



2007 MIAC WOMEN'S INDOOR TRACK & FIELD CHAMPIONSHIP PREVIEW

March 1-3, 2007

St. Olaf College - Northfield, Minn.


[Official Website](#)


St. Thomas enters the 2007 MIAC Championship with the goal of capturing their eighth consecutive and 20th overall MIAC Indoor title. Last season, Concordia and Gustavus finished tied for second at the MIAC Championships. But with the graduation of many key athletes on both teams strong performances from numerous individuals will be key for the Gusties and Cobbers. Saint Mary's and Macalester will look to strong senior leadership to help propel them higher in the conference standings. While Saint Benedict, Carleton, St. Olaf, and Hamline also feature talented individuals who could help each of their teams improve upon last season. Bethel, Augsburg, and St. Catherine all have some of their deepest rosters in years and will look to surprise some teams at this year's conference championships.

The 2007 MIAC Women's Indoor Track & Field Championship will be held this weekend, March 1-3, at St. Olaf College's Tostrud Center in Northfield, Minn. Running in conjunction with the MIAC Men's Championship, the meet will feature the heptathlon and pentathlon on Thursday afternoon along with track and field events Friday evening and Saturday morning and afternoon.

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Augsburg College		
Head Coach:	Dennis Barker (12th season)	
2006 Results:	11th at MIAC Championships	
Key Athletes:	Whitney Holman (Fr., New Hope, Minn./Robbinsdale Armstrong) Megan Krumrie (So., Elk Mound, Wis.) Sadie Dietrich (So., Luverne, Minn.)	
Preview:	<p>Augsburg's women's track and field squad enters this year's MIAC indoor championships with a young and talented squad, aiming for improvement from last year's finishes.</p> <p>Augsburg has received several strong performances from freshman sprinter Whitney Holman (Fr., New Hope, Minn./Robbinsdale Armstrong HS). She currently ranks fifth among MIAC athletes in the 55-meter dash (7.55 seconds) and ninth in the 200-meter dash (27.20 seconds).</p> <p>Megan Krumrie (So., Elk Mound, Wis.), who recently joined the track team after the completion of the women's basketball season, currently ranks 19th among MIAC athletes in the 55-meter dash (7.85 seconds) and 24th in the 200-meter dash (28.15 seconds). Jessica Nordness (Jr., Burnsville, Minn.) has also recorded personal-best times in sprint events this season.</p> <p>Sadie Dietrich (So., Luverne, Minn.) is currently ranked 18th among MIAC athletes in the 400-meter dash (1:03.88) and 15th in the 600-meter dash (1:44.78). Juniors Sarah Peloquin (Jr., Prescott, Wis.) and Ashley Stoffers (Jr., Elk River, Minn.) have also shown continued improvement in distance events for the Auggies.</p>	

Bethel University		
Head Coach:	Jim Timp (2nd season)	
2006 Results:	10th at MIAC Championships	
Key Athletes:	Sheri Netland (Sr.) Autumn Adkins (Jr.) Angie Mooney (Sr.) Nikki Umhoefer (So.) Jennae Palmer (So.)	
Preview:	<p>The 2007 season looks to be a good opportunity to continue building upon the foundation that was set last year with the men's and women's squads both coached by Jim Timp. Assistant coach Doug Novak, who has been with the program for about 20 years, will continue his work with the vaulters while Bob Jones returns for his third year with the program as the throws coach. Kyle Leaf, who has been the jumps coach for the team will also add the sprints/hurdles to his duties this year.</p> <p>The women's squad is led by a trio of captains: Sheri Netland (Coon Rapids, Minn.), who was a national meet qualifier in the 400m last spring, Angie Mooney (Maple Grove, Minn.) in the throws and Nikki Umhoefer (Sauk Centre, Minn.) in the distance runs. Netland is spread throughout the Bethel record books for both indoor and outdoor competition in the 200m, 400m, and relay teams while Umhoefer holds records in the mile, 3000m, and 5000m run. Others that will figure significantly in scoring include Vanessa Moore (Niagara, Wis.), a school record holder and national meet qualifier last year in the high jump, Liz Labatt (Wayzata, Minn.) the school record holder in the pole vault, and Jennae Palmer (Mounds View, Minn.) a talented performer in the long jump, triple jump and part of a great pool of relay competitors.</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 the team needs to grow the program and contend in the MIAC. With the kind of talent coming on board and the leadership and commitment that is already in place, the squads are seeking top five finishes in the conference.</p>	

Carleton College		
Head Coach:	Donna Ricks (14th season)	
2006 Results:	7th at MIAC Championships	
Key Athletes:	Karen Campbell (So., Rochester, N.Y.) Molly Christian (Jr., Gering, Neb.) Kate Meyer (So., St. Paul, Minn.) Lindsey Nietmann (So., Kirkland, Wash.) Rachel Sinclair (Sr., Lexington, S.C.) Katherine Wingert (Jr., Coronado, Calif.)	

Preview:	<p>A year after finishing seventh at the MIAC Indoor Championships, Carleton looks to make a move upward behind a strong group of runners in the junior and sophomore classes.</p> <p>Junior Katherine Wingert enters the meet with the fastest 1,000 meter and mile times. The Knights, in fact, hold down five of the best 10 times in the event, as rookie Laura Roach owns the second-fastest time, sophomore Lindsey Nietmann ranks fifth and is the defending champion in the event, while rookie Sarah Forzley is 10th. Roach, Nietmann and Forzley could also be factors in the 800 meters, while Nietmann and rookie Eva Luderowski could score in the 600-meter dash.</p> <p>Sophomore Karen Campbell, a two-time All-MIAC performer at the outdoor championships a year ago, and senior Kelsey Barale figure to lead Carleton in the distance events. Campbell ranks fifth in the mile and second in the 3,000 meters, and Barale is fourth in the mile, eighth in the 3,000 and seventh in the 5,000 meters.</p> <p>In the field events, Carleton will be led by junior Molly Christian and senior Rachel Sinclair, as both will attempt to re-create the magic of the 2005 indoor championships. In that conference meet, Christian took the weight throw title and Sinclair was a runner-up finisher in the shot put. Sinclair enters this year's meet ranked fourth in the shot put and Christian eighth in the weight throw. Sophomore Diana Chan is also a threat to make the weight throw finals.</p> <p>Rookie Kelsey Donald gives Carleton a legitimate sprint threat for the first time in recent memory. She enters the MIAC Championships ranked eighth in the 55 meters, fifth in the 200 meters and fourth in the 400 meters.</p>
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Concordia College		
Head Coach:	Marv Roeske (12th season)	
2006 Results:	Tied for 2nd at MIAC Championships	
Key Athletes:	Heather Schuster (Sr., Grafton, N.D./Minto) Leah Kay (Fr., Dassel, Minn./Dassel-Cokato) Kelly Olson (Sr., Minot, N.D./Bishop Ryan)	


Preview:	<p>Concordia head coach Marv Roeske will need to have several outstanding individual performances at the MIAC Championship Meet if the Cobbers are to continue their string of top three finishes. Concordia has finished in the top three at the conference indoor meet for four consecutive seasons and is coming off two straight runner-up performances.</p> <p>Despite not having a returning national-caliber athlete heading into the season, the Cobbers have seen the rise of one track athlete fill that void. Heather Schuster (Sr., Grafton, N.D./Minto HS) has filled the void left by Angie Pfeiffer and Natalie Hanson from one year ago. Schuster has provisionally qualified for the NCAA National Meet in the 800 meters and owns the fastest time in the MIAC in that event this year. She is also ranked second in the 600 meters and eighth in the 400 meters and mile run heading into the conference meet. Overall, she has four different team-best times in 2007.</p> <p>After Schuster, Concordia will have to rely on its depth and the ability of a few newcomers if they want to place in the top three. The Cobber middle distance and distance crew will once again be the strength of the team. Besides Schuster, look for Kelly Olson (Sr., Minot, N.D./Bishop Ryan HS), Maria Middleton (Jr., Northfield, Minn.) and freshmen Kristin Slette (Fr., Moorhead, Minn.) and Bergen Holzworth (Sullivan's Island, S.C./Bishop England HS) to help out the Cobber cause. Olson is ranked fifth in the 400 meters and is one of the keys to the CC 4x400-meter relay team. Middleton will be a contender in the 3000 and 5000 meters, while Slette is ranked 5th in the 600 meters and Holzworth has the fifth fastest time in the 5000 meters.</p> <p>Leading the way for the Concordia field athletes is freshman Leah Kay (Dassel, Minn./Dassel-Cokato HS). Kay will look to continue the tradition of outstanding Concordia multi-event athletes. She has posted the top mark in the conference in the pentathlon heading into the championship meet. She is also ranked third in the high jump and is only 1.25 inches away from provisionally qualifying for the national meet in that event.</p> <p>If several other Cobber athletes can step up and improve on their season-best marks then look for Concordia to once again be in the top three at the end of the conference meet.</p>
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<u>Gustavus Adolphus College</u>		
Head Coach:	Tom Thorkelson (9th season)	
2006 Results:	Tied for 2nd at MIAC Championships	
Key Athletes:	Janna Castellano (Sr., Blaine, Minn.) Shanna Dawson (Jr., Fairmont, Minn.) Sari Lindeman (Jr., Cannon Falls, Minn.) Kaelene Lundstrum (Fy., Bird Island, Minn.)	

Preview:	<p>The Gustavus Adolphus women's indoor track and field team has finished in the top three at the MIAC Championships in ten of the last 11 seasons after finishing tied for second with Condordia at last year's meet. The Gusties are looking for a comparable result this season, but the path will be difficult as they return only one All-MIAC performer from last season's meet.</p> <p>The Gusties strength lies in the field events with Janna Castellano (Sr., Blaine, Minn./Totino-Grace) and Shanna Dawson (Jr., Fairmont, Minn.) in the pole vault, Sari Lindeman (Jr., Cannon Falls, Minn.) in both the triple jump and long jump, and Kaelene Lundstrum (Fy., Bird Island, Minn./BOLD) in the shot put.</p> <p>Castellano, the 2005 indoor conference champion in the pole vault, was hampered by injuries during much of last season but has rebounded to post a NCAA provisional qualifying height of 11-6 1/4, the best mark in the MIAC as of Feb. 22. Dawson, Gustavus' lone returning all-league selection, placed third in the pole vault at last season's indoor meet and was runner-up at the league outdoor meet and is ranked second with a vault of 10-10 1/4. First year Meredith Halling (Rochester, Minn./Mayo) ranks sixth (9-6 1/2), while sophomore Becca Swanson (New Hope, Minn./Robbinsdale Cooper) ranks seventh (9-4 1/2).</p> <p>Lindeman came on strong during the 2006 outdoor season, placing second at the MIAC Championships in both the long jump and triple jump. During the 2007 indoor season, that trend has continued as Lindeman enters the championships near the top of the performance lists in both events. As of Feb. 22, Lindeman ranks 2nd in the long jump with a mark of 17-0 and third in the triple jump with a mark of 36-0.</p> <p>Lundstrum enters the championships with one of the league's best efforts in the shot put. Lundstrum's 41-3/4 heave at the University of Minnesota Parents Day Open ranks third in the MIAC as of Feb. 22. Fellow first year Anna Bauer (Hastings, Minn.) is ranked seventh in the weight throw with a mark of 43-5 3/4.</p> <p>On the track, Carlie Hanson (Sr., Buffalo, Minn.) holds one of the top times in the 400-meter dash with a 61.99 clocking, while Sam Madsen (So., Morgan, Minn./Cedar Mountain) ranks eighth in the 800-meter dash with a time of 2:26.11.</p>
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Hamline University		
Head Coach:	Shawn Johnson-Hipp (1st season)	
2006 Results:	9th at MIAC Championships	
Key Athletes:	<p>Sara Burns (Jr., LeSueur, Minn./LeSueur-Henderson)</p> <p>Melissa Francis (Sr., Windom, Minn.)</p> <p>Amanda Jones (Sr., Winsted, Minn./Mayer Lutheran)</p> <p>Tami Klenke (Jr., Red Wing, Minn.)</p> <p>Dana Luiken (Sr., Chatfield, Minn./Chosen Valley)</p>	

Preview:	<p>Hamline will look to improve on last season's ninth place finish in the MIAC Indoor Track and Field Championships with a well-rounded group of athletes. The Pipers are led by senior Dana Luiken (Chatfield, Minn.), who finished first in the pentathlon last season. In 2007, Luiken has posted the second-best time in the 55-meter hurdles (8.79).</p> <p>Senior Amanda Jones (Winsted, Minn.) will contribute in the throwing events for the Pipers. Jones placed fifth in the weight throw a season ago and has the third-best distance (48-9) in the event this season. Sophomore Johnanna Ganz (Merrill, Wis.) could also score for the Pipers in the throwing events.</p> <p>The Pipers distance and middle distance crews, led by seniors Melissa Francis (Windom, Minn.) and Lacey Schrupp (Becker, Minn.) and junior Sara Burns (LeSueur, Minn.), will also add to the Piper point totals.</p>
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Macalester College		
Head Coach:	Martin Peper (6th season)	
2006 Results:	5th at MIAC Championships	
Key Athletes:	Susan Brown (Sr., Kingston, Jamaica/Meadowbrook) Kaela Schramm (Sr., St. Paul, Minn./Como Park) Emily Matthews (Fr., Fort Collins, Colo.) Anna Hankins (Fr., Mansfield Center, Conn./Smith)	
Preview:	<p>Macalester jumped up three spots and posted its highest indoor finish in eight years when it took fifth at last winter's MIAC championships. Led by a pair of the MIAC's top multiple-event standouts Susan Brown (Sr., Kingston, Jamaica / Meadowbrook) and Kaela Schramm (Sr., St. Paul, Minn. / Como Park), the Scots could challenge for a high finish if these two continue to shine.</p> <p>Schramm is currently ranked No. 5 nationally in the 55-meter hurdles and the former MIAC outdoor high hurdle champ has been selected MIAC indoor track athlete of the week three times in a four-week span. She was third in the indoor hurdles as a sophomore and junior and at last year's conference meet took first place in the triple jump. Schramm has earned six track and field All-MIAC certificates and been a fourth-place finisher on five other occasions in hurdles races, the triple jump, long jump and sprints. In addition to being the defending triple jump champ and the top-ranked hurdler, Schramm is also listed in the top three on the MIAC honor roll in the 55 dash and long jump</p> <p>Brown has an equally impressive resume and the triple jump All-American from last spring and is currently ranked sixth nationally in the high jump and ninth in the triple jump. She's a seven-time All-MIAC performer with conference indoor and outdoor finishes including a first, two seconds and two thirds. At last spring's MIAC outdoor meet, Brown won the triple jump, took second in the high jump, and was fourth in the long jump.</p> <p>Macalester has several other candidates for high MIAC finishes and all-conference honors, including Emily Matthews (Fr., Fort Collins, Colo.) in the sprints and Anna Hankins (Fr., Mansfield Center, Conn. / Edwin Smith) in the middle distances. Matthews is ranked fourth in the 55 meters and Hankins is third in both the 600 and 800. Allie Woerpel (Sr., Mequon, Wis. / Homestead) is ranked fourth in the 1000.</p>	


College of Saint Benedict	
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Head Coach:	Robin Balder-Lanoue (8th season)	
2006 Results:	6th at MIAC Championships	
Key Athletes:	Mary Schletty Margot Branigan Kristin Haubrich Corey Hickner Elise Cooper Jennifer Ranallo	
Preview:	<p>The College of Saint Benedict track and field team is looking to improve from last year at the 2007 Indoor MIAC Championships. After graduating several All-American athletes in 2006, the rest of the Blazers are stepping up for what could be some surprise finishes in the MIAC.</p> <p>Leading the Blazers throughout the season thus far is sophomore Mary Schletty. Schletty has been dominating the jumps, claiming first place at least once in the triple, long and high jump at various meets this season. Schletty also broke the school record in the triple jump with a leap of 11.14 meters. She has demonstrated strong finishes in the 55 meter hurdles and shot put as well, and is looking to be a contender in the pentathlon.</p> <p>Another jumper paving the way for the Blazers is first-year Ali Galzki, who won the long jump at the CSB Triangular meet. Senior Kelsie Hansen and sophomore Britta Kolb have also shown stellar performances in both jumps and the 55 meter hurdles.</p> <p>On the track the Blazers have several other strong athletes to watch. Junior Annie Clintsman and sophomore Elise Cooper have both demonstrated strong performances in the short sprints so far this season. The pair finished first and second respectively at the CSB Triangular meet. Look to sophomore Jennifer Ranallo to represent Saint Benedict in the mid-distance races, who finished second in the 600 meter at the CSB Invitational.</p> <p>Several distance runners have added to the Blazer's success by collecting numerous top finishes this season. First-year Margot Branigan, junior Kristin Haubrich and senior Corey Hickner have all claimed first place in the 5000 meter at various meets this season. Branigan and Haubrich hold top honors in the 3000 meter as well.</p> <p>The Blazers have a vast number of athletes with the ability to rack up team points, and this depth should help lead Saint Benedict to a successful finish at the MIAC Championships.</p>	


College of St. Catherine		
Head Coach:	Mike Henderson (1st season)	
2006 Results:	12th at MIAC Championships	
Key Athletes:	Sarah Meissner (So., Stillwater, Minn.) Chi Chi Obi (So., Woodbury, Minn.) Greta Sieve (Fy., New Ulm, Minn.) Celeste Ventura (Fy., La Puente, Calif.)	

Preview:	<p>The 2007 version of the Wildcat track and field team features several first year and sophomore athletes that will be looked at to be the leading point scorers for the squad. This season's team features 10 student-athletes that are either in their first or second season competing at the college level.</p> <p>Individually, the Wildcats will look to Sarah Meissner to be a threat in several events. Meissner has lead the Wildcats to this point in the indoor season, including setting a new school record in the 200 meters. Meissner also sits second in Wildcat history in the 55-meter hurdles, set this season at the University of Minnesota's Parents Day Open. In addition, Meissner anchors the 4 X 400 meter relay team that ran the third fastest time in school history, also at the Parents Day Open.</p> <p>Chi Chi Obi has also began to put her stamp on Wildcat track and field, running the fourth fastest time in school history in the 55-meter hurdles at the Bethel Invite. Obi also moved up the ranks in the long jump where she recorded the fourth longest jump in Wildcat history at the same meet.</p> <p>"We have some individuals that have done a great job this season, the entire team works hard and I think we are creating a great base for our program to build on," stated Wildcat head coach Mike Henderson.</p>
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Saint Mary's University		
Head Coach:	Kirk Nauman (4th season)	
2006 Results:	4th at MIAC Championships	
Key Athletes:	Amanda Weinmann (Sr., Rochester, Minn.) Ashley Luehmann (Sr., Lewiston, Minn.). Emily Bartusek (Sr., Albert Lea, Minn.)	
Preview:	<p>In his three years as head coach of the Saint Mary's University track and field teams, Kirk Nauman has put up some rather impressive numbers:</p> <ul style="list-style-type: none">* 3 All-Americans.* 14 NCAA Division III national qualifiers.* 32 NCAA Division III provisional qualifiers.* 60 school records. <p>With a three-year run like that, what can Nauman do for an encore? Add on to those gaudy numbers in all four categories.</p> <p>"What's the next step? Keep improving, keeping moving the program forward," said Nauman, whose team has done just that, earning a pair of NCAA provisional qualifiers and shattering several school records during the indoor season.</p> <p>"We've shown a lot of growth in my first three years here, not only in roster size, but also in the quality of the athletes that we have competing for us. We've made some great strides, but we've still got a ways to go to get where we ultimately want to be."</p>	

St. Olaf College			
Head Coach:	Chirs Daymont (24th season)		
2006 Results:	8th at MIAC Championships		

Key Athletes:	Stacy Griffin (Sr.) Andrea Gelle (Sr.) Erin Weier (Sr.)
Preview:	<p>St. Olaf's Tostrud will host the 2007 Indoor Track and Field MIAC Championships this Saturday, March 3.</p> <p>Senior Andrea Gelle will lead the Oles middle distance crew. Gelle sports an MIAC second-place time of 2:21:34. Joining Gelle in the middle distance category will be junior Lindsey Saunders. Saunders and Gelle are both ranked in the MIAC in events from the 400 through the 1000M. Senior Erin Weier, who is coming off a win in the mile run at last weekend's Ole Open is also poised to score in that event.</p> <p>The distance runners will be led by the duo of junior Jenna Carlson and senior Brittney Schwager. The two are ranked in both the 5K and the 3K distances.</p> <p>Senior Stacy Griffin will be the Oles' featured field athlete, participating in the shot put and weight throw. Griffin has already qualified for the NCAA's with her school-record throw of 15.89m (52' 1 3/4") in the weight throw and ranks 11th in the nation.</p> <p>First year Amie Fillmore could score some points in the pole vault. Fillmore won the event at the Ole Open on Friday. Her vault of 3.40 ranks 3rd and is a height away from the national qualifying mark.</p> <p>Multi event junior, Katja Andresen could also challenge pentathlon in the Meet's first event and in her specialty event, the 55 meter hurdles.</p>

University of St. Thomas		
Head Coach:	Joe Sweeney (27th season)	
2006 Results:	1st at MIAC Championships	
Key Athletes:	Christina Chapman (Sr.) Carol Comp (Jr.) Selina Dehn (Jr.) Shara Guidry (Jr.) Jenny Olin (Sr.) Katie Theisen (So.)	

Preview:

St. Thomas is looking to claim its eighth consecutive MIAC Indoor Track and Field team championship. Bethel, Carleton and Gustavus lead the teams trying to knock off UST, and a closer, lower-scoring meet could result.

In his 27-year tenure at St. Thomas, Coach Joe Sweeney's teams have won 55 of the 73 possible MIAC team championships in cross country, indoor track and outdoor track. The Tommies have swept the conference indoor and outdoor track championships six of the last seven seasons, and have won 20 of the last 22 outdoor championships.

St. Thomas graduated NCAA champ Kristal grigsby and All-American Molly Bauman. The Toms will lean on senior Christina Chapman in the 55, 200 and 400 dashes, and sophomore Katie Theisen in the 600-800-1000 and long jump and triple jump. UST also will look for big points in the 4x200 and 4x400 relays. Junior Selina Dehn has a chance to contribute well in the three jump events. The Tommie throwers excelled last May at the conference outdoor meet and also could play a huge role in a title bid. Senior Jenny Olin will look to score in the long distance events. Two freshmen who could help are Laura Janas in the hurdles and Erin Sprangers in the 800-1000.