



2007 MIAC WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONSHIPS PREVIEW

May 11-12, 2007

Saint John's University - Collegeville, Minn.

[Official Website](#)

St. Thomas enters the MIAC Championships with the goal of capturing their 23rd title in the 26th year of the MIAC Women's Outdoor Track & Field Championships. Gustavus, Concordia, and Saint Mary's all have talented athletes on their respective rosters and should have a chance to challenge the Tommies for the top spot. Concordia is the only team other than St. Thomas to win a MIAC Outdoor title since St. Olaf won in 1984. The Cobbers won titles in 1999 and most recently in 2004. Carleton, St. Olaf and Macalester will look to strong senior leadership to help propel them higher in the conference standings. While Saint Benedict, Hamline, and Bethel also feature talented individuals who could help each of their teams improve upon last season. Augsburg and St. Catherine each have young rosters and will look to surprise some teams at this year's conference championships.

The 2007 MIAC Women's Outdoor Track & Field Championship will be held May 11-12, at Saint John's University's Clemens Stadium in Collegeville, Minn. Running in conjunction with the MIAC Men's Championship, the meet will feature both track and field events Friday evening and Saturday morning and afternoon. The MIAC Heptathlon will be held May 3-4 at Carleton College in Northfield, Minn.

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Augsburg College		
Head Coach:	Dennis Barker (12th season)	
2006 Results:	11th at MIAC Championships	
Key Athletes:	<p>Whitney Holman (Fr., New Hope, Minn./Robbinsdale Armstrong)</p> <p>Megan Krumrie (So., Elk Mound, Wis.)</p> <p>Jessica Nordness (Jr., Burnsville, Minn.)</p> <p>Kelsie Lungstrom (So., Inver Grove Heights, Minn./Simley)</p> <p>Sarah Peloquin (Jr., Prescott, Wis.)</p> <p>Ashley Stoffers (Jr., Elk River, Minn.)</p>	

Preview:	<p>Augsburg's women's track and field squad enters this year's MIAC outdoor 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 11th among MIAC athletes in the 100-meter dash (13.07 seconds) and 21st in the 200-meter dash (27.72 seconds).</p> <p>Megan Krumrie (So., Elk Mound, Wis.) has shined in both the sprints and jumps this season. She is currently ranked 12th in the 200-meter dash (26.77 seconds), 13th in the 100-meter dash (13.08 seconds) and 11th in the long jump (5.00 meters/16-feet, 5.0-inches). Jessica Nordness (Jr., Burnsville, Minn.) and Kelsie Lungstrom (So., Inver Grove Heights, Minn./Simley HS) have also improved in sprint events this season.</p> <p>Juniors Sarah Peloquin (Jr., Prescott, Wis.) and Ashley Stoffers (Jr., Elk River, Minn.) have shown continued improvement in distance events for the Auggies.</p>
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Bethel University		
Head Coach:	Jim Timp (2nd season)	
2006 Results:	10th at MIAC Championships	
Key Athletes:	<p>Sheri Netland (Sr.)</p> <p>Vanessa Moore (So.)</p> <p>Liz Labatt (So.)</p> <p>Angie Mooney (Sr.)</p> <p>Nikki Umhoefer (So.)</p> <p>Jennae Palmer (So.)</p>	
Preview:	<p>After a team best second place finish in the MIAC Indoor Championships, the Royals hope to carry their success into the 2007 outdoor season. Bethel looks to move up in the conference standings from their 10th place finish a year ago. The team has set their sights on a top four finish after receiving a big boost of confidence from the indoor season. The lack of depth, however, will prove difficult to be a difficult obstacle to overcome due to all the prelims that are necessary.</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 and this 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, and school record holder in the triple jump and part of a great pool of relay competitors. The 4x100 meter relay team of Adkins, Moore, Netland and Palmer will be chasing after a spot in the national meet, along with Netland in the 400m, Moore in the high jump and Umhoefer in the 5k and 10k</p>	

Carleton College	
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Head Coach:	Donna Ricks (15th season)
2006 Results:	5th at MIAC Championships
Key Athletes:	<p>Kelsey Barale (Sr., Oakland, Calif./Bishop O'Dowd)</p> <p>Molly Christian (Jr., Gering, Neb.)</p> <p>Kelsey Donald (Fy., Madison, Wis./Edgewood)</p> <p>Sarah Forzley (Fy., South Windsor, Conn.)</p> <p>Rachel Sinclair (Sr., Lexington, S.C.)</p> <p>Kestrel Schwaiger (Sr., Eagle River, Wis./Choate Rosemary)</p>
Preview:	<p>Senior Kelsey Barale, a breakout performer in the steeplechase this spring, and defending MIAC heptathlon champion Kestrel Schwaiger will lead Carleton at the 2007 MIAC Outdoor Championships.</p> <p>The Knights, who finished third at the MIAC Indoor Championships this past March for their best indoor finish since 1996, likely won't be as strong in the outdoor season, according to head coach Donna Ricks. Still, there's a lot of excitement as Carleton should have a lot of individuals vying for All-MIAC honors. The Knights placed fifth at last year's conference outdoor championship.</p> <p>Barale represents Carleton's best title shot, as she's the top-ranked steeplechaser by a fairly wide margin. She's currently 14th nationally with a provisionally qualifying mark, so the conference meet will provide her another shot at lowering that time.</p> <p>In the distance events, Karen Campbell looks to return to her form from the indoor season and last year's outdoor championships and is a major threat in the 5,000 and 10,000 meters. She finished second in the 5,000 and third in the 10,000 at last year's conference meet. Katherine Wingert is ranked in the top five in the 1,500 meters and rookies Sarah Forzley and Laura Roach figure to carry the Carleton banner in the middle distance races. Rookie sprinter Kelsey Donald could make some noise in the sprints, where the Knights have struggled to find points traditionally.</p> <p>The Knights look strong in the field events. Molly Christian continues to threaten the Carleton hammer-throw record and should score additionally in the discus and senior Rachel Sinclair has been throwing the javelin and shot put very well as of late.</p> <p>Schwaiger, the defending conference heptathlon champ, missed the indoor season while abroad and has been working tirelessly to get back to the spot she was a year ago when she captured the title. Ricks feels she may not quite get there, but a top-three finish is still very possible. A Carleton competitor has won the heptathlon twice in the past three years.</p>

Concordia College		
Head Coach:	Marv Roeske (12th season)	
2006 Results:	3rd at MIAC Championships	

Key Athletes:	<p>Heather Schuster (Sr., Grafton, N.D./Minto)</p> <p>Katlin Anderson (So., Lisbon, N.D.)</p> <p>Leah Kay (Fr., Dassel, Minn./Dassel-Cokato)</p> <p>Diane Moliva (Jr., Yaounde, Cameroon/Fustel de Coulanges)</p> <p>Kelly Olson (Sr., Minot, N.D./Bishop Ryan)</p> <p>Tara Ray (Fr., Darby, Mont.)</p>
Preview:	<p>The 2007 MIAC Outdoor Championship Meet could turn into the Heather Schuster (Sr., Grafton, N.D./Minto HS) show for the Cobbers. The middle-distance superstar has already automatically qualified for the NCAA National Meet in the 800 meters and has provisionally qualified in the 1500 meters. She has already broken the school record in the 800 meters twice and has been named the MIAC Track Athlete of the Week on three consecutive occasions. She has the fastest time in the conference in the 800 meters and second fastest in the 1500 meters and will be looking to back up her 800 meter and 1500 meter titles that she won at the conference indoor meet at the MIAC Meet on May 11-12. The senior will also help out a pair of Cobber relays as she tries to push the Cobbers into the top five at the end of the conference meet.</p> <p>Joining Schuster in being able to score top points will be freshman Leah Kay (Dassel, Minn./Dassel-Cokato HS), sophomore Katlin Anderson (Lisbon, N.D.) and senior Kelly Olson (Minot, N.D./Bishop Ryan HS). Kay is ranked second in the high jump entering the conference meet. Anderson is turning into a top-flight javelin athlete and will also factor in the heptathlon and high jump. She is currently ranked third in the javelin, seventh in the high jump and fourth in the heptathlon. Olson is the top Concordia sprint threat. She is fourth in the 400 meters and 200 meters in the conference rankings.</p> <p>Other Cobber field athletes who have a chance to succeed come conference time are Diane Moliva (Jr., Yaounde, Cameroon/Fustel de Coulanges) and Sara Sorbo (Fr., Adams, N.D./Adams-Edmore HS). Moliva has a distance of 142-11 in the hammer throw, which is the seventh best in the conference. Sorbo does double duty in the javelin and discus. She has the fifth best mark in the javelin and 11th longest discus too of the year.</p> <p>The Concordia distance crew could once again help the team score points at the conference meet. Junior Maria Middleton (Northfield, Minn.) and freshman Anna Hagen (East Grand Forks, Minn.) have both posted top ten times in the MIAC this season. Middleton ran a 40:49.58 in the 10,000 meters and sits in eighth place and Hagen has the ninth fastest time in the 3000-meter steplechase with a time of 12:25.97.</p> <p>Tara Ray (Fr., Darby, Mont.) has had a solid first season in the hurdle events. She is ranked in the top 11 in both the 100-meter and 400-meter hurdles. She is currently seventh in the 400-meter hurdles with a time of 67.66 and 11th in the 100-meter hurdles with a mark of 16.71.</p> <p>The Cobber relay teams will once again be looked upon to score major points. The traditionally strong 4x400-meter relay team, which won the 200 MIAC Indoor event, is ranked second heading into the outdoor conference meet. Both the 4x100-meter relay and the 4x800-meter relay squads have the talent to finish in the top five in the conference.</p>

Gustavus Adolphus College		
Head Coach:	Tom Thorkelson (9th season)	
2006 Results:	2nd at MIAC Championships	

Key Athletes:	<p>Janna Castellano (Sr., Blaine, Minn./Totino-Grace)</p> <p>Sari Lindeman (Jr., Cannon Falls, Minn.)</p> <p>Lisa Brown (So., Lake Crystal, Minn./Lake Crystal-Wellcome Memorial)</p> <p>Becca Bryson (Fy., Alden, Minn./Alden-Conger)</p> <p>Kaelene Lundstrum (Fy., Bird Island, Minn./BOLD)</p>
Preview:	<p>The Gustavus Adolphus College women's track and field team has finished in the top-five at the MIAC Outdoor Track and Field Championships each year dating back to 1994, including back-to-back runner-up finishes in 2005 and 2006. Gustavus' chances at a top-five finish will be heavily dependent on the Gusties' efforts in the field events. Lisa Brown is the defending national champion and has the fourth-best mark in Division III this season in the javelin throw (146-1), but could also pick up points in the shot put and discus, where she ranks fourth (40-7 3/4) and seventh (132-11), respectively.</p> <p>In addition, Ashley Clemen ranks second in the discus throw (136-1), Anna Bauer ranks eighth in the discus (132-10), ninth in the shot put (37-4), and tenth in the hammer (139-5), Kaelene Lundstrum ranks fifth in the shot put (39-11 1/4), and ninth in the javelin throw (108-10) and high jump (5-0 1/4) and competed in the MIAC Heptathlon May 3-4.</p> <p>Sari Lindeman and Becca Bryson have each posted a number of top efforts in the long jump and triple jump this season. Lindeman ranks first in the triple jump (37-3 1/4, NCAA provisional) and second in the long jump (17-6 1/4), while Bryson ranks fourth in the triple jump (36-9) and seventh in the long jump (16-8 3/4). Bryson also competed in the Heptathlon.</p> <p>A total of five Gustavus vaulters have cleared 10-0 to fall within the top-seven performances in the league. Janna Castellano tops the list with a NCAA provisional qualifying height of 12-1 1/2, while Shanna Dawson ranks third at 10-8.</p> <p>The Gusties do have some top performance on the track, though, as Aryn Bell posted the fifth-fastest 100 hurdles time with a 15.93 clocking at the Drake Alternative April 28. Also in the sprints, Linda Kanne ranks sixth in the 200 with a season-best time of 26.34, one spot ahead of Funto Okanla (26.51). Krista Cruse ranks 10th in the 400 (61.38), while distance runners Laura Edlund, Jill Fagerstrom and Val Berquam have also posted top-ten times. Edlund ranks seventh in the 5000 (18:49.02) and tenth in the 10,000 (41:40.11), while Fagerstrom ranks sixth in the 10,000 (40:15.92) and ninth in the 5000 (18:51.66). Berquam is ranked seventh in the 3000 steeplechase with a time of 12:09.79.</p>

Hamline University		
Head Coach:	Shawn Johnson-Hipp (18th season)	
2006 Results:	9th at MIAC Championships	
Key Athletes:	<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> <p>Lacee Schrupp (Sr., Becker, Minn.)</p>	

Preview:	<p>Multi-event athlete Dana Luiken leads the Pipers into the outdoor championships after defending her title in the pentathlon during the indoor season. Luiken is ranked first in the heptathlon after posting a school record 4,346 points – an NCAA provisional total - at the Bison Classic earlier in the season. The senior heads into the championships ranked second in the 110-meter hurdles (15.16) and second in the high jump (5-3 ¼).</p> <p>Senior Amanda Jones will look to score points in the throwing events. Her throw of 161-2 in the hammer is best in the MIAC this season. She is ranked fourth in the discus heading into the championships.</p> <p>The duo of Melissa Francis and Lacey Schrupp will be counted on to score in the distance events after both making the NCAA Women's Cross Country Championships while junior Tami Klenke enters the conference meet with the fourth-best long jump.</p>
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Macalester College		
Head Coach:	Martin Peper (6th season)	
2006 Results:	Tied for 6th at MIAC Championships	
Key Athletes:	<p>Kaela Schramm (Sr., St. Paul, Minn./Como Park)</p> <p>Callie PaStarr (Sr., Minneapolis, Minn./Southwest)</p> <p>Emily Matthews (Fr., Fort Collins, Colo.)</p> <p>Anna Hankins (Fr., Mansfield Center, Conn./Smith)</p> <p>Erin Lowrey (Fr., Whitefish Bay, Wis.)</p>	
Preview:	<p>Macalester could be without the services of injured All-America jumper Susan Brown (Sr., Kingston, Jamaica / Meadowbrook), defending MIAC triple jump champ as well as this winter's indoor high jump and long jump champion, to injury, but will still feature many of the MIAC's top athletes, including All-America hurdler Kaela Schramm (Sr., St. Paul, Minn. / Como Park).</p> <p>An eight-time All-MIAC performer, Schramm has won MIAC indoor titles in three different events and won the outdoor 100-meter high hurdle title as a sophomore. She was the '07 MIAC indoor track athlete of the meet while breaking the conference 55-meter hurdle mark, and should be a contender outdoors in the 100 hurdles, 100 dash, triple jump and long jump. Middle distance standout Callie PaStarr (Sr., Minneapolis, Minn. / Southwest) is enjoying her best spring campaign yet and is another contender for a conference title. The fourth-place finisher at last fall's conference cross country meet, PaStarr is currently ranked No. 15 in the nation and first in the MIAC in the 1500-meter run.</p> <p>Emily Matthews (Fr., Fort Collins, Colo.) is one of the conference's top young sprinters, while the Scots also feature a pair of top-notch young middle and distance runners in Anna Hankins (Fr., Mansfield Center, Conn. / Edwin Smith) and Erin Lowrey (Fr., Whitefish Bay, Wis.). The Scots could be a factor in the 4x100 relay, led by Matthews, Schramm and Jennifer Noelke (Sr., Seattle, Wash. / Garfield).</p>	

College of Saint Benedict		
Head Coach:	Robin Balder-Lanoué (8th season)	
2006 Results:	8th at MIAC Championships	

Key Athletes:	<p>Mary Schletty (So., St. Paul, Minn./Cretin-Derham Hall)</p> <p>Margot Branigan (Fr., Roseville, Minn.)</p> <p>Crystal Rausch (Sr., Holdingford, Minn.)</p> <p>Anne Redmon (Sr., Roberts, Wis./St. Croix Central)</p> <p>Maggie Donahue (So., Plymouth, Minn/Wayzata)</p> <p>Jennifer Ranallo (So., Rogers, Minn.)</p>
Preview:	<p>The College of Saint Benedict track and field team is looking to improve on their eighth place finish at the 2006 MIAC Championships, and has the team in place to do just that.</p> <p>Leading the team through both indoor and outdoor seasons thus far as been sophomore Mary Schletty. Schletty broke the CSB school record in the heptathlon which also was enough to provisionally qualify for the NCAA Championships. Schletty also will be going into the MIAC Championships as the number three triple jumper in the MIAC.</p> <p>In the long distance events, first-year Margot Branigan and junior Kristin Haubrich have been competing well and consistently finishing in the top eight in the 1500, 3000, and 10,000 meter races all season. Branigan and Haubrich are currently ranked third and fourth in the MIAC for the 10,000 meter. Sophomore Jennifer Ranallo has been excelling in the 800 meter race, also finishing consistently in the top group this spring.</p> <p>Anne Redmon has been anchoring the sprints this year for the Blazers, competing well in the 400 and 200 meter races. Redmon is currently ranked fifth in the MIAC in the 400 meter dash. In the 400 meter hurdles, senior Crystal Rausch is making some major waves with several top three finishes including first place honors at the Lee Krough Invitational. Rausch is ranked second in the event in the MIAC.</p> <p>Sophomore Maggie Donahue is ranked third in the 3000 meter steeplechase and also has been performing well all season. Donahue has also succeeded in other races such as the 1500 meter.</p> <p>Overall the Blazers have a lot of depth to bring to the conference meet and should be able to reach their goals of improving from last year.</p>

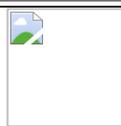
College of St. Catherine		
Head Coach:	Mike Henderson (1st season)	
2006 Results:	12th at MIAC Championships	
Key Athletes:	<p>Sarah Meissner (So., Stillwater, Minn.)</p> <p>Nikki Burg (Sr., Hokah, Minn.)</p> <p>Celeste Ventura (Fy., La Puente, Calif.)</p>	

Preview:	<p>This season has been a year of building for new Wildcat head coach Mike Henderson. Henderson will bring a small, young team to the 2007 MIAC Championships. Henderson will be looking to a trio of individuals to lead the young Wildcats.</p> <p>Sarah Meissner (So., Stillwater, Minn.) has been a consistent performer for the Wildcats throughout the 2007 season. During the indoor season, Meissner finished with the third best time in the 100 meter hurdles. Outdoors, she enters the MIAC Championships with the fourth fastest time and current St. Kate's school record time of 15.67 in the 100 meter hurdles.</p> <p>Last season Nikki Burg (Sr., Hokah, Minn.) finished 13th in the MIAC in the 5k. She will be looking to improve on that finish at this year's meet, she currently is seeded 10th in the conference. Henderson will also look to throwers Celeste Ventura (Fy., La Puente, Calif.) and Sami Larson (Fy., Gaylord, Minn.) to score some points for the Wildcats. Larson placed third in the javelin two weeks ago at the Lee Krough Invite with a personal record throw of 31 meters. Ventura took individual titles in both the weight throw and shot put earlier this year and hopes to continue the improvement she has shown throughout the season.</p> <p>"We will be taking a very young team to the meet so it is going to be a great learning experience for all of us," stated Wildcat head coach Mike Henderson. "Our basic goals are to qualify as many athletes as we can and hopefully set a few new personal records as well." added Henderson.</p>
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Saint Mary's University		
Head Coach:	Kirk Nauman (4th season)	
2006 Results:	4th at MIAC Championships	
Key Athletes:	<p>Amanda Weinmann (Sr., Rochester, Minn.)</p> <p>Ashley Luehmann (Sr., Lewiston, Minn.)</p> <p>Emily Bartusek (Sr., Albert Lea, Minn.)</p>	
Preview:	<p>At the MIAC Indoor Championships, Amanda Weinmann, Ashley Luehmann and Emily Bartusek laid claim to the title of MIAC's best, and the SMU trio is looking for a repeat performance at the conference's outdoor championships.</p> <p>Luehmann, who currently ranks No. 7 in all of NCAA Division III in the javelin, and has already won shot, discus and javelin titles during the outdoor season, is the defending conference champion in the discus and the runner-up in the javelin, while Weinmann (who placed eighth at the NCAA Division III Outdoor National Championships to earn her second All-American honor) has her sights set on improving on her second-place effort in the shot at last year's conference championships.</p> <p>"We've had a very good outdoor season," said SMU coach Kirk Nauman. "Every one seems to be hitting their strides at just the right time and I'm looking forward to a solid showing at the conference meet."</p>	

St. Olaf College		
Head Coach:	Chris Daymont (24th season)	
2006 Results:	Tied for 6th at MIAC Championships	

Key Athletes:	<p>Andrea Gelle (Sr.)</p> <p>Jenna Carlson (So.)</p> <p>Brittney Schwager (Sr.)</p> <p>Amie Fillmore (Fy.)</p>
Preview:	<p>After finishing third at the Indoor MIAC championships in March, the St. Olaf women are coming into the outdoor championships strong. Senior Andrea Gelle leads the team, with a national provisional qualifying 1500 time of 4:39.62 placing her third in the MIAC as of May 1. Gelle is also currently second in the MIAC with her 800m time of 2:16.28 and is a strong contribution to relays.</p> <p>Jenna Carlson and teammate Brittney Schwager numbers one and two in the MIAC for the 10,000m run and second and fourth, respectively, in the 5000m run.</p> <p>St. Olaf's 4x800m relay team is ranked second, just behind St. Benedict.</p> <p>In the field, Amie Fillmore is second in the MIAC in vaulting, with a season best of 3.36m.</p>

University of St. Thomas		
Head Coach:	Joe Sweeney (27th season)	
2006 Results:	1st at MIAC Championships	
Key Athletes:	<p>Carol Comp (Jr.)</p> <p>Selina Dehn (Jr.)</p> <p>Sheena Porter-Wrzos (Fr.)</p> <p>Katie Theisen (So.)</p>	
Preview:	<p>St. Thomas will look to use depth and balance in its run at an another MIAC outdoor team title.</p> <p>In May 2006, Coach Joe Sweeney's Tommies scored in 19 of 22 events with points from 20 different athletes to win the conference outdoor crown. Although the Tommies had no victories in the 100 through 10,000 meters on the track, they had 13 overall top-two finishes.</p> <p>Last March, St. Thomas won its eighth consecutive MIAC indoor team title despite winning only one individual event. The Toms received points from 19 different athletes and scored 142 points to top closest pursuers Bethel (109) and Carleton (96).</p> <p>The win also was the 56th of a possible 74 all-time MIAC title for Coach Joe Sweeney's teams in cross country, indoor track and outdoor track.</p> <p>The Toms graduated NCAA champ Kristal Grigsby and All-American Molly Bauman. They also have an elite athlete, senior sprinter Christine Chapman, who's been nursing an injury all 2007.</p> <p>Sweeney will look to get big points from all three relays, plus score well with junior Selina Dehn in the triple, long and high jumps; Katie Theisen in the 800, 400 hurdles, triple jump and relays; throwers Carol Comp and Shara Guidry; Julie Anderson in the 3,000 and Anne Iddins in the steeplechase; Nikki Arola and Laura Janas in the hurdles; and Sheena Porter-Wrzos in the sprints and relays.</p>	