

# 2008 MIAC Women's Outdoor Track & Field Championships Preview

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St. Paul, Minn. -- The 2008 Minnesota Intercollegiate Athletic Conference (MIAC) Outdoor Track & Field Championships will take place May 9-10 at the Klas Center on the campus of Hamline University in St. Paul, Minn.



Once again, St. Thomas will enter the Championships as the favorite to win the team title. The Tommies will look to win a rare trifecta in the 2007-08 season (women's cross country, indoor track & field, and outdoor track & field). Gustavus, Bethel, Carleton, and Concordia should be the top contenders to challenge the Tommies for the team title. Each of those four teams feature rosters full of All-Conference athletes.

Hamline, St. Olaf, Saint Benedict, and Macalester were middle of the pack teams in 2007. They will need to find more depth and improve their times and distances to challenge for the championship in 2008. Saint Mary's, St. Catherine, and Augsburg all feature young and talented individuals and their coaches hope to make a move in the conference standings.

## **Augsburg**

**Coach:** Dennis Barker (14th season)

**2007 Championships Finish:** 12th

### **Augsburg Athletes to Watch**

**Whitney Holman** (So., New Hope, Minn./Robbinsdale Armstrong)

**Megan Krumrie** (Jr., Elk Mound, Wis.)

**Jessica Nordness** (Sr., Burnsville, Minn.)

**Kim Carlson** (Fy., New Brighton, Minn./Irondale)

**Gaby Hamerlinck** (So., St. Paul, Minn./Highland Park)

**Emilee Traxler** (Fy., Le Center, Minn.)

### **Augsburg Championships Preview**

Augsburg College will have several individuals in contention for All-MIAC honors at this weekend's MIAC outdoor championships. Key among them will be Whitney Holman (SO, New Hope, Minn./Robbinsdale Armstrong HS), who has been Augsburg's top sprinter her first two seasons. An All-MIAC (55 meters) and honorable-mention All-MIAC (200 meters) competitor at this season's MIAC indoor championships, she currently stands eighth-fastest among conference athletes in the 100-meter dash (12.96 seconds) and 11th in the 200-meter dash (26.85).

Megan Krumrie (JR, Elk Mound, Wis.) has been a solid sprinter and jumper for the Auggies during the outdoor season. She currently stands seventh among MIAC athletes in the long jump (5.11 meters/16-feet, 9.25-inches), 13th in the 200-meter dash (26.96) and 15th in the 400-meter dash (1:01.12). Jessica Nordness has also shown strong improvement this season in the sprints, currently standing 18th among MIAC athletes in the 100 (13.27).

Gaby Hamerlinck (SO, St. Paul, Minn./Highland Park HS), in her first season of track at Augsburg, has shown strong improvement in the high jump, where she currently stands 13th among MIAC athletes, with a top height cleared of 1.50 meters (4-feet, 11.0-inches). She finished 13th in the event at the MIAC indoor championships this season.

Kim Carlson (FY, New Brighton, Minn./Irondale HS) has been Augsburg's top competitor in the middle-distance events, with a top time of 2:30.83 in the 800 and 5:34.15 in the 1,500. Emilee Traxler (FY, Le Center, Minn.) has shown improvement in the hurdles throughout the indoor and outdoor seasons.

## **Bethel**

**Coach:** Jim Timp (3rd season)

**2007 Championships Finish:** Tied 3rd

### **Bethel Athletes to Watch**

**Marie Borner** (Jr., Cottage Grove, Minn.)

**Nikki Umhoefer** (Sr., Sauk Centre, Minn.)

**Heather Jelen** (Jr., Sioux Falls, S.D.)

**Vanessa Moore** (Jr., Niagara, Wis.)

**Jenna Palmer** (Sr., Mounds View, Minn.)

**Michaela Otto** (So., Woodbury, Minn.)

#### **Bethel Championships Preview**

The 2008 Bethel Royals only lost a handful of athletes from last season's team that finished in 3rd place, most notably, Sheri Netland. With the addition of 2008 Indoor Track and Field mile-run national champion Marie Borner, the Royals look to improve on last year's finish, and then some. A healthy Nikki Umhoefer will help boost Bethel in their distance running, while a poised and confident Vanessa Moore will be key to the sprints. Heather Jelen has had a very strong spring, finishing first in the 1500 meter run at the Manitou Classic at St. Olaf. In field events, Moore and Jenna Palmer have the potential to earn valuable points in the high jump and triple jump, respectively. As a whole, Coach Timp believes that his Royals should finish in the top five at this year's conference meet based on the talent he saw emerge during the indoor season and the hard work that everyone has put in so far during the outdoor season.

### **Carleton**

**Coach:** Donna Ricks (16th season)

**2007 Championships Finish:** Tied 3rd

#### **Carleton Athletes to Watch**

**Karen Campbell** (Jr., Rochester, N.Y./Brighton)

**Molly Christian** (Sr., Gering, Neb.)

**Kelsey Donald** (So., Madison, Wis./Edgewood)

**Laura Roach** (So., Lakville, Minn./North)

**Katherine Wingert** (Sr., Coronado, Calif.)

#### **Carleton Championships Preview**

Senior Katherine Wingert (Sr./Coronado, Calif./Coronado) and a strong contingent of middle-distance runners lead Carleton into the 2008 MIAC Outdoor Championships. The Knights, who finished sixth at the conference indoor championships in March, will need spectacular performances up and down the lineup if they want to repeat last year's third-place showing in the outdoor season.

Wingert, who raced to a second-place showing in both the 1,000-meter and 1,500-meter runs at the indoors, owns a NCAA provisional qualifying time in the mile run and has a top-10 time at the 800-meter distance this season. She advanced to the finals in both events a year ago. Laura Roach (So./Lakeville, Minn./Lakeville North) also figures to be a factor in the middle-distance events.

Karen Campbell (Jr./Rochester, N.Y./Brighton) owns the MIAC's second-best time in the 5,000-meter and 10,000-meter runs. She posted top-four finishes in both races last year and was all-conference honorable mention at the 5K distance during the 2008 indoor meet.

Proving that there is balance on the Knights' team, Molly Christian (Sr./Gering, Neb./Gering) and Kelsey Donald (So./Madison, Wis./Edgewood) have good chances to score needed points. Christian, who will conclude her stellar career, is among the conference's top performers in the discus and hammer throw. Donald's specialty is the sprint events, especially the 200 and 400-meter dashes.

## **Concordia**

**Coach:** Marv Roeske (13th season)

**2007 Championships Finish:** 5th

### **Concordia Athletes to Watch**

**Hailey Brenden** (Fr., Rothsay, Minn.)

**Katherine Brott** (Fr., Deer Lodge, Mont./Powell County)

**Emily Davis** (Fr., Litchfield, Minn.)

**Valerie Glynn** (Fr., Fullerton, N.D./Ellendale)

**Leah Kay** (So., Dassel, Minn./Dassel-Cokato)

### **Concordia Championships Preview**

Youth will be served for the 2008 Concordia outdoor track and field team as they compete at the MIAC Championship Meet. The Cobbers enter the meet with three athletes that have already provisionally qualified for the NCAA Meet and all three are freshmen. Add a fourth freshman who is the top distance runner on the squad and you have the makings for a top-five conference contender for years to come.

Head Coach Marv Roeske will bring the field trio of Katherine Brott (Fr., Deer Lodge, Mont./Powell County HS), Emily Davis (Fr., Litchfield, Minn.) and Valerie Glynn (Fr., Fullerton, N.D./Ellendale HS) who have already provisionally qualified for national and own some of the best marks in the MIAC this season. Brott put up a career-best throw of 136-10 in the javelin and has the second best distance in the conference. Davis provisionally qualified for nationals in the discus with a mark of 141-06 and is currently ranked third in the MIAC. Glynn made her statement in the triple jump where she recorded a distance of 36-11 and is currently second in the conference. All three athletes posted their top marks at the Cobber Twilight Meet on Apr. 15.

Distance runner Hailey Brenden (Fr., Rothsay, Minn.) will be the top track athlete at the conference championship meet. She continues to show her mettle throughout her first collegiate season. She was an All-Region performer in cross country and claimed the 3,000-meter title at the MIAC Indoor Track and Field Meet. Brenden has excelled in the 5,000 and 10,000 meters during the outdoor season and currently holds top seven times in both events in the conference. She has the fastest time in the 10,000 meters in the conference and her season-best time of 38:14.68 at the Kansas Relays is less than 35 seconds off the national provisional qualifying time.

Besides the quartet of freshmen, Concordia will most likely be strong in the field events and several sprint events. In addition to the three freshmen who provisionally qualified for nationals in the field events, Leah Kay (So., Dassel, Minn./Dassel-Cokato HS), Kristen Warren (Fr., Oakes, N.D.), Sarah Sorvaag (Argusville, N.D./Northern Cass HS) and Amanda Bakken (So., Crookston, Minn.) all have a chance to post top seven finishes for the Cobbers. Kay provisionally qualified for nationals in the high jump in the very first outdoor meet of the season. Her height of 5-05.25 is the second-best mark in the conference this year. She participated in the 2008 NCAA Indoor Track and Field Meet in the high jump and placed third in the event at the MIAC Indoor Championship Meet. Like Brott, Warren has excelled in the javelin in her first collegiate outdoor season. She owns the third best distance in the (126-4) and is a part of a group of seven Cobber athletes that own seven of the top eight distances in the conference this year in the event. Warren also has a top ten mark in the shot put. Sorvaag has done well in the hammer throw and the discus this year. She has top five MIAC marks in each event. She is currently third in the hammer with a mark of 142-10 and fifth in the discus with a distance of 132-11. Bakken is the top CC long jumper this season. She recorded a distance of 16-07 at the Cobber Twilight and is currently ranked seventh in the league.

Kristin Slette (So., Moorhead, Minn.) and Alexa Kleingartner (Fr., West Fargo, N.D.) will join Brenden as the top Concordia track athletes. Slette owns top times in the 200 and 400 meters. She has the second-fastest time in the 400 meters (59.24) and the fourth-best 200 time (26.65). Kleingartner has made her mark in the hurdles. She ran a 15.73 in the 100-meter hurdles at the Northern State Open and is currently ranked second in the MIAC.

All the young Cobbers should help make the next few years very memorable and if all goes well, their journey to the top might begin this May.

## **Gustavus**

**Coach:** Tom Thorkelson (9th season)

**2007 Championships Finish:** 2nd

### **Gustavus Athletes to Watch**

**Lisa Brown** (Jr., Lake Crystal, Minn.)

**Kaelene Lundstrum** (So., Bird Island, Minn.)

**Shanna Dawson** (Sr., Fairmont, Minn.)

**Sari Lindeman** (Sr., Cannon Falls, Minn.)

**Laura Edlund** (Sr., Forest Lake, Minn.)

### **Gustavus Championships Preview**

The Gustavus women's track and field team will bring a deep and talented squad to the 2008 MIAC Outdoor Championships. The big question mark is whether the team has enough depth to challenge perennial champion St. Thomas. The Gusties were in first place after the first day last year, but finished a distant second and finished second to the Tommies at this year's indoor conference meet.

In the field events, Gustavus will be led by junior javelin thrower Lisa Brown, who recently finished seventh at the Drake Relays with an effort of 156-5, which is the best throw in Division III this year. Brown will also contribute in the shot put. Seniors Shanna Dawson and Sari Lindeman also have high expectations as Dawson won the pole vault indoors and enters the meet with the best effort in the league this spring at 12-2 1/2, while Lindeman, the defending champion in the long jump is currently ranked second in the league with a mark of 17-3 1/2. Sophomore Kaelene Lundstrum, who finished second in the pentathlon, has recorded the best effort in the high jump at 5-6, and will also contribute in the 400 meters and on the relays.

In the running events, the Gusties have good depth in the sprints, middle distances, and in the long distances. Junior Aryn Bell currently ranks second in the 100 meter hurdles with a time of 15.35, while a trio of runners are rated highly in the 400 meters including Abby Karl (sixth at 59.83), Liz Pringle (seventh at 59.95), and Chelsea Craven (eighth at 60.00). In the 800, sophomore Megan Lundgren ranks eighth at 2:18.11. In the long distances, senior Laura Edlund ranks first in the 5,000 meters with a time of 18:06.29, and Jill Fagerstrom ranks ninth in the 10,000 meters at 40:09.90.

Gustavus will also enter several quality relay teams as the 4x100 is currently ranked second with a time of 50.31, while the 4x400 (4:02.35) and 4x800 (10:11.31) are both ranked third.

## **Hamline**

**Coach:** Shawn Johnson-Hipp (2nd season)

**2007 Championships Finish:** 6th

### **Hamline Athletes to Watch**

**Kameron Argiannis** (Fy., Eden Prairie, Minn.)

**Nicole Brohmer** (Jr., La Crosse, Wis.)

**Sara Burns** (Sr., LeSuer, Minn./LeSuer-Henderson)

**Rosa Galtheir-Culnane** (Fy., St. Louis Park, Minn.)

**Jamie Kelly** (Fy., White Bear Lake, Minn.)

**Tami Klenke** (Sr., Red Wing, Minn.)

### **Hamline Championships Preview**

The 2008 edition of the Piper women's track and field team boasts the largest roster to date, a talented group of first-year athletes looking to make their mark early in their career, and has broken several school records this year. Hamline's first-years are led by a core of successful multi-sport seniors who are looking to impress in their final season as they compete in the championships on their home track.

Co-captain Sara Burns, a senior volleyball/track athlete, has led the Pipers in mid-distances and on relays, including anchoring the spring medley relay that competed at the Drake Relays. She also broke the indoor school record in the 1000 meters this winter. Senior co-captain Tami Klenke, a swimming/track athlete, holds Hamline's indoor records in the long jump and 55 meters, and will be a double-threat in both sprints and jumps for the Pipers.

Hamline will also look to Nicole Brohmer, a talented junior sprinter who was part of two relays the Pipers sent to the Drake Relays, for points on the track.

A strong first-year class also includes a two-sport athlete Jamie Kelly (soccer/track), who will look to score in both the throws and hurdles for the Pipers. She is joined by classmates Kameron Argiannis and Rosa Galtheir-Culnane, both of whom are now at the tops of Hamline record lists in multiple events in just their debut season.

## **Macalester**

**Coach:** Martin Peper (9th season)

**2007 Championships Finish:** 9th

### **Macalester Athletes to Watch**

**Emily Matthews** (So., Fort Collins, Colo.)

**Libby Tollefson** (Fy., Billings, Mont.)

**Anna Hankins** (So., Mansfield Center, Conn./Smith)

### **Macalester Championships Preview**

Injuries and athletes gone on study-abroad programs will limit the team's expectations going in the championships, but many Scots could vie for high MIAC finishes.

Emily Matthews (So., Fort Collins, Colo.) tops the group of Macalester sprinters, while the Scots could be a factor the middle distance races with Anna Hankins (So., Mansfield Center, Conn. / Smith), Tara McCoy (Fy., Menomonie, Wis.) and Robin Major (Fy., Putney, Vt. / Bellow Falls Union).

Macalester is also looking for top performances from Libby Tollefson (Fy., Billings, Mont.) in the distance races and Majra Mucic (Fy., St. Louis Park, Minn.) in the jumps.

## **Saint Benedict**

**Coach:** Robin Balder-Lanoue (9th season)

**2007 Championships Finish:** 8th

### **Saint Benedict Athletes to Watch**

**Kristin Haubrich** (Sr., Shakopee, Minn.)

**Margot Branigan** (So., Roseville, Minn.)

**Kaylee Rasmussen** (Sr., Waconia, Minn.)

**Ali Galzki** (So., Maple Grove, Minn./Wayzata)

**Serina Aubrecht** (Jr., Shorewood, Minn./Minnetonka)

#### **Saint Benedict Championships Preview**

The Blazers go into the MIAC outdoor track and field championship experienced and ready. With upperclass leadership, as well as standout underclass and upperclass athletes all around, the Blazer's team goal is to better their seeds and shoot for a top five performance. Earlier this season the Blazers have had stellar performances in the CSB Invitational, taking second place, as well as taking fifth place in the Cobber Twilight and also took a fifth place finish at the indoor MIAC championships this season.

### **St. Catherine**

**Coach:** Michael Henderson (2nd season)

**2007 Championships Finish:** 11th

#### **St. Catherine Athletes to Watch**

**Jamie Wenzel** (Fy., Lake City, Minn.)

**Celestine Ventura** (So., La Puente, Calif./Wilson)

**Greta Sieve** (So., New Ulm, Minn./Cathedral)

**Chi Chi Obi** (Jr., Woodbury, Minn./St. Paul Academy)

**Kayla Engel** (Fy., Lakeville, Minn./North)

**Sarah Meissner** (Jr., Stillwater, Minn.)

#### **St. Catherine Championships Preview**

The 2008 edition of the Wildcat track and field team has put its mark on the school record books. With a roster that features 17 first year and sophomore athletes, this young squad has already broken a school record on nine different occasions this season.

Second year coach Mike Henderson will look to some of his young Wildcats to continue their development at the MIAC championships. First year student-athlete Jamie Wenzel became the school's new record holder in the 200 and the 400 and will be looked at to lead the team at the championships. Sophomore Celeste Ventura also is a new record holder, setting new marks in the weight throw and shot put.

In addition, Greta Sieve is the new school record holder in the 3000 steeplechase and will be looked at by Henderson to continue her strong showings.

The Wildcats finished 11<sup>th</sup> in last year's outdoor championships and climbed up the MIAC ladder, finishing 7<sup>th</sup> at this season's indoor championships. "We have a group of student-athletes who work hard on a daily basis, its great to be able to watch the improvement as the season has progressed," stated Henderson. "They have built a great foundation this season and we are looking forward to a good showing at the conference meet," added Henderson.

### **Saint Mary's**

**Coach:** Shawn McMahon (1st season)

**2007 Championships Finish:** 10th

#### **Saint Mary's Athletes to Watch**

**Teri Heinzen** (So., Marshfield, Wis.)

**Brittany Kuehn** (Fy., Sauk Rapids, Minn.)

#### **Saint Mary's Championships Preview**

Saint Mary's University track and field coach Shawn McMahon went through his first conference championship "experience" in early March, and it left him hungry for more.

And the first-year head coach is expecting his Cardinals to quiet that hunger at this weekend's Minnesota Intercollegiate Athletic Conference Outdoor Championships.

"We had a pretty good showing (at the indoor championships), and I'm hoping that was just a sign of things to come," said McMahon, who watched his Cardinals break a pair of school records and post five top-10 finishes at the indoor championships. "We've had an interesting spring < the weather hasn't exactly been too cooperative, but, hopefully, we will be able to put together our best performance of the season this weekend."

Teri Heinzen and Brittany Kuehn have led the Cardinal women's charge this spring, and McMahon expects more of the same at the conference meet.

"We have the potential to do some really good things," McMahon said. "We'll just have to see how everything unfolds."

#### **St. Olaf**

**Coach:** Chris Daymont (27th season)

**2007 Championships Finish:** 7th

#### **St. Olaf Athletes to Watch**

**Alison Millis** (Fy., Plymouth, Minn./Wayzata)

**Abby Smith** (So., Belle Plaine, Minn.)

**Jenny Carlson** (Jr., Edina, Minn.)

**Jackie Kelly** (Sr., St. Paul, Minn./Visitation)

**Kathryn Thompson** (So., Pine Island, Minn.)

**Amie Fillmore** (So., White Bear Lake, Minn.)

#### **St. Olaf Championships Preview**

St. Olaf's season has been plagued with poor weather and meet cancellations, leaving room for surprises as the MIAC championship draws near. In the sprint events, first-year Alison Millis is the Oles' best in the 400 meter.

The team could look to another first-year, Laura Cook, in mid-distance, particularly the 800 meter run. Abby Smith could be a competitor in the 800 or 1500 meter runs.

In distance events, Annie Knutson, Jackie Kelly, and Jenna Carlson are the names to watch. Carlson and Kelly both have top-five MIAC times in the 10,000 meter runs. In the 3000 meter steeplechase, watch for senior Lisa Skildum, who posted a time of 11:35.20 at the Manitou Classic.

In the field, the Ole to watch is pole-vaulter Amie Fillmore. Fillmore is currently second in the MIAC with a vault of 3.50 meters at the Manitou Classic.

## **St. Thomas**

**Coach:** Joe Sweeney (28th season)

**2007 Championships Finish:** 1st

### **St. Thomas Athletes to Watch**

**Nikki Arola** (So., Chishol, Minn./Ely)

**Carol Comp** (Sr., Edina, Minn.)

**Selina Dehn** (Sr., St. Louis Park, Minn.)

**Shara Guidry** (Sr., Thief River Falls, Minn.)

**Katie Theisen** (Jr., Elko, Minn./New Prague)

### **St. Thomas Championships Preview**

Coach Joe Sweeney's teams are trying to sweep the MIAC team titles in cross country, indoor track and outdoor track for the second year in a row. Before doing it in 2007, that rare one-year sweep was last achieved by a MIAC women's team in 1992, also by the Tommies.

In Sweeney's 28-year tenure at St. Thomas, his teams have won 59 of the 77 possible MIAC team championships in cross country, indoor track and outdoor track. No. 60 looks like a strong possibility.

In March, sophomore Nikki Arola had a hand in five victories to lead St. Thomas to a runaway victory at the MIAC Indoor Championships in Collegeville. UST set records for points scored (233) and margin of victory (134.5). The Tommies had 12 firsts and scored in all 18 events they entered.

The Tommies come into May on the MIAC outdoor season lists ranked first in 16 events and ranked second in four others.

The Tommies have two NCAA champions in the throwing events -- senior Shara Guidry won the NCAA discus title in 2007, and senior Carol Comp won the 2008 NCAA indoor weight throw. Guidry ranks fifth nationally in the discus and sixth nationally in the shot put and also will contend in the hammer. She broke two school records this spring that have been on the books for more than 20 years.

Junior All-American Katie Theisen will be a threat in several events, depending on what she enters -- the 800, the 4x800, the steeplechase, the triple jump and long jump or the 400 hurdles. On her MIAC career in five indoor and outdoor meets thus far, Theisen has 20 top-five placings including five relay victories and two individual titles. She's helped the Tommies to seven of a possible eight MIAC team titles thus far in cross country, indoor track and outdoor track. She's also been a three-time cross country All-MIAC honoree as she's taken 13th, third and second at the conference meet.

Senior Selina Dehn will contend in the triple jump, long jump and high jump. Arola will be a threat in the 100, 200, 400, sprint relays and 400 hurdles.

Sophomore Kelly Russ and junior Erin Sprangers earned All-America honors indoors on the Toms' NCAA runner-up distance medley relay and are strong 800-meter threats.