



2004 MIAC WOMEN'S INDOOR TRACK & FIELD PREVIEW

The 2004 MIAC Women's Indoor Track & Field season will feature many teams looking to contend for the MIAC as well as a possible NCAA title. Reigning MIAC Indoor and Outdoor champion St. Thomas will once again be favored to win the crown. Gustavus, Concordia, Carleton, St. Olaf and Saint Benedict plan to challenge for the top spot. Augsburg, Saint Mary's, Macalester, Hamline, St. Catherine, and Bethel have hopes of improving upon last season's finishes and surprise the rest of the MIAC.

St. Thomas will aim to go 14 for 16 in MIAC Women's Indoor Track & Field Championships with another championship this season. Four student-athletes expected to lead the Tommies are senior All-American pole vaulter Karolien Bastiaens, senior All-American middle-distance runner Teresa Smock, junior middle-distance runner Brigid Power, and sophomore sprinter/jumper Kristal Grigsby.

Gustavus returns a very talented group of student-athletes that should allow them to once again compete for the conference championship. The Gusties finished second last year behind St. Thomas. Coach Tom Thorkelson enters the season with high expectations, as he didn't lose anyone who placed from last year's team. The team returns senior standouts Lindsey Weis and Jackie Luehmann with a pair of talented juniors, Nicole Peterson and Kristi Schneider.

Concordia will have a great mixture of speed, pace, and jumping ability. The Cobbers will be looking to improve on their third place finish from 2002-03 and make a move into the top two of the conference. The marquee, returning athlete for the Cobbers is sophomore Angie Pfeiffer. As a first-year sprinter, Pfeiffer won the 200 meters at the conference indoor meet.

Carleton will rely on a deep and talented distance group to return to the form that allowed them to capture fourth at the MIAC Indoor Championship. Andrea and Melissa Grunst may be the strongest long distance one-two punch the MIAC has to offer. Andrea Grunst scored in the 3,000 and 5,000 meters at last year's MIAC Indoor Championship.

St. Olaf will use great senior leadership in 2004 to contend for a MIAC title. The Oles are led by senior captains Marit Grorud (mid-distance), Becky Peterson (jumps/sprints), Jen Levenhagen (throws), Kjersten Johnson (mid-distance) and Britt Carlson (distance) who will lead in the development of their younger counterparts.

Saint Benedict will use a combination of youth and experience to improve upon last season's sixth place finish. All-MIAC and NCAA participant Jenna Wendorff will lead the Blazers in the shot put. Leah Wurm will be a favorite among the distances runners and Cindy Blenderman and Nancy Buselmeier will offer depth in the distance events.

Saint Mary's first-year Coach Kirk Nauman will look to improve on his team's ninth place finish of a year ago by focusing on individual improvement in each event. The top returning Cardinal Ashley Dingels, last season's MIAC champion in both the pentathlon (indoor) and heptathlon (outdoor), is out indefinitely as she recovers from a torn ACL.

Macalester is expecting to move up in the MIAC a few notches or more under coach Martin Peper as the Scots possess better depth than they've had in a few years. The Scots have been building a strong tradition for a while now in the hurdle events, and this season is no different as Macalester will be led by the 55-meter high hurdle runner-up from 2003, Kristen Fristad.


Hamline begins their season with an experienced veteran corps mixed in with a young developing underclass and a promising incoming group of first-years that gives the 2004 team high expectations. Junior Danielle St. Louis was the best high jumper in the conference last season, winning at both the indoor and outdoor championships.

St. Catherine Interim Coach Jason Altman takes over the Wildcat program with high hopes of pushing the team to new levels. His challenge will be replacing the team's leading point scorer over the last three years, Anne Sikorra, who graduated last spring. An excellent group of young athletes as well as the senior leadership of Jill Ament will help him do this.


Bethel, coming off a 12th place finish in the MIAC Championships last season, looks to make a move upward in the standings. With the loss of several key athletes from last year's squad, Bethel has the modest goal of moving up one to two places from last season.

The 2004 MIAC Indoor Track & Field Championships will be held at Saint John's University in Collegeville, Minn. on March 5-6, 2004.


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<u>Augsburg College</u>		
Head Coach:	Dennis Barker (10th season)	
2003:	7th at MIAC Championships	
Key Returners:	<p>-- Tonnisha Bell (So., Minneapolis, Minn./Washburn HS) -- All-American with sixth-place national finish in indoor 55-meter dash in 2003; also qualified nationally for outdoor 200-meter dash; first Augsburg female athlete to compete in both indoor and outdoor national meets since 2000; won MIAC championships in indoor 55-meter dash (MIAC-record 7.12 seconds) and outdoor 200-meter dash; holder of two individual school records and as part of two relays.</p> <p>-- Alanna Carter (So., St. Paul, Minn./Central HS) -- All-MIAC in three indoor (second in 55- and 200-meter dashes, third in 400-meter dash) and All-MIAC honorable-mention in two outdoor (fifth in 100-meter dash and sixth in 200-meter dash) events in 2003; school record-holder in indoor 200-meter dash (26.10) and as part of three relays; NCAA provisional qualifying time in indoor 55-meter dash in 2003.</p> <p>-- Ellen Waldow (So., Lanesboro, Minn.) -- Two top-15 finishes at MIAC indoor championships in 2003 (10th in 1,000-meter run, 11th in 1,500-meter run), All-MIAC cross-country competitor in 2003.</p>	

Season Preview:	<p>Augsburg's "dynamic duo" of Tonnisha Bell (So., Minneapolis, Minn./Washburn HS) and Alanna Carter (So., St. Paul, Minn./Central HS) return after setting new standards for MIAC freshmen in the sprints last year.</p> <p>Bell became just the second Augsburg freshman ever to qualify for the NCAA track championships, as she made the field in the indoor 55-meter dash and outdoor 200-meter dash. She earned All-American honors with a sixth-place national finish in the indoor 55-meter dash. Along the way, she set a conference record in winning the indoor 55-meter dash (7.12 seconds) and also won the outdoor 100-meter title.</p> <p>Carter proved her sprinting versatility in multiple events, earning All-MIAC honors in three indoor events -- placing second in the indoor 55- and 200-meter dashes and third in the 400-meter dash -- while placing fifth in the outdoor 100-meter dash and sixth in the outdoor 200-meter dash to earn All-MIAC honorable-mention recognition.</p> <p>"They are very good training partners, both of them love the sport of track and field and they love being here," Barker said. "It's really an infectious attitude that they both have and they give that to the team. The team really enjoys having people of that quality and leadership here."</p> <p>Bell has had to deal with the after-effects of off-season hernia surgery, but should be ready for the second half of the indoor season and the entire outdoor campaign, Barker said.</p> <p>Angela Van Binsbergen (Jr., Grove City, Minn./Atwater-Cosmos-Grove City HS) will also compete in the sprints and jumps for the Auggies, and Danielle Slack (Sr., Belle Plaine, Minn.) will compete in some sprints like the 400-meter dash, along with some middle-distance running, Barker noted. Newcomer Tiffany Alston (----) will also contribute in the sprints.</p> <p>A strong corps of middle-distance runners, coming off of a successful cross country season, should provide for plenty of improvement for the Auggies. Ellen Waldow (So., Lanesboro, Minn.) had two top-15 finishes for the Auggies in the conference indoor championships in middle distances last year, and earned All-MIAC honors in cross country in 2003 with a 15th-place league meet finish.</p> <p>Waldow will be joined by Angie Bergeson (So., Red Wing, Minn.) and Hannah Dietrich (Jr., Luverne, Minn.), who are both competing in both the indoor and outdoor seasons for the first time. Amy Mackner (Sr., Barnesville, Minn.) showed strong improvement in cross country in the fall and aims to keep improving in track this season.</p> <p>"We will have a very strong middle-distance corps," Barker said. "It has really helped Ellen to have Angie and Hannah in the indoor training this year, along with Amy. They push each other with their specialties."</p> <p>In the long distances, Andrea Carlson (Jr., Maplewood, Minn./Visitation HS), Becky Welle (Jr., Sauk Centre, Minn.) and Rhia Gronberg (Sr., Austin, Texas/A.S. Johnston HS) return. Welle finished 17th in the 3,000-meter steeplechase at the MIAC outdoor championships last year.</p>
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Bethel College		
Head Coach:	Suzanne Ray (4th season)	
2003:	12th at MIAC Championships	
Key Returners:	Tricia Steele, Junior, Fairmont, MN	

Season Preview:	<p>Coming off a 12th place finish in the MIAC Championships last season, there is just one place to move - up. With the loss of several key athletes from last year's squad, Bethel's women's track and field team has the modest goal of moving up one to two places from last season when they collected just 10 points.</p> <p>Sophomore Rachel Luhr (North St. Paul, Minn.) placed ninth in the outdoor 1,500 meters and could be a scorer for the indoor season. Junior Trish Steele (Fairmont, Minn.) finished ninth in the pentathlon last winter, her first time competing in the event, and gives the Royals a potential scorer.</p> <p>Several newcomers hold promise for the Royals, including freshman Sheri Netland (Coon Rapids, Minn.) in the springs and high jump.</p>
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Carleton College		
Head Coach:	Donna Ricks (11th season)	
2003:	4th at MIAC Championships	
Key Returners:	Melissa Logan, Sr., St. Paul, Minn. (St. Paul Academy), Throws Andrea Grunst, Sr., St. Paul, Minn. (St. Paul Central), Distance Melissa Grunst, Sr., St. Paul, Minn. (St. Paul Central), Distance Cassie Funke, Jr., Partridge, Kan. (Haven), Distance Laura Hudson, Jr., Ghent, N.Y. (Chatham), Distance Cheryl Fricke, So., Vernon Hills, Ill. (Stevenson), Throws	
Season Preview:	<p>The Knights will rely on a deep and talented distance group to return to the form that allowed them to capture fourth at the indoor conference championship and second in the outdoor conference championships in 2003.</p> <p>Andrea and Melissa Grunst may be the strongest long distance one-two punch the MIAC has to offer. Andrea Grunst scored in the 3,000 and 5,000 meters at last year's MIAC Indoor Championship. Both were All-MIAC performers in cross country this past fall.</p> <p>Juniors Cassie Funke and Laura Hudson give the Knights another pair of strong, experienced runners who can fill any number of distances. Funke was an All-MIAC performer in the 3,000-meter steeplechase last spring and earned all-region honors in cross country. Hudson was part of the MIAC champion distance medley relay, as was sophomore Rebecca Schaumberg.</p> <p>The Carleton throwing contingent has strengthened in recent years and is paced by senior Melissa Logan. She set a new school record in the weight throw last year, making significant improvements in both her weight throw and shot put distances in 2003.</p> <p>She, Funke and distance stalwart Alison Traffanstedt will serve as team captains for 2004.</p>	

Concordia College		
Head Coach:	Marv Roeske (9th season)	
2003:	3rd at MIAC Championships	


Key Returners:	<p>- Lisa Owen, Sr., Mineral, Virg./Minot (ND) HS – Finished second in the 1550 meters at the 2003 conference indoor meet; earned all-conference honors this fall in cross country.</p> <p>- Angie Pfeiffer, So., Colman, S.Dak./Colman-Egan HS – Won the 200 meters at the 2003 conference indoor meet; finished second in the 100 meters and 200 meters at the conference outdoor meet; earned All-American honors in the 100 meters at the NCAA Division III outdoor meet.</p> <p>- Nicole Plante, Jr., Fort Benton, Mont. – Finished sixth in the pentathlon at the 2003 conference indoor meet</p> <p>- Renee Splichal, Sr., Garrison, N.Dak. – Finished fifth in the triple jump and seventh in the pentathlon at the 2003 conference indoor meet.</p>
Season Preview:	<p>The 2003-04 Concordia women's indoor track and field team will have a great mixture of speed, pace, and jumping ability. The Cobbers will be looking to improve on their third place finish from 2002-03 and make a move into the top two of the conference.</p> <p>Head Coach Marv Roeske returns for his ninth season with the knowledge that he will have one of the fastest athletes in the conference, a deep distance crew and a solid crew of jumpers and multi-event athletes. Roeske is hoping that these three parts of the indoor season equation will add up to an improved finish at the indoor championship meet and a mutltiple-athlete trip to the NCAA Division III National Meet.</p> <p>The marquee, returning athlete for the Cobbers is sophomore Angie Pfeiffer (Colman, S.Dak./Colman-Egan HS). As a first-year sprinter, Pfeiffer won the 200 meters at the conference indoor meet, finished second in both the 100 meter and 200 meters at the conference outdoor meet and earned All-American honors in the 100-meter dash. She will be looking to earn a trip to the national indoor meet in the 55 meters and 200 meters to add to her All-American honors in the 100 meters.</p> <p>Joining Pfeiffer as leading candidates to collect points for the Cobbers will be Lisa Owen (Sr., Mineral, Virg./Minot (ND) HS) in the distance events, Renee Splichal (Sr., Garrison, N.Dak.) in the jumps and multi-event and Nicole Plante (Jr., Fort Benton, Mont.) in the multi-event. Owen finished second in the 1500 meters at last year's conference indoor meet, and Splichal placed fifth in the triple jump and seventh in the pentathlon. Plante, who stopped playing basketball this season to concentrate on track, should benefit from the extended training and be a threat in the pentathlon. Last year she finished sixth in the pentathlon at the conference indoor meet and fourth in the heptathlon at the conference outdoor meet.</p> <p>Several other Cobbers will be looking to help Roeske, and the team, add up the numbers to increase their overall finish. Emily Tollefson (Jr., Minot, N.Dak) will be looking to improve on her eighth place finish in the 55-meter hurdles at last year's indoor meet. Lindsay Kuznia (So., Olivia, Minn./B-O-L-D HS) will split time with the basketball team before turning her attention to the pole vault. Last year, Kuznia finished seventh at the indoor championship meet, and Rebekah Hoback (Sr., Young America, Minn./Mayer Lutheran HS) will be looking to carry on the torch of great Cobber throwers.</p> <p>If Concordia is going to be able to figure in the top three of the conference in 2003-04, for the sixth time in the last seven years, all the sum totals will have to be added together to form a winning combination.</p>


Gustavus Adolphus College		
Head Coach:	Tom Thorkelson (6th season)	
2003:	2nd at MIAC Championships	

Key Returners:	<p>Lindsey Weis, Senior, (Second in triple jump and high jump at the 2003 MIAC Indoor Championships)</p> <p>Jackie Luehmann, Senior, (First in shot put and weight throw at the 2003 MIAC Indoor Championships)</p> <p>Nicole Peterson, Junior, (Second in the 3000 and 5000 meter runs at the 2003 MIAC Indoor Championships)</p>
Season Preview:	<p>The 2004 Women's Indoor Track and Field team returns a very talented group of athletes that should allow them to once again compete for the conference championship. The Gusties finished second last year behind St. Thomas. Coach Tom Thorkelson enters the season with high expectations, as he didn't lose anyone who placed from last year's team. "Our goal every year is to finish in the top three and that is a very reachable goal this year. We are very strong in every event."</p> <p>The team returns senior standouts Lindsey Weis and Jackie Luehmann while a pair of talented juniors, Nicole Peterson and Kristi Schneider, combine to provide the team with great leadership. Weis, having just returned from Denmark, hopes to regain the form that allowed her to finish second in both the triple jump and the high jump at the MIAC Championships last year. Luehmann fared a little better, earning victories in both the shot put and the weight throw. Peterson provides the team with a great distance runner as she captured second place in both the 3000 and 5000 meter runs a year ago. Kristi Schneider vaulted her way to a second place finish at the conference meet while senior Shannon Martin also returns after a fourth place finish in the pole vault.</p>


Hamline University		
Head Coach:	Paul Scmaedeke (1st season)	
2003:	11th at MIAC Championships	
Key Returners:	Danielle St. Louis, Jr., Jumper/Sprinter, Hales Corner, Wis. – won high jump at both MIAC Indoor and Outdoor Championships last season, qualified for NCAA Div. III Outdoor Championships.	
Season Preview:	<p>The Hamline Pipers women’s track and field team begins their season with an experienced veteran corps mixed in with a young developing underclass and a promising incoming group of first-years that gives 2004 team high expectations.</p> <p>Junior Danielle St. Louis (Hales Corner, Wis.) was the best high jumper in the conference last season, winning at both the indoor and outdoor championships with jumps of 5 3-1/4 and 5 3-3/4 respectively. St. Louis also qualified for the NCAA Div. III Outdoor Championships where she finished 10th.</p> <p>Middle distance runner Corrin Hoffman (Eagan, Minn.) has been a scorer in the 800 meters at the outdoor championships for the last two seasons.</p> <p>Sophomore distance runner Keidra Anderson (Minocqua, Wis.), who was an all-conference performer in cross country last fall, just missed scoring for the Pipers as a first-year. Another sophomore, Breanne Miller (Spencer, Wis.), will be looked upon to score some points as a hurdler and high jumper.</p> <p>With key losses to graduation from last season, Schmaedeke has high hopes for a few of the new faces. Distance runner Monica Moreland (Fy., Osseo, Minn.), who competed at the state meet in the 3200 meters in high school, will join Anderson along with Piper cross country runners Melissa Francis (Fy., Windom, Minn) and Lacey Schrupp (Fy., Becker, Minn.).</p>	

Macalester College	
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Head Coach:	Martin Peper (3rd season)	
2003:	10th at MIAC Championships	
Key Returners:	Kirsten Fristad (Jr., Rochester Hills, MI / Adams) – hurdles Koby Hagen (So., Minneapolis, MN / Southwest) – middle distance Johanna Shreve (Jr., Savage, MN / Prior Lake) - jumps Renee Schaefer (Sr., Waukesha, WI / North) – distance, steeple	
Season Preview:	<p>Macalester is expecting to move up in the MIAC a few notches or more under coach Martin Peper as the Scots possess better depth than they’ve had in a few years.</p> <p>The Scots have been building a strong tradition for a while now in the hurdle events – both on the men’s and women’s side – and this season is no different as Macalester will be led by the 55-meter high hurdle runner-up from 2003 Kristen Fristad (Jr., Rochester, MI / Adams). The conference champion last spring in the outdoor 400 hurdles, Fristad is primed for another big season.</p> <p>Last fall’s MIAC cross country individual champ Koby Hagen (So., Minneapolis, MN / Southwest) is coming off a very good frosh campaign in track as one of the conference’s top 800- and 1500-meter runners. She leads a group of talented runners from last year’s successful cross country team who will be asked to score points in the middle and long distance races, including Renee Schaefer (Sr., Waukesha, WI / North), Mo Mullikin (Sr., Minneapolis, MN / South), Anna Gordon (So., Eugene, OR / South Eugene) and Francie Streich (So., Lincoln, NE / Southeast), among others. Johanna Shreve (Jr., Savage, MN / Prior Lake) has a good chance to be one of the top long-jumpers in the league, as does Lisa Ostenson (So., Wright, WY) in the throws and Susan Brown (FY, Kingston, Jamaica / Meadowbrook) in the jumps.</p>	

College of Saint Benedict		
Head Coach:	Robin Balder-Lanoué (7th season)	
2003:	6th at MIAC Championships	
Key Returners:	<ul style="list-style-type: none">- Janna Wendroff- Leah Wurm- Sara Nezworski- Patti Clintsman- Bethany Keene	
Season Preview:	<p>Leading the pack for the Blazers for the 2004 season will be a combination of youth and experience.</p> <p>All-conference and national participant Jenna Wendorff will lead the pack in the shot put. After a year of experience under her, she will be looking to turn heads this season in the shot put.</p> <p>Leah Wurm will be a favorite among the distances runners. After a strong cross country season, Wurm will be vying for the top spot in the 3, 5, and 10 kilometer runs. Senior Cindy Blenderman and junior Nancy Buselmeier will offer depth in the distance events.</p> <p>A strong sprinting group consisting of junior Sarah Nezworski and sophomores Patti Clintsman and Bethany Keene will anchor the team. Returning all-conference jumper Kristina Granger will be striving for another top performance.</p> <p>Junior Meghan Orgeman will be fighting for a top spot in the pentathlon and heptathlon.</p> <p>The Blazer will open the indoor season at the Cobber Invite.</p>	


College of St. Catherine

Head Coach:	Jason Altman (1st season)	
2003:	8th at MIAC Championships	
Key Returners:	Jill Ament, SR, Jamestown, ND, Multi/Hurdles Emily Liddiard, Lexington, MI, Mid-Distance Heidi Pearson, Burnsville, MN, Sprints/Jumps	
Season Preview:	<p>Interim Head Coach Jason Altman takes over the Wildcat track and field program with high hopes of pushing the team to new levels. His challenge will be replacing the team’s leading point scorer over the last three years, Anne Sikorra, who graduated last spring. An excellent group of young athletes as well as the senior leadership of Jill Ament will help him do this. Ament finished 8th in the MIAC in the Heptathlon last year and 4th in the 400 hurdles.</p> <p>The team will need contributions from the 20 first-year and sophomore athletes on the roster to move up in the MIAC standings. Heidi Pearson, a sophomore from the Academy of Holy Angels, will also need to play a big role on the team. She is St. Kate’s record holder in the outdoor 100 meter dash and is looking to focus on the 55 and 100 meter hurdles this season.</p>	


Saint Mary's University

Head Coach:	Kirk Nauman (1st season)	
2003:	9th at MIAC Championships	
Key Returners:	Ashley Dingels (Jr., Gibbon, Minn., MIAC pentathlon and heptathlon champion) Jenny Folgers (Jr., McHenry, Ill.)	

Season Preview:	<p>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.</p> <p>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.</p> <p>On Sept., 19, 2003, however, that all changed.</p> <p>Thornton abruptly stepped down as the Cardinals' head coach, accepting a position as the the head track and field coach at Washington (Mo.) University.</p> <p>With Thornton's leaving, Nauman suddenly found himself swimming in some uncharted waters.</p> <p>"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."</p> <p>Yet, here he is, preparing his team - yes, his team - for the upcoming seasons.</p> <p>"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."</p> <p>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.</p> <p>"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."</p> <p>Just what are Nauman's expectations?</p> <p>In a word = improvement.</p> <p>"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).</p> <p>"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.</p> <p>"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.</p> <p>"I'm excited about the season we have the potential for some really, really good things."</p>
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St. Olaf College		
Head Coach:	Greg Binstock (1st season at STO)	
2003:	5th at MIAC Championships	

Key Returners:	<p>Marit Grorud, (mid-distance)</p> <p>Becky Peterson (jumps/sprints)</p> <p>Jen Levenhagen (throws)</p> <p>Kjersten Johnson (mid-distance)</p> <p>Britt Carlson (distance)</p>
Season Preview:	<p>Young with great senior leadership best describes the St. Olaf women's indoor track and field in 2004. The Oles are led by led by senior captains Marit Grorud, (mid-distance), Becky Peterson (jumps/sprints), Jen Levenhagen (throws), Kjersten Johnson (mid-distance) and Britt Carlson (distance) who will lead in the development of their younger counterparts.</p> <p>Grorud (Fremont, Neb.) coming off her best cross season at St. Olaf, leads the Oles deepest and traditionally strongest group, the middle distance-distance. Sophomores Kari Koos (Levenworth, Wash.), Jenny Ingebritson (Bloomington, Minn.), Larissa Nordstrom (Des Moines, Iowa), Kezia Manlove (Rapid City, S.D.), and Jenna Barke (Roseville, Minn.) should all make an impact on this years team and keep the pressure off the young and talented first-year class as they too will turn some heads with their performances.</p> <p>The sprint/hurdle/jump crew looks to be another strong point for this years team led by all-conference and national qualifier in the multi-event and hurdles, Becky Peterson (Plymouth, Minn.). Peterson looks to be among the favorites again in the pentathlon and the 55 meter hurdles at the MIAC Championships. The sophomore duo of Marla Nelson (Mendota Heights, Minn.) and Liz Gandhour (Medelia, Minn.) continue to keep the pole vault a top event for the Oles. While Newcomers Norma Reynolds (Omaha, Neb.) and Kaia Knutson (Fargo, N.D.) add the depth needed to make this group tough to beat.</p> <p>The Throwers are also making an impact on the team this year. Sophomore, Lorna Wilson (Wasilla, Alaska) set a new school record in the 20lb. Weight throw early in the season. While Senior Jen Levenhagen (Appleton, Wisc.) and first-year student Stacey Griffin (Newton, Kan.) will battle for points in the shot put.</p> <p>New to the team this winter is head coach Greg Binstock, who is coaching while veteran head coach Chris Daymont is on sabbatical leave. Binstock comes to St. Olaf from St. Catherine, where he was the coach for several years.</p>

University of St. Thomas		
Head Coach:	Joe Sweeney (24th season)	
2003:	1st at MIAC Championships	
Key Returners:	<p>*Karolien Bastiaens, SR, Pole Vault, 2003 NCAA runner-up outdoors</p> <p>*Teresa Smock, SR, 800/relays, 3X All-American</p> <p>*Brigid Power, JR, middle-distance, 2003 national cross country qualifier</p> <p>*Kristal Grigsby, SO, sprints-TJ, 2004 NCAA provisional qualifier</p>	

**Season
Preview:**

St. Thomas has swept the MIAC women's team track titles indoors and outdoors in each of the last four seasons, and has won the MIAC indoor team titles 13 of the last 15 seasons. Head coach Joe Sweeney now has won 49 of a possible 65 team championships in his 14 seasons in MIAC cross country and indoor and outdoor track.

Sweeney's team lost several versatile athletes from last season, when they placed 10th at the outdoor national meet, including All-Americans Heidi Vogel, Jill Ylonen and Tish Dusich. Also, sophomore All-American Mollie Hupp transferred to Minnesota for her academic major, and steady distance runner Nicole Gurgel will miss 2004 while on study abroad. Vogel was a 27-time All-MIAC honoree while Ylonen was a 25-time All-MIAC honoree.

Four athletes expected to lead the Tommies are senior All-American pole vaulter Karolien Bastiaens, senior All-American middle-distance runner Teresa Smock, junior middle-distance ace Brigid Power, and sophomore sprinter/jumper Kristal Grigsby.

St. Thomas already has posted three strong January performances, including two NCAA provisional qualifying marks by Grigsby (37-1 in the triple jump, fifth best in NCAA Division III thus far) and Smock (2:16.99 for sixth place in the 800 meters at the Jan. 24 U of M Gold Country Invite, third best in D-III). Power placed sixth in the mile run at the Jan. 24 U of M Gold Country with a swift 5:12.64 clocking. Power had a breakthrough cross country season last fall as she qualified for nationals.

Three other key returners are junior Alysia Wolff and sophomore Molly Bauman in the sprints and relays, and junior Andretta Colley of Jamaica, who already has leaped a career-best 16-10 3/4 in the long jump early in the season.

Two newcomers expected to compete well are Rachelle Dosch in the hurdles and Christina Chapman from the 55 through the 400 dash. Dosch was a starter on the Tommies' MIAC champion volleyball team.

The Tommies will have some strong tests in February as they prepare for the March 5-6 MIAC Championships in Collegeville.