



2006 MIAC WOMEN'S OUTDOOR TRACK & FIELD PREVIEW

The 2006 MIAC Women's Outdoor Track & Field season will once again be a competitive one with some of the top NCAA Division III athletes competing. Teams will be looking to rival defending MIAC champion St. Thomas who will count on both talent and depth to reclaim their title. Top finishers in last year's outdoor meet were Gustavus, Saint Benedict, Concordia, and Macalester. These teams will look to experience to challenge St. Thomas for the conference championship. St. Olaf, Saint Mary's, Augsburg, Bethel, Carleton, Hamline, and St. Catherine are looking to build on last season and improve in the conference standings.

The 2006 MIAC Women's Outdoor Track & Field championships will be held May 12-13, 2006 at the University of St. Thomas in St. Paul, Minn.

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<u>Augsburg College</u>		
Head Coach:	Dennis Barker, 11th Season	
2005:	8th Place	
Key Returners:	NA	
Season Preview:	NA	

<u>Bethel University</u>		
Head Coach:	Jim Timp, 1st Season	
2005:	9th Place	
Key Returners:	<p>Anna Beich (Sr., Andover, Minn.)</p> <p>Sheri Netland (Jr., Coon Rapids, Minn.)</p> <p>Autumn Adkins (So., Stillwater, Minn.)</p> <p>Angie Mooney (So., Maple Grove, Minn.)</p> <p>Nikki Umhoefer (So., Sauk Centre, Minn.)</p> <p>Jennae Palmer (So., Mounds View, Minn.)</p>	

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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Carleton College		
Head Coach:	Toby Hatlevig, Interim Coach	
2005:	10th Place	
Key Returners:	<p>Kestrel Schwaiger (Jr., Mutli-Events/Javelin, Eagle River, Wis. / Choate Rosemary Hall)</p> <p>Katherine Wingert (So., Mid-Distance, Coronado, Calif.)</p> <p>Rachel Sinclair (Jr., Throws, Lexington, S.C.)</p> <p>Heather Hoecker (So., Distance, Rochester, Minn. / Century)</p>	

Season Preview:	<p>Coming off of a seventh-place finish in the MIAC Indoor Championships, the Carleton College women's track and field team will be looking to use the move outdoors to its advantage in the 2006 season.</p> <p>The Knights competed at the Oxy Distance Carnival and the Ben Culley Invitational in Los Angeles over their spring break, putting forth excellent performances across the board.</p> <p>Under interim head coach Toby Hatlevig, the Knights saw significant successes in all indoor events, with middle-distance standout Lindsey Nietmann (Fy./Kirkland, Wash.) claiming the 1,000-meter title. "Our strengths do not change now that we are outside for competitions," Hatlevig said. "In fact, those areas are amplified."</p> <p>Hatlevig pointed to the addition of the discus and javelin in the outdoor season as advantages for the Knights, as junior Kestrel Schwaiger (Eagle River, Wis.) scored in the MIAC Championships last season in the javelin. Schwaiger, who finished a strong fourth in the indoor pentathlon, will try her hand in the heptathlon this spring. Returner Rachel Sinclair (Jr./Lexington, S.C.), was second in the shot put last year, will add strength to the Carleton throwers.</p> <p>"Our sprint crew will be led by returning Vanessa Brown (Jr./Lakeville, Minn.) and Kestrel," said Hatlevig. Courtney Dewart (Fy./Indianapolis) ran a very promising indoor season and will contribute to the Knights' outdoor efforts.</p> <p>The middle distance athletes, despite losing the indoor 600- and 1,000-meter distances, possess a strong range of abilities from the 400 to 1,500—a key asset for the 4x400 and 4x800 relay squads. In addition to Nietmann, Kate Meyer (Fy./St. Paul, Minn.) and Lauren Milne (So./Albuquerque, N.M.) give depth to the shorter distances. Katherine Wingert (So./Coronado, Calif.) provisionally qualified in the winter in the 800 meters and ran to a fourth-place finish in the mile at the MIAC Indoor Championships.</p> <p>Experiencing the greatest growth since the winter is the distance team, whose ranks are amplified by returners Kelsey Barale (Jr./Oakland, Calif.) and Katie Visco (Jr./Glen Ellyn, Ill.), back from off-campus studies. Senior Sarah Kay Schillaci (Ridgewood, N.J.), an All-MIAC performer in cross country, joins the team for her first and only season of track competition. Karen Campbell (Fy./Ann Arbor, Mich.) and Heather Hoecker (So./Rochester, Minn.) led the distance runners throughout the winter, culminating in an impressive four-five finish in the indoor 5,000 meters. Both Campbell and Hoecker will take on the steeplechase this season.</p>
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Concordia College		
Head Coach:	Marv Roeske, 11th Season	
2005:	4th Place	
Key Returners:	NA	
Season Preview:	NA	

Gustavus Adolphus College		
Head Coach:	Tom Thorkelson, 8th Season	
2005:	2nd Place	

Key Returners:	<p>Blythe Bittman (Sr., Sprints, Fairmont, Minn.)</p> <p>Janna Castellano (Jr., Pole Vault, Blaine, Minn./ Totino Grace)</p> <p>Ashley Cronen (Sr., Sprints/ Mid-Distance, Kandiyohi, Minn. / Willmar)</p> <p>Krista Cruse (Jr., Mid-Distance, Hastings, Minn.)</p> <p>Kourtney Joyce (Sr., Distance, Wadena, Minn. / Wadena-Deer Creek)</p>
Season Preview:	<p>The Gustavus Adolphus women's outdoor track and field team lost three of seven outdoor 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 runner-up a year ago at the MIAC Outdoor Championships after two consecutive third place finishes. This season, Gustavus looks to have the personnel to make the jump to the top, but that is not Thorkelson's main concern. "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 heptathlon at the MIAC Championships in May.</p> <p>Senior Kourtney Joyce (Wadena, Minn.) and junior Val Berquam (Kenyon, Minn.) lead Gustavus' hopes in the distance races. The pair finished 1-2 in the 3000-meter steeplechase at last year's MIAC outdoor championships, while Joyce 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>

Hamline University		
Head Coach:	Kelly O'Hara, 2nd Season	
2005:	11th Place	
Key Returners:	<p>Keidra Anderson (Sr., Distance, Minocqua, Wis. / Lakeland)</p> <p>Dana Luiken (Jr., Multi, Chatfield, Minn. / Chosen Valley)</p> <p>Sara Warnke (Sr., Distance, Winona, Minn.)</p>	

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. 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. Francis broke out last track season and followed that up by just missing a trip to the NCAA Cross Country Championship in the fall of 2005. A strong cross country season and consistent training bodes well for the upcoming track season for the entire group. Schrupp returned to the Piper cross country team mid-season and contributed greatly off of minimal mileage. After several months of more consistent training she looks to be in the scoring mix for the Hamline distance group.</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.</p> <p>Amanda Jones (Winsted, Minn.) is another member of the strong group of juniors that look to make their mark in the MIAC and the NCAA. Jones will lead the throwing crew in 2006. Jones was a national qualifier her first-year season, but was limited by illness in 2005. She looks to return to the NCAA championship meet and get on the podium at the MIAC meet in the weight throw indoors, and the discus and javelin outdoors. Jones has scored in the weight throw in every trip to the MIAC indoor championship and will look to move up in 2006.</p> <p>Sara Burns (LeSueur, Minn.) will lead the middle distance group and look to break out individually as well. Burns is a top returner who will look to break into high scoring for the Pipers in 2006. Last season, Burns was a key member of the 3200-meter relay that placed fourth in the MIAC and posted a top ten time in the 800-meter run. She is extremely versatile in any distance from 400 meters through the mile. Burns will be looked to one several relays as well as getting into scoring position in the 800 meter run.</p>
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Macalester College		
Head Coach:	Martin Peper, 7th Season	
2005:	5th Place	
Key Returners:	<p>Kaela Schramm (Jr., Hurdles/Jumps, St. Paul, Minn. / Como Park)</p> <p>Susan Brown (Jr., Jumps, Kingston, Jamaica / Meadowbrook)</p> <p>Lisa Ostenson (Sr., Throws, Wright, Wyo.)</p> <p>Koby Hagen (Sr., Mid-distance, Minneapolis, Minn. / Southwest)</p> <p>Emily Stafford (Sr., Mid-distance, Burnsville, Minn.)</p>	

Season Preview:	<p>Macalester is coming off a fifth-place MIAC indoor finish – its best in eight years – and return most key point-scorers from last year's fifth-place outdoor MIAC team, which posted the school's best finish since 1998. 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. At this past winter's MIAC indoor meet, Stafford won the 800 and took second in the 600, while Hagen was second in the 3K and third in the mile. 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) returns. Schramm joins Susan Brown (Jr., Kingston, Jamaica / Meadowbrook) to give the Scots a pair of very talented jump specialists. At the MIAC indoor meet in March, Schramm won the triple jump, while Brown was third in the triple jump, fourth in the long jump and fifth in the 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-Lanoué, 7th Season	
2005:	3rd Place	
Key Returners:	<p>Jenna Wendorff (Sr., Thrower, Fulda, Minn.)</p> <p>Patti Clintsman (Sr., Sprints/Long jump, Maplewood, Minn. / Hill-Murray)</p> <p>Bethany Keene (Sr., Sprints, Grand Rapids, Minn.)</p> <p>Jen Dalhed (Jr., Sprinter, Apple Valley, Minn.)</p> <p>Jennifer Hanson (Sr., Thrower, St. James, Minn.)</p> <p>Emily Coborn (So., Distance, St. Cloud, Minn. / Cathedral)</p> <p>Emily Cook (Sr., Distance, Duluth, Minn. / East)</p>	

Season Preview:	<p>The College of Saint Benedict outdoor track and field team is eager to enter the 2006 season. CSB has a roster that is very deep with athletes who can succeed in their events.</p> <p>Saint Ben's returns a strong, core group of relay runners including three of the four members of the 4x100 relay team that achieved All-American honors last spring. Seniors Patti Clintsman and Bethany Kenne along with junior Jen Dalhed will be looking to put on repeat performance from last spring.</p> <p>Another strength the Blazers have heading into the 2006 outdoor season is field athletes with experience. Senior Jenna Wendorff has experience and a conference championship in the shot put at the 2005 MIAC Championships heading into her last season of competition.</p> <p>Overall the team will look to improve on their indoor season and strive to find a balance of integrating incoming talent with the returning athletes on the team in hopes that it will yield a successful outcome this spring.</p>
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College of St. Catherine		
Head Coach:	Sara Daymont, 2nd Season	
2005:	12th Place	
Key Returners:	<p>Melanie Priebe (Sr., Mid-Distance, Isle, Minn. / Onamia)</p> <p>Meghan Dirkes (Jr., Sprints/Jumps, Shoreview, Minn. / Totino-Grace)</p> <p>Nyasha Kanganga (So., Sprinter/Jumps, Harare, Zimbabwe / Watershed College)</p> <p>Havila Peterson (Sr., Distance, Eden Prairie, Minn.)</p> <p>Robin Reagan (So., Throws, Orange County, Calif. / Mater Dei)</p> <p>Rebecca Boorman (So., Throws, Coon Rapids, Minn.)</p>	
Season Preview:	<p>The 2006 outdoor track and field season should be an exciting one for a young St. Kate's team. With the continued improvement of the returning veterans and the immediate impact the first year athletes have made, the prospect of scoring more points at the MIAC meet is bright.</p> <p>The Wildcats, led by middle distance runner and captain Melanie Priebe (Sr., Isle, MN), are planning to add to their top ten performance list in 2006. During the indoor season, fifteen athletes broke into the Wildcat honor roll in sixteen different events. First year athletes Chi Chi Obi (St. Paul, MN), Sarah Meissner, (Stillwater, MN), and Kristie Bronson (Princeton, MN) each cracked the honor roll in multiple events. In addition, Meissner placed 5th in the 55 meter hurdles at the indoor MIAC meet. Also looking to make strong contributions during the outdoor season are sprinters Meghan Dirkes (Jr., Shoreview, MN) and Nyasha Kanganga (So., Harare, Zimbabwe) and long distance competitor Havila Peterson (Sr., Eden Prairie, MN). In addition to the individual events, this is the strongest the relay teams have been in some time at St. Kate's. The 800 meter relay team of Katie Schmiel (Fy., New Ulm, MN), Priebe, Meissner, and Obi had several solid performances during the indoor season, including a 7th place finish at the MIAC meet.</p> <p>In the field events, 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. The Wildcats have also added Minnesota state long jump champion Obi to compete in the long jump and high jump.</p> <p>"We are looking to build on the performances from the indoor season and use that as a foundation for this year and the future of the program," stated second year head coach Sara Daymont.</p>	

Saint Mary's University		
Head Coach:	Kirk Nauman, 3rd season	
2005:	7th Place	
Key Returners:	<p>Ellen Koranda (Sr., Distance, Blue Earth, Minn.)</p> <p>Maria Roche (Jr., Sprints, New Prague, Minn.)</p> <p>Autumn Valk (Sr., Hurdles, Appleton, Wis. / Xavier)</p> <p>Megan Mason (Sr., High jump, Rochester, Minn. / Century)</p>	
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>	

St. Olaf College		
Head Coach:	Chris Daymont, 22nd Season	
2005:	6th Place	
Key Returners:	NA	
Season Preview:	NA	

University of St. Thomas	
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Head Coach:	Joe Sweeney, 26th season	
2005:	1st Place	
Key Returners:	<p>Kristal Grigsby (Sr., Sprints/Jumps, Minneapolis, Minn. / Breck)</p> <p>Molly Bauman (Sr., Hurdles/Sprints, Coon Rapids, Minn.)</p> <p>Christina Chapman (Jr., Sprints, Edina, Minn.)</p> <p>Chelsea Guettinger (Sr., Distance, Eau Claire, Wis. / Memorial)</p> <p>Jenny Olin (Jr., Mid-Distance/Steeple, Mounds View, Minn. / Totino Grace)</p>	
Season Preview:	<p>Coach Joe Sweeney has guided Tommie track and cross country teams to 53 MIAC team championships out of 73 contested in cross country, indoor track and outdoor track. The Tommies will look to claim the MIAC outdoor title for the 20th time in 22 seasons.</p> <p>The 2005 Tommies placed fifth nationally both indoors and outdoors and swept both conference team championships. 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 had 16 athletes who scored 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> <p>At this March's MIAC indoor championships, the St. Thomas women (125.7 points) won their seventh consecutive team title. They topped co-runners-up Gustavus and Concordia by 29 points. The Toms claimed the women's team title for the 19th time in the 22-year history of the event. The Tommies won four events and took second in three others. The Toms scored 49.7 points in the long jump, high jump and triple jump.</p>	