



2004 MIAC WOMEN'S OUTDOOR TRACK & FIELD PREVIEW

The 2004 MIAC Women's Outdoor Track & Field season could be the same as many of the past seasons with the MIAC chasing perennial conference powerhouse St. Thomas. The Tommies have one twenty of the twenty-two MIAC Outdoor championships. The four teams with the best shot at dethroning St. Thomas are Carleton, Concordia, Gustavus, and Saint Benedict. Hamline and Augsburg will be carried by a few talented individuals to challenge the rest of the MIAC. While St. Olaf and Macalester will rely on their overall team depth to carry them. The reminder of the conference includes; Saint Mary's, St. Catherine's, and Bethel all of which have young teams that are eager to improve upon last season's performance.

The 2004 MIAC Women's Outdoor Track & Field championships will be held May 7-8, 2004 at St. Olaf College in Northfield, Minn.

| [AUG](#) | [BC](#) | [CAR](#) | [CONC](#) | [GAC](#) | [HAM](#) | [MAC](#) | [CSB](#) | [CSC](#) | [SMU](#) | [STO](#) | [UST](#) |

<u>Augsburg College</u>		
Head Coach:	Dennis Barker (10th season)	
2003:	11th 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>
------------------------	--

Bethel College		
Head Coach:	Suzanne Ray (4th season)	
2003:	12th at MIAC Championships	
Key Returners:	Trisha Steele, junior Shanelle Lee, sophomore	

Season Preview:	The Royals will hope to reverse their fortunes after a 12th place finish at the MIAC indoor conference meet in early March. Junior Trisha Steele (Fairmont, Minn.) finished in fifth place in the MIAC Pentathlon and set a new Bethel school record in the process with 2,876 points, which broke Bethel's previous school record by 528 points.
------------------------	---

Carleton College		
Head Coach:	Donna Ricks (11th season)	
2003:	2nd at MIAC Championships	
Key Returners:	<p>Kristi Colbenson, Jr., Rushford, Minn. (Rushford-Peterson), Javelin/Heptathlon/Middle Distance, Three-time All-MIAC performer in 2003, All-American in javelin</p> <p>Cassie Funke, Jr., Partridge, Kan. (Haven), Distance, 2003 All-MIAC in steeplechase, 2004 MIAC Indoor Championships winner at 3,000 meters</p> <p>Andrea Grunst, Sr., St. Paul, Minn. (Central), Distance, top five in 5,000 and 10,000 at 2003 MIAC Outdoor Championships, Top three in 3,000 and 5,000 meters at 2004 MIAC Indoor Championships</p> <p>Melissa Grunst, Sr., St. Paul, Minn. (Central), Distance, Top three in 3,000 and 5,000 meters at 2004 MIAC Indoor Championships and scored the 5,000 at the 2003 MIAC Outdoor Championships.</p> <p>Melissa Logan, Sr., St. Paul, Minn. (St. Paul Academy), Throws, 2004 MIAC indoor champion in weight throw</p>	
Season Preview:	<p>Three times in the last four years the Carleton women's track and field team has placed in the top three at the MIAC Outdoor Championships and in 2003 they finished a school-record second.</p> <p>While the Knights may be hard pressed to repeat last year's conference championship magic, a solid group of distance runners and throwers should help keep the Knights within striking distance of another top-three finish and another solid season under the direction of Coach Donna Ricks, now in her second decade at the helm of Carleton's women's track and field program.</p> <p>Junior Kristi Colbenson was a three-time All-MIAC performer last year in the javelin, heptathlon and 400-meter hurdles. She also earned All-America honors in breaking the Carleton school record in the javelin at the 2003 NCAA Outdoor Championships and will be counted on to score major points for the Knights in 2004.</p> <p>Junior Cassie Funke and senior twin sisters Melissa and Andrea Grunst leads a strong group of distance runners. Funke captured the 3,000-meter indoor title at the 2004 MIAC Indoor Championships and barely missed All-MIAC honors last season in the steeplechase, although she did break the Carleton record in the event. The Grunst twins both finished in the top four in the 3,000 and 5,000 at the 2004 MIAC Indoor Championships and will look to cap their spectacular careers with All-MIAC honors in the outdoor season. Junior Laura Hudson and senior Alison Traffanstedt should also score points for Carleton at the conference meet.</p> <p>In the field, senior Melissa Logan and rookie Liz Durham will pace the throwers. Logan won her first career individual conference title at the 2004 MIAC Indoor Championships in the weight throw and looks to keep that momentum going into the spring. Durham placed third in the same event, earning All-MIAC honors. The Knights will miss junior high jumper Julia Lippitt this spring as she is studying abroad.</p>	

Concordia College	
--------------------------	--

Head Coach:	Marv Roeske (9th season)	
2003:	4th at MIAC Championships	
Key Returners:	<p>- Lisa Owen, Sr., Mineral, Virg./Minot (ND) HS – Finished fifth in the steeplechase at the 2003 conference outdoor meet; earned all-conference honors this fall in cross country.</p> <p>- Angie Pfeiffer, So., Colman, S.Dak./Colman-Egan HS – Finished second in the 100 meters and 200 meters at the 2003 conference outdoor meet; earned All-American honors in the 100 meters at the NCAA Division III outdoor meet; won the 400 meters at the 2004 conference indoor meet.</p> <p>- Nicole Plante, Jr., Fort Benton, Mont. – 2003 conference champion in the javelin; finished fourth in the heptathlon at the 2003 outdoor meet.</p> <p>- Renee Splichal, Sr., Garrison, N.Dak. – Set school record in the pole vault at the CSB/SJU Invite with a height of 11-1.75; 3rd in the pentathlon at the 2004 MIAC indoor championship meet</p>	

Season Preview:	<p>The 2003-04 Concordia women's outdoor track and field team will have a renewed sense of enthusiasm after placing third, only a single point out of second, at the recently completed conference indoor meet. The Cobbers will be looking to improve on their fourth place finish from 2003 conference outdoor meet and make a move into the top three 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 outdoor season equation will add up to an improved finish at the outdoor championship meet and a multiple-athlete trip to the NCAA Division III National Meet.</p> <p>The top sprinter for the Cobbers is sophomore Angie Pfeiffer (Colman, S.Dak./Colman-Egan HS). As a first-year sprinter, Pfeiffer 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 recently won the 400 meters at the 2004 conference indoor meet.</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 fifth in the steeplechase at last year's conference outdoor meet and was fourth in the 1500 meters at the conference indoor meet. Splichal recently broke the school record in the pole vault and will be looking to improve on her ninth place finish at last year's conference heptathlon competition. She finished third in the pentathlon at the 2004 indoor championship. She also finished seventh in the triple jump at last year's outdoor conference meet. Plante, will be a force in the javelin and heptathlon. She has already uncorked a national provisional qualifying distance in the javelin. Unfortunately the mark will not count since it came two days before the national qualifying time period. She is the defending conference champion in the event. Plante finished second in the pentathlon at this year's indoor meet and will be looking to add a championship in the heptathlon this spring.</p> <p>The team will also have a solid core of relay teams that will help them score points at the conference meet. The Cobbers won the 4x400-meter relay at the conference indoor meet and narrowly missed qualifying for nationals. The team of Alissa Bilden (Fr., Miles, City, Mont./Custer County HS), Britt Berger (Fr., Kalispell, Mont./Flathead HS), Kelly Olson (Fr., Minot, N.Dak./Minot Ryan HS) and Pfeiffer combined to win the event in a time of 4:01.40. It was the first time since the 1995 season that the Cobbers won the event at the conference indoor meet. They will be hoping to capture the same magic at the outdoor meet.</p> <p>If Concordia can harness all their sprint, middle distance, jump and multi-athlete power than a top three finish at the conference outdoor meet is well within reach and a trip to the national meet with multiple qualifiers is right around the corner.</p> <p><u>For complete Cobber women's track and field coverage</u></p>
------------------------	--

Gustavus Adolphus College		
Head Coach:	Tom Thorkelson (6th season)	
2003:	3rd at MIAC Championships	
Key Returners:	Lindsey Weis (Senior, Mankato, Minn.) Triple Jump and High Jump Jackie Luehmann (Senior, Lewiston, Minn.) Throws Kristin Petersen (Senior, Hayfield, Wis.) Throws Nichole Peterson (Junior, Marshall, Minn.) Distance	

Season Preview:	<p>The 2004 Women's Outdoor 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 third last year behind Carleton and 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, Jackie Luehmann and Kristin Petersen, while a pair of talented juniors, Nichole Petersen and Shannon Martin, combine to provide the team with great leadership. Luehmann and Kristin Petersen will defend their 2003 MIAC titles in the shot put and discus, respectively. Luehmann hopes to build on her third place finish at the NCAA Indoor Championships this past March. Weis finished third in the high jump and sixth in the triple jump at the MIAC Championships last year. Nichole Petersen provides the team with a great distance runner as she captured second place in both the 5000 and 10,000 meter runs a year ago. Martin hopes to reach new heights after her third place finish at the conference meet last year.</p>
------------------------	---

Hamline University		
Head Coach:	Paul Scmaedeke (1st season)	
2003:	9th at MIAC Championships	
Key Returners:	<p>Danielle St. Louis, Jr., Hales Corner, Wis. – swept high jump at 2003 MIAC Indoor and Outdoor Championships, won high jump and 2004 MIAC Indoor Championships</p> <p>Christine Walsten, Sr., North St. Paul, Minn. – fourth in long jump and triple jump at 2004 MIAC Indoor Championships</p> <p>Corrin Hoffman, Sr., Eagan, Minn. – second in 800 meters at 2004 MIAC Indoor Championships</p>	

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>Head coach Paul Schmaedeke believes that three of his seniors, Christine Walsten (North St. Paul, Minn.) Corrin Hoffman (Eagan, Minn.) and Lindsey Conrad (St. Paul, Minn.) along with junior captain Danielle St. Louis (Hales Corners, Wis.) should provide leadership and set the work ethic for this year's team.</p> <p>St. Louis 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>Senior captain and middle distance runner Hoffman has been a scorer in the 800 meters for the last two seasons and is also a leg of the 1600-meter relay. Walsten, an anchor of the 400-meter relay team, also competes in the long and triple jump.</p> <p>Joining senior captain Conrad in the distance category is sophomore Kiedra Anderson (Minocqua, Wis.) who was an all-conference performer in cross country last fall and 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 in Ali Taylor and Stacy Heiling, Schmaedeke has high hopes for a few of the new faces to fill some shoes. Distance runner Monica Moreland (Fy., Osseo, Minn.), who competed at the state meet in the 3200 meters in high school, will join the distance runners this season along with Piper cross country runners Melissa Francis (Fy., Windom, Minn) and Lacey Schrupp (Fy., Becker, Minn.)</p> <p>Five other Hamline multi-sport athletes will also join the track and field team. Haden Bowie, (Fy., New Glarus, Wis) a middle-distance runner and jumper, ran cross country and played basketball for the Pipers and thrower Heather Sublet (Fy., Brooklyn Park, Minn.), played soccer for the Pipers. Amanda Jones (Fy., Winsted, Minn.), Dana Luiken (Fy., Chatfield, Minn), and Amy Klein (Fy., Newport, Wash.) played volleyball last fall and will compete in multiple events for the Pipers.</p>
------------------------	--

Macalester College		
Head Coach:	Martin Peper (3rd season)	
2003:	7th at MIAC Championships	
Key Returners:	<p>Kirsten Fristad (Jr., Rochester Hills, MI / Adams) - hurdles (MIAC 400 IH champ)</p> <p>Koby Hagen (So., Minneapolis, MN / Southwest) - middle distance Johanna Shreve (Jr., Savage, MN / Prior Lake) - jumps Renee Schaefer (Sr., Waukesha, WI / North) - distance, steeple</p>	

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 defending 400-meter intermediate hurdle champ Kristen Fristad (Jr., Rochester, MI / Adams), who is primed for another big season.</p> <p>Last fall's MIAC cross country individual champion 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 was second indoor in the 1000 and third in the 1500. Hagen 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), Francie Streich (So., Lincoln, NE / Southeast), Caroline Barnes (So., Cleveland Heights, OH) and Allison Woerpel (FY, Mequon, WI / Homestead).</p> <p>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 javelin. Susan Brown (FY, Kingston, Jamaica / Meadowbrook) and Colleen Schramm (FY, St. Paul, MN / Como Park) placed second and third, respectively, in the triple jump at the MIAC indoor championships.</p>
------------------------	--

College of Saint Benedict		
Head Coach:	Robin Balder-Lanoué (5th season)	
2003:	5th at MIAC Championships	
Key Returners:	<p>Jenna Wendorf, SO, Fulda,</p> <p>Leah Wurm, SO, Monticello</p> <p>Meghan Orgeman, JR, River Falls, Wis.</p>	
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. Last year was beneficial for Wendorff, getting some experience in the opportunities she faced.</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 will offer depth in the distance events.</p> <p>A strong sprinting group consisting of junior Sarah Nezworcki and sophomores Patti Clintsman and Bethany Keene will anchor the team. Clintsman has the capabilities and drive to be very successful in the long jump this season.</p> <p>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>"I am excited about the amount of energy and passion this team brings to every practice and meet," head coach Robin Balder-Lanoué commented.</p>	

College of St. Catherine		
Head Coach:	Jason Altman (1st season)	

2003:	10th 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:	8th at MIAC Championships	
Key Returners:	Ashley Dingels (Jr., Gibbon, Minn., MIAC pentathlon and heptathlon champion) Jenny Folgers (Jr., McHenry, Ill.)	

Season Preview:

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.

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.

On Sept., 19, 2003, however, that all changed.

Thornton abruptly stepped down as the Cardinals' head coach, accepting a position as the the head track and field coach at Washington (Mo.) University.

With Thornton's leaving, Nauman suddenly found himself swimming in some uncharted waters.

"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."

Yet, here he is, preparing his team - yes, his team - for the upcoming seasons.

"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."

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.

"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."

Just what are Nauman's expectations?

In a word = improvement.

"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).

"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.

"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.

"I'm excited about the season we have the potential for some really, really good things."

St. Olaf College

Head Coach: Greg Binstock (1st season at STO)

2003: 6th 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 tham 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, 5X MIAC champ</p> <p>Brigid Power, JR, middle-distance, 2003 national cross country qualifier, 2004 NCAA indoor qualifier 1500</p> <p>Kristal Grigsby, SO, sprints-jumps, 2004 NCAA TJ All-American</p>	

**Season
Preview:**

St. Thomas will be pressed in its bid for a fifth consecutive MIAC outdoor title. Head coach Joe Sweeney now has won 50 of a possible 66 team championships in his 24 seasons in MIAC cross country and indoor and outdoor track, as his team posted a 47-point win over runner-up Gustavus at the March 5-6 indoor championship.

Sweeney's team lost several versatile athletes from last season, when the Toms 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.

The Tommies will likely compete this spring without Smock, a four-time All-American. She will graduate with honors in May and plans to enroll at the University of Minnesota for graduate school next year. She wants to save her season of outdoor eligibility and compete with the Gophers.

Three athletes expected to lead the Tommies are senior All-American pole vaulter Karolien Bastiaens, junior middle-distance ace Brigid Power, and sophomore sprinter/jumper Kristal Grigsby. 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. Newcomers expected to contribute include 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.