ten finishes. He currently is ranked in the top nine in the conference in both the 110-meter hurdles and the 400-meter hurdles. One of the biggest surprises for the team this season has been junior Rocky Jantzen (Wadena, Minn./Wadena-Deer Creek HS) who is ranked 11th in the 3000-meter steeplechase after just taking up the event this spring. His steady improvement could land him in the top 10 come conference meet time. The Cobber middle distance relay teams will be hoping to shine at the conference meet. The 4x800-meter relay team has the top time in the conference entering the meet. They ran an 8:12.48 at the Kansas Relays. The always consistent 4x400-meter relay team is ranked fifth in the conference and will be looking to post their season-best time at St. John’s.	

Gustavus Adolphus College		
Head Coach:	Tom Thorkelson (9th season)	
2006 Results:	3rd at MIAC Championships	
Key Athletes:	Andy Klaers (Sr., Loretto, Minn./Delano) Tanner Miest (Sr., Willmar, Minn./New London-Spicer) Tyler Geyen (So., Watertown, Minn./Watertown-Mayer) Alex Zupan (Sr., Monona, Wis./Monona Grove) Cole Carlson (Fr., Mora, Minn.)	

Preview:	The Gustavus Adolphus College men's track and field team will be looking for its tenth straight finish of fifth or better at the 2007 MIAC Outdoor Track and Field Championships. Coach Tom Thorkelson's crew finished comfortably in third place last year with 102 1/3 points, 11 1/3 points clear of fourth place Hamline. On the track, hurdlers Tanner Miest and Tyler Geyen and sprinter Cole Carlson lead Gustavus. Tanner Miest and Tyler Geyen have each provisionally qualified for the NCAA Division III Championships in the 110 hurdles. Miest ranks ninth in a conference-best time of 14.76 seconds. Geyen's time of 14.85 seconds is 15th nationally and second in the MIAC. Geyen (57.43) and Eric Anderson (57.86) have each posted top-15 times in the MIAC in the 400 hurdles. Carlson ranks second in the MIAC in the 400 (48.98) and fourth in the 200 (22.36). Adam Caulfield (sixth, 22.62) and Dan Marti (11th, 22.80) also have top times in the 200, while Ben Treichel has posted the league's fourth-best time in the 400 (49.71). Distance runner Alex Zupan currently holds the third-best time in the 3000 steeplechase at 9:40.03. Gustavus relay teams currently rank second in the 4x400 (3:20.94), fourth in the 4x800 (8:24.17), and fifth in the 4x100 (43.42), The Gustavus men have also received NCAA provisional qualifying efforts from Andy Klaers in the discus and Drew Hood in the pole vault. Klaers ranks 10th nationally after a 160 foot, 6 inch effort at the Lee Krough Invitational, while Hood cleared 15-5 at the Drake Alternative. Klaers also has the third-best mark in the MIAC in the hammer throw (165-6). Hood ranks 12th in the MIAC in the javelin throw (147-10) and competed in the MIAC Decathlon May 4-5. Thrower Luke Weyandt also has the potential to pick up a number of points in the field events for the Gusties. Weyandt currently ranks sixth in the MIAC in the discus (142-5), eighth in the shot put (45-6 1/2), and tenth in the javelin throw (152-3).
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Hamline University		
Head Coach:	Lynden Reder (1st season)	
2006 Results:	4th at MIAC Championships	
Key Athletes:	Travis Bristow (Sr., Distance, Pine River, Minn./Pine River-Backus) Tony Klappa (Sr., Mid-Distance, Hopkins, Minn.) Jake Kruger (Sr., Pole Vault, Cascade, Wis./Plymouth) Brent Nelson (So., Sprints, New London, Minn./New London-Spicer) Chris Yotter (Sr., Distance, Annandale, Minn.)	
Preview:	The Pipers will look to improve on their fourth place conference finish from a season ago under first-year head coach Lynden Reder. Hamline returns senior Travis Bristow, who earned All-America honors in the 3000-meter steeplechase last season. He also was crowned conference champion in the 2006 MIAC Cross Country Championships and won the 3000 and 5000 meters at the indoor championships this March. Teammate Chris Yotter finished second to Bristow in both events at the indoor meet. First-year Derek Synan-Peterson will add scoring punch to this year's throwing corps. Synan-Peterson posted the conference's best distance in the shot put with a throw of 49-11. He currently has the third-best distance in the discus this season. The Pipers will have more threats in the sprinting events with the development of sophomore Brent Nelson and first-year Paris Richardson. Nelson has the best time in the 200 meters (22.24) in conference action this season. His time of 10.89 in the 100 meters is second fastest in the MIAC. Senior Jake Kruger also returns as an MIAC champion in the pole vault.	

Macalester College		
Head Coach:	Martin Peper (14th season)	
2006 Results:	7th at MIAC Championships	

Key Athletes:	Andrew Yokom (So., Arden Hills, Minn./Mounds View) Alex Wise (Sr., Knoxville, Tenn./Webb School) Wade Eckstrom (Fr., La Crescent, Minn.) Evan Mitchell (Jr., Minneapolis, Minn./South) Dylan Keith (Sr., Soldiers Grove, Wis./North Crawford) Josh Springer (Jr., Portland, Ore./Cleveland)
Preview:	Defending MIAC javelin champ Evan Mitchell (Jr., Minneapolis, Minn. / South) is one of several Scots who are capable of earning high MIAC finishes this year at Collegeville. Mitchell is currently ranked first in the MIAC. The Scots were second at last year's championships in the 4x800 relay and this year Macalester features three of the top-seven ranked MIAC half-milers in Wade Eckstrom (Fr., La Crescent, Minn.), Josh Springer (Jr., Portland, Ore. / Cleveland) and Tyson Morgan (So., Lewiston, Me.). This trio should help make the 800 meters one of Macalester's deepest events this season. Springer was all-conference last spring in the 800 and Eckstrom was third this winter in the indoor mile. The Scots should also be a factor in the long-distance races, led by multiple-time All-MIAC runner Dylan Keith (Sr., Soldiers Grove, Wis. / North Crawford) and Kyle Braem (Jr., Burnsville, Minn.). Alex Wise (Sr., Knoxville, Tenn.) was MIAC runner-up in the pole vault as a sophomore and junior and would like to end his career with an MIAC title to go along with his indoor pole vault crown from '05. He was second this past winter. Martin Stenman Andersson (Fr., Uppsala, Sweden / IT Gymnasiet Uppsala) was fourth indoors in the heptathlon and will compete in the decathlon.

<u>Saint John's University</u>		
Head Coach:	Tim Miles (28th season)	
2006 Results:	2nd at MIAC Championships	
Key Athletes:	Chris Erichsen (Jr., Spring Valley, Minn./Kingsland) Jeff Doll (Sr., Farmington, Minn.) Eric Buss (So., Coon Rapids, Minn.) Kelly Fermoyale (Jr., Mendota Heights, Minn./Henry Sibley) Mike Leither (Jr., St. Cloud, Minn./Cathedral) Erik Diley (Jr., Prescott, Wis.)	
Preview:	The 2007 Johnnies will look to improve upon its second-place finish at the 2006 MIAC Outdoor Championships and the 2007 MIAC Indoor Championships with an assortment of youthful talent. Junior Chris Erichsen (Spring Valley, Minn./Kingsland) was a 2007 NCAA Division III Indoor All-American in the 5000-meters. So far this season, Erichsen has automatically qualified in the steeplechase for the 2007 NCAA Division III Outdoor Championships and is currently the top-ranked steeplechaser in Division III. Senior Jeff Doll (Farmington, Minn.) won the heptathlon at the 2007 MIAC Indoor Championships and is currently seeded first entering the MIAC Outdoor Championships. Recently, Doll scored 6,286 points at the Saint John's Decathlon to provisionally qualify him for the 2007 NCAA Division III Outdoor Championships. Sophomore Eric Buss (Coon Rapids, Minn.) has provisionally qualified in the triple jump for the outdoor national meet. Buss placed second in the triple jump behind teammate Erik Diley and won the high jump at the 2007 MIAC Indoor Championships two months ago. Junior Kelly Fermoyale (Mendota Heights, Minn./Henry Sibley) has provisionally qualified in the 10,000-meters for the NCAA Division III Outdoor Championships. Fermoyale is also ranked in the top three in the 5,000-meters. Junior Mike Leither (St. Cloud, Minn./Cathedral) is ranked in the top five in the MIAC in the 400-meter hurdles (first), 110-meter hurdles (fifth), 400-meter dash (third) and long jump (fifth). Leither recently finished third at the Saint John's Decathlon, 88 points away from the NCAA Division III provisional mark of 6,000 points. Junior Erik Diley (Prescott, Wis.) is ranked in the top two in the MIAC in both the triple jump and long jump. Diley won the triple jump and placed second in the long jump at this year's MIAC Indoor Championships.	

Saint Mary's University		
Head Coach:	Kirk Nauman (4th season)	
2006 Results:	11th at MIAC Championships	
Key Athletes:	Derek Wherley (So., Missoula, Mont.) Kevin Hein (Fr., Zumbro Falls, Minn.)	
Preview:	School records have been falling left and right for the Saint Mary's University men's track team, and we're talking long-standing records. "It's been an impressive spring," said SMU coach Kirk Nauman, who watched as his athletes shattered the nine-year-old discus, 10-year-old shot put and nine-year-old 4x400 relay records this season. "We've turned in some great performances thus far, and I'm expecting more of the same at the conference meet." Kevin Hein (Zumbro Falls, Minn.) and Derek Wherley (Missoula, Mont.) have led the way for the Cardinals, as the two have been rewriting the discus and shot put school record book. "I think we can turn some heads (at the conference meet)," said Nauman. "I'm looking forward to what these guys can do on the big stage."	

St. Olaf College		
Head Coach:	Bill Thornton (37th season)	
2006 Results:	6th at MIAC Championships	
Key Athletes:	Tom Cruse (Sr.) Dan Monroe (Fy.) John Schantzen (Fy.) Ryan Doyle (Fy.)	
Preview:	The St. Olaf men's track team finished seventh at the Indoor MIAC championships in March. Outdoors the relays are strong. The Ole's are ranked second in the MIAC for the 4x100m relay with a season best time of 43.33, second in the 4x800m relay and fourth in the 4x400m relay. Dan Monroe is eighth in the 100m with a 11.11 and seventh in the 200m, running it in 22.66. Reid Johnson, Tom Cruse, Tom Marti and Aaron Scholoer have all run open 400 in times under 51 second this season. In the field, Bobby Anderson will be triple and high jumping, with season bests of 12.90m and 1.85m, respectively. John Scantzen has the fourth best throw for the shot put in the MIAC. First year Ryan Doyle will compete in the decathlon. He won the event earlier this season at St. Johns with a score of 5356.	

University of St. Thomas		
Head Coach:	Steve Mathre (12th season)	
2006 Results:	1st at MIAC Championships	
Key Athletes:	James Ewer (So.) Derek Marks (Jr.) Mark O'Connell (Jr.) Brian Sames (So.) Matt Schroeder (Sr.)	

Preview:	Coach Steve Mathre has been an assistant coach (four years) and head coach (13) in St. Thomas men's track and field over the last 17 seasons. His teams have won all 17 conference indoor titles and 13 of the last 16 outdoor team crowns. The 2007 season promises another outdoor battle between the Tommies and host St. John's. UST outscored the Johnnies by 81 points to claim the MIAC indoor championship in early March. But the Johnnies again are building toward a May peak and the outdoor meet could come down to the final event. UST comes into May seeded first in eight conference events and second in four others. But the Toms don't have the depth they had when they captured the 2006 outdoor title over the Johnnies by 41 points. They will again try to maximize their scoring and get some selected help from other MIAC athletes to outscore St. John's. Mathre and Co. have two specific obstacles this spring -- season-ending injuries to All-American hurdler/jumper P.J. Theisen and sophomore 400-meter runner Pat Jager. Theisen is a five-time All-American and two-time conference MVP and has helped St. Thomas win five of a possible six MIAC team championships in his era. In six career MIAC championship meets, Theisen has scored 163 individual points and contributed to 48 relay points -- an average of 27 individual and eight relay points per competition. He has 23 career top-5 MIAC meet finishes (12 relay or individuals firsts). He plans to return for his final season in 2008. Also, the Toms will likely start the May 11-12 competition 25 points behind as St. John's likely will score that amount in the decathlon, held May 3-4. St. Thomas will look to score well in the sprints with a young group that includes James Ewer, Joe DeFrance, Phil Bastron, Chris Bradford, Sam Moen and Kyle Jepson. UST also will need big points from the 4x800, 800 and 1,500 group of All-American Brian Sames, Kyle Brandon, Matt Boumeester, Neil Atzinger and Logan O'Grady. In the field events, junior throwers Derek Marks and Mark O'Connell should each score well in the hammer, discus and shot put. The long jump could be another big event as Ewer, senior Alex Weaver and Moe are all seeded in the top four. Senior All-American Matt Schroeder is seeded first in the pole vault.
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