

# 2008 MIAC Indoor Track & Field Championships



2008 Men's Championships	2008 Women's Championships
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## Saturday's Recap

(Text courtesy of Ryan Klinkner, SJU Athletic Media Relations)  
(Photos courtesy of Dave Sanders, AllProSportsPix.com)

COLLEGEVILLE, Minn. – The University of St. Thomas swept the men’s and women’s titles at the MIAC Indoor Track and Field Championships for the ninth consecutive year on Saturday, March 8 at the Donald McNeely Spectrum in Collegeville.



## WOMEN

The St. Thomas women won their 21<sup>st</sup> title overall with a team total of 233 points, followed by Gustavus Adolphus (98.5), Bethel (98), Concordia-Moorhead (87) and Saint Benedict (75). Sophomore Nikki Arola won her third event of the two-day meet with a new Donald McNeely Spectrum record time of 25.42 in the 200-meter dash. Sophomore Erin Sprangers won the 1,000-meter run with a new Spectrum record time of 2:55.45, while seniors Selina Dehn and Carol Comp won the triple jump (11.29m) and shot put (12.85m), respectively. UST also swept the 800-meter and the 4x400-meter relays on the second day of competition Saturday. The 800-meter relay team,

consisting of Arola, Dehn, Shionna Evans and Kate Staat recorded a time of 1:45.99, while the 4x400-meter relay team consisting of Arola, Sprangers, Katie Theisen and Raynee DeGrio recorded a provisional time of 3:57.61.

Bethel sophomore Marie Borner won her second individual title on the weekend with a new Spectrum record time of 1:34.68 in the 600-meter dash. Freshman Hailey Brenden won the 3,000-meter run in a time of 10:36.44 for Concordia-Moorhead, while Gustavus senior Shanna Dawson and St. Olaf sophomore Amie Fillmore tied for the MIAC title in the pole vault with a height of 3.65 meters.

Carleton (51.5), St. Catherine (42.5), Hamline (39), St. Olaf (20.5), Macalester (17), Augsburg (14) and Saint Mary's (4) rounded out the final seven in the women's standings.



## MEN

The Tommies won their 24<sup>th</sup> consecutive indoor MIAC championship on the men's side with a team total of 235.5 points, followed by Saint John's (114.5), Hamline (90.0) and Bethel (82.5). St. Thomas junior Joe DeFrance won the 200-meter dash with a time of 22.23 and was also part of the 4x400-meter relay team along with James Ewer, Phil Bastron and P.J. Theisen who took first with a time of 3:21.96. Ewer also automatically-qualified for nationals in the 55-meter dash with a time of 6.34 and won the long jump on Friday. Following up a first-place finish in the mile run, senior Neil Atzinger won the 1,000-meter run with a time of 2:33.48.

Saint John's junior Eric Buss won the triple jump with a national-qualifying jump of 14.66 meters. Hamline senior Brandon Gleason won the 1,000-meter run with a new Donald McNeely Spectrum record time of 8:35.58, while freshman Derall King won the shot put with a throw of 15.71 meters. Bethel freshman Jay Quick won the high jump with a height of 2.02 meters. Junior Tom Ballinger, from Carleton, won the 600-yard dash while setting a Spectrum record of 1:12.48.

Carleton (66.5), St. Olaf (61), Gustavus Adolphus (43), Concordia-Moorhead (35), Saint Mary's (26), Macalester (20) and Augsburg (6) rounded out the final seven in the men's standings.

The 2008 NCAA Division III Indoor Track and Field Championships will be held next Friday and Saturday, March 14-15, on the campus of Ohio Northern University in Ada, Ohio.

Friday's Recap (Courtesy of Ryan Klinkner, Saint John's Athletic Media Relations)

Competition resumes with field events at 12 p.m. at the Donald McNeely Spectrum in Collegeville. Track events begin with the 3000m run at 1 p.m.

## WOMEN

The St. Thomas women cruised to a total of 119 points, 56 points ahead of second-place Concordia-Moorhead. Three Tommies won MIAC titles with new Donald McNeely Spectrum records: junior Katie Theisen in the 800m (2:15.00), sophomore Nikki Arola in the 400m (58.41) and senior Carol Comp in the weight throw (15.98m). Arola also claimed the conference championship in the 55-meter dash (7.41) in a tie with Augsburg sophomore Whitney Holman, while sophomore Laura Janas won the 55-meter hurdles (8.63) and senior Selina Dehn won the long jump (5.35m).

Concordia received three second-place finishes on the day: sophomore Kristin Slette in the 400m (60.29), sophomore Valerie Glynn in the high jump (1.6m) and sophomore Leah Kay in the pentathlon (3,249 points).

Bethel will begin Saturday in third place with 52 points. Sophomore Marie Borner automatically qualified for the mile run with a new Spectrum and meet record time of 4:54.49. Another standout in the mile run for Carleton was senior Katherine Wingert, who also surpassed the old Spectrum record (5:12.67) and meet record (5:05.32) with a time of 5:03.54 to earn second-place honors. In the distance medley relay, Borner, Ashley Keefe, Kayla Jelen and Heather Jelen claimed the conference title with a new meet record time of 12:27.15.

The Gustie women finished Friday with 45 points, good for fourth place. Sophomore Kaelene Lundstrum claimed two MIAC titles on the day. Lundstrum won the pentathlon with a total of 3,342 points and won the high jump competition (1.6m).

MEN

The St. Thomas men jumped out to an impressive lead following the first day of the MIAC Indoor Championships Friday in Collegeville.

Junior James Ewer won the MIAC titles in the 55-meter dash and the long jump. Ewer’s time of 6.34 seconds automatically qualifies him for the NCAA Division III Indoor Championships March 14-15 in Ada, Ohio. UST also received conference crowns from junior Brian Sames in the 800m (154.68), senior Neil Atzinger in the mile run with a new Spectrum record time of 4:16.29, and senior Derek Marks in the weight throw (17.15m), another Spectrum record.

Saint John’s begins Saturday in second with a team score of 68.5. Senior Chris Erichsen automatically qualified for the NCAA Indoor Championships in the 5000m with a new Spectrum record time of 14:31.02, while senior Mike Leither won the heptathlon with a total of 4,754 points.

Bethel sophomore Taylor Ferda won the 55-meter hurdles with a Spectrum-record time of 7.62 seconds, while Carleton junior Tom Ballinger won the 400-meter dash.

St. Olaf’s distance medley relay team of Tim Drahn, Tom Marti, Dan Varley and Doboul Ruon won the MIAC title with a new Spectrum time of 10:20.56. Gustavus’ Drew Hood, who finished second in the heptathlon, won the conference championship in the pole vault with a height of 4.56 meters.

Men's Indoor Track & Field History	Women's Indoor Track & Field History
<a href="#">Men's Championship Recordbook</a>	<a href="#">Women's Championship Recordbook</a>
<a href="#">Men's Archives</a>	<a href="#">Women's Archives</a>
<a href="#">2007 Team Results</a>	<a href="#">2007 Team Results</a>
<a href="#">2007 Individual Results</a>	<a href="#">2007 Individual Results</a>
<a href="#">2007 Championships Preview</a>	<a href="#">2007 Championships Preview</a>
<a href="#">2007 MIAC Awards</a>	<a href="#">2007 MIAC Awards</a>

**MIAC Men's Indoor Track & Field:** | [Website](#) | [Composite Schedule](#) | Team Pages |

**MIAC Women's Indoor Track & Field:** | [Website](#) | [Composite Schedule](#) | Team Pages |

**Donald McNeely Spectrum** | [Website](#) | [Saint John's Map](#) |

**Admission:** Tickets are \$10 for all individuals and are good for admission to all events on Friday and Saturday. Admission is free for the Pentathlon and Heptathlon.