

2010 MIAC Men's Outdoor Track & Field Championship Preview

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St. Paul, Minn. -- The 2010 MIAC Men's and Women's Outdoor Track & Field Championships will take place this Friday and Saturday, May 14-15 on the campus of Saint Mary's University in Winona, Minn.



Competition is set to begin at 2 p.m. on Friday with both track and field events. On Saturday, field events will begin at 11:30 a.m. and track competition will start at 12:30 p.m. Last Thursday and Friday, the MIAC Decathlon was competed at Carleton College with St. Thomas sophomore Devin Dirth claiming the event championship.

St. Thomas has won 23 of the last 27 MIAC Outdoor Track & Field Championships, but expect strong competition from Hamline and Bethel this year as St. Thomas won the 2010 Indoor title by only seven points over the Pipers. Gustavus and St. Olaf finished fourth and fifth at the Indoor Championships and should challenge for top five positions again this weekend. Saint John's will also compete for a top spot in the team standings after finishing second at the Outdoor Championships in 2009.

Individual event champions from 2009 returning on the men's side include: Gustavus senior **Cole Carlson** (400 meter dash), St. Olaf senior **Jacob Marotz** (10000 meter run), Bethel senior **Taylor Ferda** (110 meter hurdles), St. Thomas junior **Matt Griswold** (400 meter hurdles), St. Olaf senior **John Schantzen** (Shot Put), Saint John's junior **Griffin Hayes** (Discus Throw), Saint Mary's junior **Andrew Brueggan** (Hammer Throw), and Bethel junior **Jay Quick** (High Jump).

[2010 MIAC Outdoor Track & Field Championships Website](#)



Augsburg

Coach: Dennis Barker (16th season)

2009 Championship Finish: 8th (55 points)

Augsburg Championship Preview

Coming off of their best finish in the Minnesota Intercollegiate Athletic Conference indoor track and field championships in five years, the Augsburg College men's track and field team will look to continue their upward move in the MIAC standings again this season at the outdoor championships.

The Auggies will look to an impressive pair of sprinters to lead them at this year's championships. Rick Wolke (SO, Belle Plaine, Minn.) has recorded top-three times in the 100-, 200- and 400-meter dashes so far this season. Wolke's time of 10.98 seconds in the 100-meter dash is the second-fastest time recorded in the conference this season, and is just .22 seconds shy of the NCAA championships provisional qualifying mark.

Former MIAC 100-meter champion Nick Ward (JR, Coon Rapids, Minn.) returns to the championship meet again this season as the owner of the fourth-fastest 100-meter time this season. Ward will also compete in the 200-meter dash and long jump event. Ward's distance of 6.76 meters (22-feet-2.25) in the long jump is tops among MIAC participants this season.

Both Wolke and Ward are members of the Augsburg school record breaking 400-meter relay team. The Augsburg relay time of 42.09 seconds is the fastest recorded time in the MIAC this season, and is .19 seconds off of a NCAA championships provisional qualifying time. Another strong performance could be expected from the 1,600-meter relay team, as they enter the championships with the fifth-fastest time in the conference this season.

In addition their strong sprinting group, the Auggies have a dynamic duo in the distance races. All-Central Region cross country athletes Brent Haglund (SR, Fridley, Minn.) and Victor Sanchez (SR, Minneapolis, Minn./Southwest HS) are ranked second and eighth, respectively, in the 10,000-meter run. Haglund's time of 31:09.98 is just under the NCAA championships provisional qualifying time, and is the second-fastest time recorded in the MIAC this season. Haglund and Sanchez are also ranked seventh and 21st, respectively, in the 5,000-meter run.

Shane Pantila (JR, St. Michael, Minn./St. Michael-Albertville HS) will lead a talented group of Auggies in the field events. Pantila is currently ranked in the top 10 in the conference in two separate events. He is ranked fourth in the triple jump with a mark of 14.18 meters (46-feet-6.25) and eighth in the hammer throw with a mark of 49.78 meters (163-feet-4). Pantila's distance in the triple jump is .02 meters from a NCAA championships provisional qualifying distance in the event. Emmanuel Marcellino (SO, Circle Pines, Minn./Centennial HS) and Seth Norberg (SO, Northfield, Minn.) are both ranked in the top 17 in the triple jump, while Marcellino currently owns the fifth-best distance in the MIAC this season.

A talented group of hurdlers led by James Strand (SR, Brainerd, Minn.) and Adam Horkey (JR, Windom, Minn.) should also contend for top spots at the conference meet. Strand is currently ranked fourth in the 400-meter hurdles with a time of 55.24 and is .96 seconds away from the NCAA championships provisional qualifying time. Horkey is currently ranked sixth in the 110-meter hurdles and is .84 seconds away from the NCAA championships provisional qualifying time. Teammate David Nestrud (JR, Braham, Minn.) is ranked 15th in the 110-meter hurdles and will be looking to make a charge toward the finals.



Bethel

Coach: Jim Timp (5th season)

2009 Championship Finish: 4th (102.5 points)

Bethel Championship Preview

Head Coach Jim Timp believes the 2010 season looks to be a good opportunity to continue with the success that was experienced last year with the men's team finishing fourth in the outdoor season. Like the indoor season, school records have already been broken, with two of them leading to automatic NCAA qualifying times. Taylor Ferda (Sr., Whitefish, Mont.) broke a school record in the 110-meter hurdles with a time of 14.41 seconds, which means he will appear at the national championship meet in the event and try to capture All-American status a second time. Ferda is also a strong contender in the 400-meter hurdles and is part of the school record-setting 4 x 400 meter relay team that looks to get back to the NCAA Outdoor Track and Field championships for a third straight year. The 4 x 400 meter relay team finished third at the conference championship meet, but second at the national meet last year, and the team has been ramping up to once again post their best times of the year when it matters most. Other members of the 1600 meter relay team include Joel Quick (Sr., Johnston, Iowa), Eric Rhode (Sr., North St. Paul, Minn.), and Zach Schlegel (Jr., Woodbury, Minn.), who are all in the top 20 among MIAC individual runners in the 400 meter run. In other track events, Dan Greeno (Sr., St. Michael, Minn.) a three-time All-American in cross-country, will finally get a chance to race at the national meet in track as he posted an automatic NCAA qualifying and school record setting time in the 10k run at 30:17.52.

In field events, Jay Quick (Jr., Johnston, Iowa) and Eric Atherton (Sr., Roseville, Minn.) look to be top contenders in the high jump as Quick has already earned an NCAA provisional mark at 2.04 meters. Quick has made it to the national meet in both indoor and outdoor track each season since his freshman year. Meanwhile, Atherton currently boasts the second-best leap among MIAC jumpers this season at 2.00 meters. Bethel currently has four of the top six high jumpers in the MIAC. The Royals will look to Bucky Dixon (Fr., Hayward, Wis.) and Mitch Elliott (So., Brooklyn Park, Minn.) to help them earn some points in throws. Dixon currently ranks second among MIAC discus throwers and third among javelin throwers, while Elliott is fourth in discus, 12th in hammer, and 14th in javelin.

The coaching staff is very excited about this year's team. Depth has been the problem over the past couple of years which has prevented the Royals from being one of the top teams. The talent has been there and now the depth seems to be there as well. With this kind of talent and depth and the leadership and commitment that exist, both squads seem to be poised to move up once again in the MIAC.



Carleton

Coach: David Ricks (6th season)

2009 Championship Finish: 9th (44 points)

Carleton Championship Preview

After finishing ninth at last year's MIAC championship, Carleton looks poised to improve. The Knights will rely on its upperclassmen for their points.

John Davis (Jr./Eden Prairie, Minn.) won the 10,000-meter at the Carleton Relays and also holds the fifth-best time in the MIAC in the 3,000-meter steeplechase. His second-place performance in the steeplechase at last year's conference championships earned him All-MIAC distinction.

Another long distance runner, Charlie Gamble (Sr./San Diego, Calif./La Jolla), won the 5,000-meter run at the SMU Open posting the MIAC's third-best time. His time of 14:51.75 is only three seconds behind the NCAA provisional qualifying mark. He also won the Hamline Invitational in the same event.

Michael Sanders (Sr./Cedar Falls, Iowa.) won the 800-meter run at the SMU Open and holds the fifth-best time in the MIAC.

Ty Martin (Jr./Minot, N.D.) is the Knights' top sprinter and holds two top-ten MIAC times this year. He has the fourth-best time in the 110-meter hurdles and the seventh-best figure in the 400-meter hurdles.

Dylan Bothun (Jr./Rosemount, Minn.) posted a second-place finish at the Gustie Invitational with a season-best time of 16.11 in the 110-meter hurdles.

Evan Franco (Sr./Austin, Texas/James Bowie) holds the second-best pole-vaulting mark in Carleton history at 4.44 meters, which was good for fifth-best figure at last year's MIAC Championships. His season best is 4.27 meters, which is currently ranks eighth in the MIAC this year, but he could garner the Knights a few extra points with a breakout day.



Concordia

Coach: Garrick Larson (17th season)

2009 Championship Finish: 6th (72 points)

Concordia Championship Preview

Concordia will have a more balanced attack heading into the 2010 MIAC Men's Track and Field Outdoor Championship Meet. The Cobbers, who have been field strong in the recent years, will have a good mix between track athletes and field athletes in 2010 and will be looking to post their third top 5 finish in the past four years.

The top two athletes for the 2010 Cobbers are a microcosm of the overall team balance. Junior distance star Tom Sederquist (Moorhead, Minn.) has won several events this season and has top 10 times in the MIAC in the 1500, 5000 and 10000 meters. Sederquist's top event in terms of seeding in the conference is the 10K where he has the third fastest time at 31:17.16. He is just 7.16 seconds off of the national provisional qualifying time. Sederquist is also ranked fourth in the 5000 meters and 10th in the 1500 meters.

Concordia sophomore Felix Okoth (Mombasa, Kenya) has been the top field athlete having won multiple triple jump events in 2010. Okoth has provisionally qualified for the NCAA Meet and currently ranks third in the conference in the event. Okoth is also second in the long jump and will be trying to get valuable team points in both events.

The other Cobber athlete to post a national qualifying mark this season is junior Giles Henry (St. Cloud, Minn./St. Cloud Tech HS). Henry recorded a distance of 154-06 in the discus last weekend at the Meet of the Saints and is currently ranked second in the conference.

The javelin should be the top field event for Concordia. The Cobbers have three athletes ranked in the top 10 heading into the conference meet. Jeff Bakke (Sr., Grand Forks, N.D./Red River HS) is fourth with a distance of 170-01. He is joined by fellow seniors Marly Simmons (Detroit Lakes, Minn.) who is seventh (160-08) and Andrew Raske (Glencoe, Minn./Glencoe-Silver Lake HS) who is ranked ninth (154-01).

Besides Sederquist, there are four other CC track athletes with time in the top 10 of the conference. Senior Xavier Carroll (El Cajon, Calif./Grossmont HS) will enter his final conference event by being ranked ninth in the 100-meter dash (11.08). Freshman Brad McConn (Fargo, N.D./Fargo South HS) joins Sederquist in the top 10 of the 10K. McConn's season best is 32:06.78 which puts him in seventh place entering the weekend. A pair of hurdlers round out the Cobbers' top 10 performances. Besides his top 10 ranking in the javelin, Simmons is also fifth in the 110-meter hurdles and freshman John Bye (Moorhead, Minn.) is fifth in the 400-meter hurdles with a time of 56.79.



Gustavus

Coach: Dale Bahr (1st season)

2009 Championship Finish: 7th (65.5 points)

Gustavus Championship Preview

Head Coach Dale Bahr's men's outdoor track and field team will rely on an experienced group of runners at the 2010 MIAC Outdoor Track and Field Championships on May 14-15 in Winona, Minn. The Gusties will look to break into the top-five, as St. Thomas and Hamline are the front-runners heading into the MIAC Championships. The Gusties will look to improve on their sixth place finish one year ago, building on a fourth place finish at the 2010 MIAC Indoor Championships this past winter.

Gustavus is led by a solid group of runners that includes Max Hanson (Montrose, Minn.), Cole Carlson (Mora, Minn.), Matt Leeb (Kasota, Minn.), Matt Dvorak (Burnsville, Minn.), and Colby Citrowske (Canby, Minn.). The tandem of Carlson, Hanson, Leeb, and Citrowske is currently ranked first in the MIAC and second in NCAA Division III with a time of 3:12.88 in the 4x400-meter relay. Individually, Cole Carlson, 2009 MIAC Champion in the 400-meter dash, is currently ranked fourth in the 400 (48.75), and fifth in the 200-meter dash (22.15). Dvorak currently has the fastest time in the 100-meter dash (10.85). Matt Leeb ranks third in the 200-meter dash (22.13), and ninth in the 400-meter dash (50.01). Hanson will look to carry his success from the indoor season over to the outdoor venue, as he currently ranks third in the MIAC in the 3000-meter steeplechase (9:33.76), fifth in the 1500-meter run (3:57.63), and seventh in the 400-meter dash (49.12).

The Gusties are led in the field events by senior thrower Brian Anderson (Bloomington, Minn.). Anderson is currently ranked second in the hammer throw (54.38m) and fourth in the shot put (15.56m). Jake Peymann (Fairmont, Minn.) will look to score points in the jumps, ranking fifth in the high jump (1.93m) and 17th in the long jump (6.19m). David Young is currently ranked eighth in the javelin (46.99m), Colin Rust (Chanhassen, Minn.) is ranked 10th in the triple jump (12.91), and Nick Davis (Litchfield, Minn.) is 10th in the discus (43.24m). Gustavus will look to have a strong showing in the pole vault with four athletes ranked in the top ten in the event, as Josh Owens (Brooklyn Park, Minn.) ranks fourth (4.37m), Matt Nemec (Roseville, Minn.) ranks seventh (4.32m), Jordan VanDorp (Buffalo, Minn.) ranks eighth (4.22m), and Carl Stenoien (Underwood, Minn.) ranks ninth (4.22m).



Hamline

Coach: Paul Schmaedeke (9th season)

2009 Championship Finish: 3rd (113 points)

Hamline Championship Preview

After placing second at the indoor champions in the closest finish in MIAC history, the Hamline University men's track and field team will be looking to build upon that performance and challenge for the conference championship outdoors.

Derall King (Jr., Inver Grove Heights, Minn.) leads a talented Piper throwing corps that has hit an NCAA provisional mark during every weekend of competition in 2010. After winning the weight throw at the indoor championships, he became a three-time All-American after placing fifth in both the shot put and weight throw at indoor nationals.

Brennan McKeag (So., Lakeville, Minn.), Andrew Schlichting (So., Shoreview, Minn.), Aaron Wilkerson (Sr., Roseville, Minn.), and King all have NCAA provisional throws this spring in either the shot put or hammer throw. In the discus, King, Nik Hawley (Jr., Saint Paul Park, Minn.), Blake Springman (Jr., Adrian, Minn.), and Josh Blaschko (Sr., Lakeville, Minn.) have all danced with the provo mark this spring. The Pipers also have three of the top four marks in the conference in the javelin.

Hamline also returns a veteran corps of two-time All-American sprinters in the 1600-meter relay. Brent Nelson (Sr., New London, Minn.), Andy Marnach (Sr., Hokah, Minn.), and Tyson Molitor (Jr., Belgrade, Minn.) were three of the four members of the relay team that finished as All-Americans in back-to-back national meets (2009 outdoors, 2010 indoors). Joining the team after the graduation of the fourth member is Christian Swanberg (Jr., Lindstrom, Minn.).

Marnach also has an MIAC title to his name after winning the 200-meter dash championship at indoors.

All-American cross country runner Ian Bauer (Roseville, Minn.) returns to lead the Piper distance runners in his final MIAC meet after winning the 5,000-meter championship in NCAA provisional time at indoors. Devin Monson (So., Thompson, N.D.), Ellis Richardson (So., Roseville, Minn.), and Ian Campbell (Jr., Blooming Prairie, Minn.) join Bauer as distance runners who have scored points in conference meets for the Pipers.

A fourth Piper MIAC champion from indoors returns for just his second collegiate conference meet after winning the pole vault - first-year Shaise Schuette (Anoka, Minn.). He has continued to impress as the team moved outdoors and currently has the best vault in the conference.

Macalester



Coach: Martin Peper (17th season)

2009 Championship Finish: 10th (13 points)

Macalester Championship Preview

All-conference runner Wade Ekstrom (Sr., La Crescent, Minn.) leads the Scots into the 2010 MIAC championships and is looking for a high conference finish in the 1500-meter run. Ekstrom made the NCAA finals in this event as a junior and appears to be in top form coming into the championships. He is also ranked 12th in the 800.

Nick Mangigian (Sr., Ann Arbor, Mich. / Green Hills) and Carl Biggers (So., Verona, Wis.) are having solid spring campaigns and are looking to score points for the Scots in the 5000- and 10,000-meter races.

Alex Rosselli (Sr., Columbus, Ind. / North) and Palmer Fliss (Jr., Medway, Mass.) are looking to make it to the 400-meter intermediate hurdle finals, as is Martin Stenman-Andersson (Sr., Uppsala, Sweden / IT-Gymnasiet Uppsala) in the long jump.

 Saint John's
Coach: Tim Miles (31st season)
2009 Championship Finish: 2nd (125 points)

Saint John's Championship Preview

After finishing second at the 2009 MIAC Outdoor Championships, the Johnnies are aiming for their fifth conference championship in the last 14 years.

At the 2009 Outdoor Championships, nine Johnnies earned a total of 14 All-MIAC honors and claimed conference titles in five events. SJU's second-place finish was the seventh consecutive time the squad has finished second or better at the meet. The Johnnies also led the MIAC in both the NCAA Division III Coaches' Power Rankings (ninth) and NCAA Division III Al Carius Men's Program of the Year Award Standings (11th).

SJU returns All-MIAC senior Patrick Lowder (Chanhassen, Minn./Chaska) and junior Dustin Franta (La Crescent, Minn.) as its top distance runners for the 2010 season. Lowder currently has the fourth-best time in the 3,000-meter steeplechase (9:35.13), while Franta has the fourth-best time in the 10,000-meters (31:55.55).

The Johnnies expect a strong showing from throwers Griffin Hayes (Mendota Heights, Minn./St. Thomas Academy), Tim Juba (Cottage Grove, Minn./Park) and Wade Powers (Hawick, Minn./New London-Spicer). Hayes won the discus (46.12 meters) at last year's Outdoor Championships, the first for SJU in the event since 1998. He qualified for the 2009 NCAA Division III Outdoor Championships where he posted a throw of 47.06 meters, but failed to qualify for the finals by just 0.53 meters. Hayes is currently sixth in the MIAC with 14.38 meters. Powers currently holds the MIAC's top discus throw (47.64m), followed by Hayes (44.91m) and Juba (44.33), in fifth and sixth, respectively. Juba set an NCAA provisional mark (54.15 meters) in the hammer throw on May 1, and now has the third-best toss in the MIAC, followed by Powers in sixth (52.16m).

Junior Andrew Norman (Maple Grove, Minn.) returns after claiming second place at last year's Outdoor Championships for the second consecutive season. Norman currently has the second-best pole vault in the conference (4.57 meters). Freshman Brian Peterson (Minnetonka, Minn./Hopkins) has the fourth-best distance in the long jump at 6.52 meters.

Another top returner for the Johnnies is junior Matt Reeve (Fairmont, Minn.), who claimed fifth in the 110-meter hurdles (15.45) last spring and currently has the third-best time in the MIAC (15.35).

Head coach Tim Miles is in his 31st season as head coach of the Johnnies. Miles has been honored with four MIAC Coach of the Year Awards and has produced a program that has finished among the MIAC's top two squads 21 of the last 30 seasons.

 Saint Mary's
Coach: Shawn McMahon (3rd season)
2009 Championship Finish: 11th (9 points)

Saint Mary's Championship Preview

They aren't wearing ruby red slippers, but if you look closely, you will probably see the Saint Mary's University track and field teams clicking their heels together and reciting the infamous Wizard of Oz mantra — "There's no place like home ... there's no place like home ... there's no place like home."

No, Toto, this isn't Kansas anymore — it's Winona, Minn., the official home of the 2010 Minnesota Intercollegiate Athletic Conference Outdoor Championships.

"It's huge for us to be able to host such a prestigious event," said SMU coach Shawn McMahon. "Not only is it a great opportunity for us to show our awesome facilities, but it's also nice that we don't have to travel anywhere to compete. Being right here on our own campus is really going to be a big plus."

Andrew Brueggen (Holmen, Wis.), Ryan Wockenfus (New London, Wis.) and Teri Heinzen (Marshfield, Wis.) have highlighted the outdoor season for the Cardinals.

Brueggen enters the weekend boasting the conference's top performance in the hammer throw. The Cardinal junior — who earned All-American honors with his fourth-place effort in the hammer at the NCAA Indoor National Championships in March — uncorked a toss of 57.00 meters at the Lee Krough Invitational on April 10. The throw was not only the conference's best of the season, but also provisionally qualified Brueggen for the NCAA Outdoor National Championships.

Wockenfus, meanwhile, owns the MIAC's fourth-best throw in the javelin (50.19 meters), while John Kelly (Rochester, Minn.) has clocked the fifth-best time in the MIAC in the 200, stopping the clock in 22.39

"I hesitate to use the word 'surprised,' when it comes to the performances this spring, since I'm well aware of our athletes' potential," said McMahon. "However, I am continually impressed with what they've been able to do. A great fall and winter has gotten them to this point and now it's time to cash-in."

"For us, a lot of work goes into getting ready for ONE weekend," McMahon added. "We're focused on it and I'm hoping for some great things — I'm really looking forward to seeing what they can do at the conference championships."



St. Olaf

Coach: Phil Lundin (2nd season)

2009 Championship Finish: 5th (75 points)

St. Olaf Championship Preview

With a second year of coaching at St. Olaf under his belt, Phil Lundin will be expecting some standout performances from his team.

Indoor national champion shot put thrower John Schantzen is coming into the MIAC championship meet ranked first in his event. He is entering the field with a throw of 16.55m from April 9th's Falcon Invitational. Schantzen was also named MIAC athlete of the week because of this outstanding performance.

First year William Totimeh will be St. Olaf's sprint athlete to watch in the 100 meter dash along with teammate Phillip Beardsly. The two are both in the top ten.

St. Olaf's middle distance crew is expected to show some standout performances. Sophomore Reid Gilbertson is seeded in the 1500m run with the fastest time in the conference.

He will also be racing the 800m along with his teammates senior David Anderson and freshman Brian Tolinson. They are ranked 3rd and 4th in the competition.

The 5000m run will be represented by Dobuol Ruon, who is looking to move up within the top ten ranked individuals.

Junior Jon Lambert is competing in the 10000 meter run. He is ranked as the fifth and is only .10 seconds off the 4th ranked runner's time.

The 4x800 relay is stacked with St. Olaf's best middle distance runners and is entering the meet with the fastest seeded time, which they ran back in April at the Carleton Relay's.



St. Thomas

Coach: Steve Mathre (15th season)

2009 Championship Finish: 1st (182 points)

St. Thomas Championship Preview

The UST men, who have won 23 of the last 27 outdoor team titles, topped Hamline by a mere seven points to take the 2010 MIAC indoor title. They won only three titles but scored in 19 of 20 events.

Coach Steve Mathre expects another tight race with the Pipers and Bethel this weekend.

All-Americans Pat Jager (200, 400, relays), Matt Griswold (hurdles, relays), Mike Hutton (800, 4x400) and Ben Sathre (5,000, 1,500), and freshman Eyo Ekpo (jumps) will lead the Tommies.

UST also will look to score well in the relays, pole vault, steeplechase and 400 hurdles.

The Tommie men are seeded first in two events, second in seven events, and third in six events.

They already have 14 points from last week's decathlon, led by Devin Dirth's victory. They will look to cobble together a lot of fifths, sixths and sevenths in several events to help supplement their best scorers.