



2006 MIAC WOMEN'S INDOOR TRACK & FIELD PREVIEW

The 2006 Women's Indoor Track & Field season will once again have teams throughout the conference competing for top finishes in the conference meet. The top five finishers in last year's conference meet were St. Thomas, Concordia, Gustavus, Saint Mary's, and Saint Benedict. Defending indoor and outdoor champion, St. Thomas, once again looks to have a strong team. Other teams in the conference will rely on the return of experienced student-athletes who saw success last season to help their teams improve in the upcoming season. Carleton, Augsburg, Macalester, Hamline, St. Olaf, Bethel, and St. Catherine will be among the teams looking to move up the final standings in the 2006 season.

St. Thomas will look to earn their seventh straight MIAC indoor conference title this year. The 2005 Tommies placed fifth nationally both indoors and outdoors and swept both conference team championships. St. Thomas returns a two-time NCAA long jump champion in senior Kristal Grigsby and relay All-Americans Molly Bauman and Christina Chapman. Freshman Katie Theisen of New Prague, an All-MIAC cross country runner, is expected to make an immediate impact in hurdles, jumps and middle-distance events.

Concordia finished second at last year's MIAC Indoor Championship and will be looking to rival defending champion St. Thomas.

Gustavus, who finished third at last season's conference meet, is looking to improve upon that finish and possibly grab their first indoor title. The Gusties will be led by senior captain Ashley Cronen, Gustavus' only returning all-conference performer. It is also expected that senior Kourtney Joyce and junior Janna Castellano, MIAC outdoor champions in the 3000 steeplechase and pole vault, will be strong contributors. A promising crop of first-year athletes should field a very balanced Gustavus squad.

Saint Mary's fourth-place showing in last year's MIAC Indoor Championships was SMU's best-ever team finish. Saint Mary's is looking to build upon last year's successful season. Saint Mary's will look to seniors Ellen Koranda, Autumn Valk, Megan Mason and junior Maria Roche to lead the team this season.

The College of Saint Benedict is coming off a successful indoor and outdoor season where the Blazers posted their highest final point totals in school history. This season the Blazers will be anchored by a large and well-accomplished senior class. In particular, seniors Patti Clintsman and Bethany Keene who were both members of the 4x100 relay team that earned All-American honors last spring will be accompanied by fellow All-American senior thrower Jenna Wendorff and senior distance runner Leah Wurm.

With a strong pair of throwers returning and a strong distance group that is coming off the conference cross-country championship, the Carleton College women's track and field team will be looking for solid performances during the indoor season that culminates in the Knights hosting the 2006 MIAC Indoor Championships.

Augsburg finished in seventh place last year and is looking to improve upon that finish in the 2006 season.

With most of the key point-scorers from a year ago returning the Macalester Scots are anticipating a move up in the conference standings. The nucleus of Mac's NCAA participating cross country squad will be called on to run fast in the middle and long-distance races. All-MIAC cross country runners Koby Hagen and Emily Stafford, along with Francie Streich, led the Scots to a fourth-place Central Region finish last fall in cross country, and all are looking to close out their Macalester running careers with great seasons.

The Hamline women's track and field team will look to veterans like Keidra Anderson, Dana Luiken and Sara Warnke to lead the way and to drastically improve from last year's overall MIAC finish. Anderson, an All-American in cross country and two-time track and field All-American will be a force in the distance races. Luiken, who placed 19th in the nation outdoors, will be looked to in the multi-events. Last season, Luiken broke school records in both the indoor pentathlon and the outdoor heptathlon.


The St. Olaf women's track team enters the 2006 indoor season with a strong, experienced group of athletes who hope to improve on their tenth place team finish in last years Indoor MIAC Championships. Both Liz Ghandour and Marla Nelson return after making NCAA provisional qualifying heights in the pole vault in last years outdoor season. Sheryl West and Kaia Knutson will be key sprinters for the Oles.


The Bethel women's track programs will have strong numbers this season. The Royals will be led by a trio of captains: Sheri Netland, who was conference champ last year in the 400 meters and a provisional qualifier in that event, 3rd in the high jump and 4th in the 200m; Angie Mooney in the throws and Anna Beich in the longer sprints and 800m. The Royals also return Autumn Adkins in the 100m, and Nikki Umhoefer, who just came off a break through cross country season. Bethel is expecting new recruits to add speed and depth to the team.

The St. Kate's women's track team returns many athletes from the 2005 campaign and has some very talented first year athletes to help the Wildcats in the 2006 season. The Wildcats will be led in the field events by Robin Reagan and Rebecca Boorman as well as Minnesota state long jump champion, first year Chi Chi Obi. The Wildcats will also look to senior captain Melanie Priebe to lead them in the middle distances.


The 2006 MIAC Indoor Track & Field Championships will be held at Carleton College in Northfield, Minn. on March 2-4, 2006.

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<u>Augsburg College</u>		
Head Coach:	Dennis Barker (11th season)	
2005:	7th at MIAC Championships	
Key Returners:	No information available at this time.	
Season Preview:	No information available at this time.	

Bethel University		
Head Coach:	Jim Timp (1st season)	
2005:	11th at MIAC Championships	
Key Returners:	Anna Beich (Sr.) Sheri Netland (Jr.) Autumn Adkins (So.) Angie Mooney (So.) Nikki Umhoefer (So.) Jennae Palmer (So.)	


Season Preview:	<p>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.</p> <p>On the women's side, numbers do not seem to be a problem with 35-40 women expected to be out for the team. The women's squad is led by a trio of captains: Sheri Netland, who was conference champ last year in the 400 meters and a provisional qualifier in that event, 3rd in the high jump and 4th in the 200m; Angie Mooney in the throws and Anna Beich in the longer sprints and 800m. The Royals also return Autumn Adkins who placed 5th in conference last year in the 100m as a freshman. Nikki Umhoefer, who just came off a break through cross country season, will look to continue her success on the track in the middle distances. "We also have some good young women coming on board to add speed and depth to the team in just about every event" says Timp.</p> <p>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."</p>
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<u>Carleton College</u>		
Head Coach:	Donna Ricks (13th season)	
2005:	6th at MIAC Championships	
Key Returners:	Molly Christian (So., Gering, Neb.) Rachel Sinclair (Jr., Lexington, S.C.) Katherine Wingert (So., Coronado, Calif.)	

Season Preview:	<p>With a strong pair of throwers returning and a strong distance group that is coming off the conference cross-country championship, the Carleton College women's track and field team will be looking for solid performances during the indoor season that culminates in the Knights hosting the 2006 MIAC Indoor Championships.</p> <p>Back are sophomore Molly Christian (Gering, Neb.) and junior Rachel Sinclair (Lexington, S.C.). Christian was surprise winner of the weight throw at last year's indoor conference championships and Sinclair claimed runner-up finishes in the shot put at both the indoor and outdoor conference meets.</p> <p>Interim head coach Toby Hatlevig, who takes the helm for the indoor and outdoor track and field seasons while head coach Donna Ricks is on a faculty sabbatical leave, has high expectations for Christian and Sinclair. "We'll look for continued improvement in each of their events," he said. Sinclair is highest returning shot putter in the conference, he noted, and Christian is still relatively new to the weight throw. "It's still a young event for Molly with last year being her first year so hopefully she can continue throwing further and touch on that provisional mark," he said.</p> <p>On the track, though, Carleton will be very young and inexperienced. Sophomore Katherine Wingert (Coronado, Calif.) and senior Annie Mills (St. Paul, Minn./Central) are the only returning runners that scored point for the Knights at last year's indoor or outdoor conference meets. Wingert was second in the 800 meters at the outdoor championships and third in the 1,000 meters and fifth in the mile indoors.</p> <p>"Katherine definitely returns to be a force on the track for us," Hatlevig said. He also pointed to the return of junior Kestrel Schwaiger (Jr./Eagle River, Wis./Choate Rosemary Hall) in the pentathlon as a key for the Knights. Early practice sessions indicate a break-out year for Schwaiger, Hatlevig said, as she is the third-highest returning scorer in the event in the MIAC. "She seems mentally and physically stronger this year, so hopefully she can make that jump," he said.</p> <p>Carleton, which won this fall's MIAC Cross Country Championship, figures to draw upon those student-athletes to contribute to the track and field team as well. Two names to watch, according to Hatlevig, are Kate Meyer (St. Paul, Minn./St. Paul Academy) and Lindsey Nietmann (Kirkland, Wash./Juanita). Meyer finished ninth in the 400 meters at the Minnesota Class A State Meet and Nietmann was fourth in the 800 meters at the Washington state large-school state meet. "Both of those kids are track kids before their cross country kids and their first love is on the track," Hatlevig said.</p> <p>Hatlevig also feels that Heather Hoecker (So./Rochester, Minn./Century) has a good training base heading into the track and field season and could give Carleton solid depth in the middle to long distance events. "I'm really looking for some positive improvements for her," he said.</p> <p>While the Knights are a bit thin in the sprints, newcomer Vanessa Ozomaro (Woodbury, Minn./Harding) advanced to the Minnesota large-school finals in the 200 meters and will join returnees Vanessa Brown (Jr./Lakeville, Minn.) and Becca Dole (Jr./Boulder, Colo.).</p> <p>While the Knights won't have the numbers in the sprints or jumps, their throwing tandem and talent in the middle distances may be enough to improve upon last year's sixth-place finish. "The expectation is always to improve your standing from the previous year," Hatlevig said. "With the additions of the new people and continuing education of the youngsters, the outlook is pretty decent."</p>
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Concordia College			
Head Coach:	Marv Roeske (10th season)		
2005:	2nd at MIAC Championships		

Key Returners:	No information available at this time.
Season Preview:	No information available at this time.

Gustavus Adolphus College		
Head Coach:	Tom Thorkelson (8th season)	
2005:	3rd at MIAC Championships	
Key Returners:	Blythe Bittman (Sr., Fairmont, Minn./ Fairmont) Janna Castellano (Jr., Blaine, Minn./ Totino Grace) Ashley Cronen (Sr., Kandiyohi, Minn. / Willmar) Krista Cruse (Jr., Hastings, Minn. / Hastings) Kourtney Joyce (Sr., Wadena, Minn. / Wadena-Deer Creek)	


Season Preview:	<p>The Gustavus Adolphus women's indoor track and field team lost two of three indoor all-conference selections from a year ago, but that doesn't worry head coach Tom Thorkelson. According to Thorkelson, the Gusties should field a very balanced squad. "Looking at our team, we should have the opportunity to score in every event."</p> <p>In regards to a MIAC title, Thorkelson was modest. "We're shooting for a top three [finish at the MIAC meet]," said the eighth-year head coach, "but we're not ruling out a chance at winning."</p> <p>The Gusties finished third a year ago at the MIAC Indoor Championships after three consecutive runner-up finishes. This season, Gustavus looks to have the personnel to make the jump to the top, but that is not Thorkelson's main concern.</p> <p>"We're going to focus on weekly improvement."</p> <p>The Gusties are anchored in the middle distances by senior captain Ashley Cronen (Kandiyohi, Minn.) and junior Krista Cruse (Hastings, Minn.). Cronen is Gustavus' only returning all-conference performer and will concentrate on running 400-meter and 800-meter races, while Cruse will tackle the 600-meter run.</p> <p>Senior Blythe Bittman (Fairmont, Minn.), an experienced multi-events competitor, will also focus mainly on sprints and relays in addition to the pentathlon at the MIAC Championships in March.</p> <p>Senior Kourtney Joyce (Wadena, Minn.) and junior Val Berquam (Kenyon, Minn.) lead Gustavus' hopes in the distance races. Joyce won the 3000-meter steeplechase at last year's MIAC outdoor championships and competed at last fall's NCAA Division III Cross Country Championships.</p> <p>Thorkelson also added that Gustavus will be very strong in the pole vault, led by 2005 MIAC outdoor champion and 2005 NCAA outdoor qualifier Janna Castellano (Jr., Blaine, Minn.).</p> <p>There is a promising crop of first-year athletes on this year's squad. Thorkelson notes that McKenzie Burgess (Welcome, Minn.) has an opportunity to contribute right away, participating in the sprints, middle-distance events and jumps.</p> <p>Thorkelson noted that the Gusties will be able to see how they stack up against many of the other conference schools at the University of Minnesota meet on Feb. 18.</p> <p>The Gusties open the season Thursday, January 26 when they host Macalester and Martin Luther in a triangular.</p> <p>Complete preview found at: http://www.gustavus.edu/oncampus/athletics/news.cfm?view=home&id=1877</p>
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Hamline University		
Head Coach:	Kelly O'Hara (2nd season)	
2005:	9th at MIAC Championships	
Key Returners:	Keidra Anderson (Sr., Distance, Minocqua, Wis./Lakeland) Amanda Jones (Jr., Throws, Winsted, Minn./Mayer Lutheran) Dana Luiken (Jr., Multi-Events, Chatfield, Minn./Chosen Valley)	


Season Preview:	<p>The women's track and field team has all the firepower it needs to drastically improve from last year's overall MIAC finish.</p> <p>With veterans like Keidra Anderson (Minocqua, Wis.), Dana Luiken (Chatfield, Minn.) and Sara Warnke (Winona, Minn.) leading the way, the Pipers will have some outstanding individual performers, and ultimately will strive to move up the ranks at the conference championship.</p> <p>The aforementioned trio of captains will be looked to for both leadership and performance on the track. Anderson is arguably one of the most decorated distance runners from the mile through 10,000 meters in Hamline history. Anderson was an All-American in cross country in the fall of 2005 and a two-time track and field All-American during last spring's track season in the 5,000 and 10,000 meter races. Anderson holds school records in the indoor 3,000 and 5,000 meter races and the 5,000 and 10,000 meter races outdoors.</p> <p>Sara Warnke, Melissa Francis (Windom, Minn.), and Lacey Schrupp (Becker, Minn.) round out the veteran distance group. Warnke, another team captain, has been a steady force over her career at Hamline, consistently improving week after week.</p> <p>Luiken, the final team captain, is one of the most explosive and exciting young multi-eventers in the nation. Last season, Luiken broke school records in both the indoor pentathlon and the outdoor heptathlon. Her performance outdoors earned her a trip to her first NCAA championship meet where she placed 19th in the nation. She is one of the top returners, not only in the multi-events, but also in the hurdles, high jump and javelin. She will be looked to for major scoring for the Pipers if they can move up significantly in MIAC standings.</p> <p>Joining Luiken in the multi-events is first-year Emily Amici (Whitewater, Wis.). Amici is a great young talent that will contribute immediately for the Pipers. A Wisconsin State qualifier in 2005 in the 100-meter hurdles, Amici will focus on the hurdles and developing as a multi-eventer and taking on several new events like the shot put and high jump. Coaches believe she will be a force in the MIAC for years to come.</p>
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Macalester College		
Head Coach:	Martin Peper (5th season)	
2005:	8th at MIAC Championships	
Key Returners:	<p>Kaela Schramm (Jr., Hurdles/Triple Jump, St. Paul, Minn./Como Park)</p> <p>Susan Brown (Jr., High/Triple Jump, Kingston, Jamaica/Meadowbrook)</p> <p>Lisa Ostenson (Sr., Javelin, Wright, Wyo.)</p> <p>Koby Hagen (Sr., Middle Distance, Minneapolis, Minn./Southwest)</p> <p>Francie Streich (Sr., Distance, Lincoln, Neb./Southeast)</p> <p>Emily Stafford (Sr., 400/800m, Burnsville, Minn.)</p>	


Season Preview:	<p>After getting eighth indoors and fifth outdoors at last year's MIAC championships, Macalester is eagerly anticipating a successful '06 winter and spring campaign under coach Martin Peper. Most of the key point-scorers from a year ago return and the Scots are anticipating a move up in the conference standings. Macalester's fifth-place outdoor MIAC finish last spring was its best since '98.</p> <p>Macalester should be especially well-represented in distance, hurdle and jumping events again.</p> <p>The nucleus of Mac's NCAA participating cross country squad will be called on to run fast in the middle- and long-distance races. All-MIAC cross country runners Koby Hagen and Emily Stafford (Sr., Burnsville, Minn.), along with Francie Streich (Sr., Lincoln, Neb. / Northeast), led the Scots to a fourth-place Central Region finish last fall in cross country, and all are looking to close out their Macalester running careers with great seasons. The depth in the distance events is the team's strength, with other reliable veterans returning like Caroline Barnes (Sr., Cleveland Heights, Ohio), Anna Gordon (Sr., Eugene, Ore. / South Eugene), Anna Shamey (Jr., Leverett, Mass. / Amherst Regional) and Allie Woerpel (Jr., Mequon, Wis. / Homestead), among others. At last year's conference outdoor meet on their home track, Hagen, Shamey, Woerpel and Stafford placed first with an MIAC record-setting 4x800-meter relay performance.</p> <p>For several years now, Macalester has boasted some great hurdlers as three different Scots have claimed MIAC hurdle championships in each of the past four seasons. Defending MIAC outdoor 100-meter high hurdle champ Kaela Schramm (Jr., St. Paul, Minn. / Como Park) was also third as a sophomore in the indoor 55 hurdles and fourth outdoors in both the long jump and triple jump. Schramm joins Susan Brown (Jr., Kingston, Jamaica / Meadowbrook) to give the Scots a pair of very talented jump specialists. Brown was third in the MIAC indoor triple jump and capped off the outdoor campaign by picking up all-conference honors with third-place finishes in the triple jump and high jump.</p> <p>Lisa Ostenson (Sr., Wright, Wyo.) leads the Macalester throwers and this spring will head into the season as one of the program's best javelin throwers ever. Ostenson placed third at last year's conference meet in the javelin. Jennifer Noelke (Jr., Seattle, Wash. / James A. Garfield) leads Mac's sprinters.</p>
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College of Saint Benedict		
Head Coach:	Robin Balder-Lanoue (7th season)	
2005:	5th at MIAC Championships	
Key Returners:	Patti Clintsman (Sr., Maplewood, Minn.) Jenna Wendorff (Sr., Fulda, Minn.) Bethany Keene (Sr., Grand Rapids, Minn.) Leah Wurm (Sr., Monticello, Minn.) Jennifer Hanson (Sr., St. James, Minn.)	

Season Preview:	<p>Expectations are running high for the 2006 track and field team at the College of Saint Benedict. The Blazers are coming off both a successful indoor and outdoor season, which they posted their highest final point totals in school history.</p> <p>With all the success during 2005, a great loss of 16 seniors will be incurred this season. The senior class of 2006 is well accomplished and head coach Robin Balder-Lanoue expects them to lead the team to another successful showing in the MIAC Championships.</p> <p>"Our seniors are motivated and will be coming into the season determined to pick up right where they left off last season," Balder-Lanoue said.</p> <p>Seniors Patti Clintsman and Bethany Keene were both members of the 4x100 relay team that earned All-American honors last spring and will be giving strong competition to opposing MIAC sprinters this winter.</p> <p>Clintsman and Keene will be joined by fellow All-American senior thrower Jenna Wendorff and senior distance runner Leah Wurm. Both athletes have had impressive careers at the collegiate level and look to add to their accomplishments with strong seasons.</p> <p>Saint Ben's has a balanced roster heading into competition with strong first-year class ready to come on the scene.</p> <p>By improving each season the Blazers are planning to keep the trends on the incline going into the season.</p> <p>Saint Ben's opens competition at Carleton on Friday, February 3 at 6:30 p.m.</p>
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College of St. Catherine		
Head Coach:	Sarah Daymont (2nd season)	
2005:	12th at MIAC Championships	
Key Returners:	<p>Melanie Priebe (Sr., Middle Distance, Isle, Minn.)</p> <p>Meghan Dirkes (Jr., Sprinter, Shoreview, Minn.)</p> <p>Nyasha Kanganga (So., Sprinter, Harare, Zimbabwe)</p> <p>Havila Peterson (Sr., Long Distance, Eden Prairie, Minn.)</p> <p>Robin Reagan (So., Throws, Orange County, Calif.)</p> <p>Rebecca Boorman (So., Throws, Coon Rapids, Minn.)</p>	


Season Preview:	<p>The 2006 track and field season should be an exciting one for St. Kate's athletes. The team returns many athletes from the 2005 campaign and has some very talented first year athletes to help the Wildcats in the 2006 season. With ten new athletes, the St. Kate's team is one of the largest in the history of the program.</p> <p>Off the track, the Wildcats return a talented group of athletes, including Robin Reagan (So., Orange County, CA) and Rebecca Boorman (So., Coon Rapids, MN) both of whom improved greatly during the 2005 season. In addition, the Wildcats have added Minnesota state long jump champion Chi Chi Obi (Fy., St. Paul, MN) to further improve their field events.</p> <p>On the track, the Wildcats are led by captain Melanie Priebe (Sr., Isle, MN) who specializes in middle distance. Also returning are sprinters Meghan Dirkes (Jr., Shoreview, MN) and Nyasha Kanganga (So., Harare, Zimbabwe) and long distance competitor Havila Peterson (Sr., Eden Prairie, MN). "We are looking to improve individually throughout the season as well as continuing to raise our competitive status within the tough MIAC, " summarized second year head coach Sara Daymont.</p>
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<u>Saint Mary's University</u>		
Head Coach:	Kirk Nauman (3rd season)	
2005:	4th at MIAC Championships	
Key Returners:	Ellen Koranda (Sr., Blue Earth, Minn., Distance) Maria Roche (Jr., New Prague, Minn., Sprints) Autumn Valk (Sr., Appleton, Wis., Hurdles) Megan Mason (Sr., Rochester, Minn., High jump)	

Season Preview:	<p>The 2005 track and field seasons were filled with memorable moments for Saint Mary's University coach Kirk Nauman.</p> <p>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.</p> <p>There was Ashley Dingels (pentathlon) and Maria Roche (New Prague, Minn. / 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.</p> <p>And that was just the indoor season.</p> <p>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-feet-7 to place fourth in the NCAA high jump, earning the then-senior the third All-American honor of her career.</p> <p>"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.</p> <p>"We had a lot of outstanding achievements last year, and, hopefully, we can pick up right where we left off this year."</p> <p>Complete SMU track and field preview: http://sports.smumn.edu/track/2006/newsletter/trpreview.html </p>
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St. Olaf College		
Head Coach:	Chirs Daymont (23rd season)	
2005:	10th at MIAC Championships	
Key Returners:	<p>Liz Ghandour (Sr., Madelia, Minn./Madelia)</p> <p>Marla Nelson (Sr., Mendota Heights, Minn./Sibley)</p> <p>Kezia Manlove (Sr., Rapid City, S.D./Rapid City Stevens)</p> <p>Stacy Griffin (Jr., Newton, Kan.)</p> <p>Kaia Knutson (Sr., Fargo, N.D./Fargo South)</p>	

Season Preview:	<p>The St. Olaf women's track team enters the 2006 indoor track season with a strong, experienced group of athletes.</p> <p>In 2005, they finished tenth at the MIAC Indoor Championships, but continued to improve, moving up to sixth at the outdoor conference championships in May.</p> <p>Liz Ghandour (Sr., Madelia, Minn./Madelia) and Marla Nelson (Sr., Mendota Heights, Minn./Sibley) return after solid performances pole vaulting last year. Both made the NCAA provisional qualifying height with vaults of 11-0 1/4 (3.36m) outdoors.</p> <p>Kezia Manlove (Sr., Rapid City, S.D./Rapid City Stevens), Jenny Ingebritsen (Sr., Bloomington, Minn./Kennedy), Erin Bengston (Sr., Flower Mound, Texas /Marcus), Brittany Schwager (Jr., Rochester, Minn./Century), Larissa Nordstrom (Sr., West Des Moines, Iowa/Valley), and Andrea Gelle (Jr., Lakeville, Minn.), will hold up a tough distance and mid-distance core after a solid cross country season. Manlove finished third in the steeplechase with at time of 11:33 in the MIAC Outdoor Championships last spring.</p> <p>Stacy Griffin (Jr., Newton, Kan.) has already started her season well throwing the shot 11.33m (37-2 1/4) and 13.38m (43-10 3/4) in the weight throw at Mankato January 14.</p> <p>Sheryl West (So., Hayfield, Minn.) and Kaia Knutson (Sr., Fargo, N.D./Fargo South) will be key sprinters. Knutson will participate in multi-events and long jump as well.</p>
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University of St. Thomas		
Head Coach:	Joe Sweeney (26th season)	
2005:	1st at MIAC Championships	
Key Returners:	Kristal Grigsby (Sr., Long Jump, Triple Jump, High Jump, 400m)	
	Katie Theisen (Fr., Long Jump, Triple Jump, Middle Distance)	
	Molly Bauman (Sr., Hurdles, Long Jump, 400m)	
	Christina Chapman (Jr., 200, 400m)	
	Chelsea Guettinger (Sr., Distances)	
	Jenny Olin (Jr., Distances)	
Season Preview:	<p>Coach Joe Sweeney has guided Tommie track and cross country teams to 52 MIAC team championships out of 72 contested in cross country, indoor track and outdoor track. The Tommie teams have swept MIAC men's and women's indoor titles for six consecutive seasons.</p> <p>The 2005 Tommies placed fifth nationally both indoors and outdoors and swept both conference team championships. At last March's MIAC indoor championships, the UST women scored 61 points in the long jump, high jump and triple jump and claimed a 23-point win over runner-up Concordia (117 points). The Toms scored in 14 of 20 events and had seven firsts, three seconds and two thirds.</p> <p>They graduated NCAA long-jump champion Andretta Colley and NCAA runner-up and eight-time MIAC champ Brigid Power. But St. Thomas returns a two-time NCAA long jump champion in senior Kristal Grigsby and relay All-Americans Molly Bauman and Christina Chapman. Freshman Katie Theisen of New Prague, an All-MIAC cross country runner, is expected to make an immediate impact in hurdles, jumps and middle-distance events.</p> <p>Sweeney's 40-plus woman roster includes at least a dozen who could score at this year's indoor conference meet. Several distance runners are on hand from UST's fall cross country team that was MIAC runner-up and placed 15th at nationals.</p>	

