

2010 MIAC Women's Outdoor Track & Field Championship Preview

Posted: May 12, 2010

St. Paul, Minn. -- The 2010 MIAC Men's and Women's Outdoor Track & Field Championships will take place this Friday and Saturday, May 14-15 on the campus of Saint Mary's University in Winona, Minn.



Competition is set to begin at 2 p.m. on Friday with both track and field events. On Saturday, field events will begin at 11:30 a.m. and track competition will start at 12:30 p.m.

Last Thursday and Friday, the MIAC Heptathlon was competed at Carleton College with Gustavus junior Janey Helland claiming the event championship.

St. Thomas has won 23 of the last 25 MIAC Outdoor Track & Field Championships and will be the favorite again this weekend. Gustavus had a strong showing at the Indoor Championships in March and should be the Tommies closest competition. Saint Benedict, Bethel, Concordia, St. Olaf, Carleton and St. Catherine should all be in a tight battle for team finishes in the upper half of the conference standings.

Returning MIAC individual event champions from 2009 include: Saint Benedict junior **Abby Neigebauer** (100 meter dash), St. Thomas senior **Nikki Arola** (200 and 400 meter dash), St. Thomas senior **Erin Sprangers** (800 meter run), Bethel senior **Marie Borner** (1500 meter run), Carleton sophomore **Simone Childs-Walker** (5000 and 10000 meter run), Gustavus junior **Laura Secor** (400 meter hurdles), Gustavus junior **Janey Helland** (Long Jump), Gustavus junior **Sam Broderius** (Shot Put and Discus Throw), St. Thomas senior **Jenna Lewis** (Hammer Throw), and St. Olaf senior **Amie Fillmore** (Pole Vault).

2010 MIAC Outdoor Track & Field Championships Website

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[Augsburg](#)

Coach: Dennis Barker (16th season)

2009 Championship Finish: 11th (13 points)

| Augsburg Championship Preview |
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The Augsburg College women's track and field team looks to move up the point standings at the 2010 Minnesota Intercollegiate Athletic Conference Outdoor Track and Field Championships after earning 11th place at the 2009 conference meet.

The Auggies will be led by newcomer Shanek Telpia (FY, Chicago, Ill./Gage Park HS), who is coming off an NCAA championship appearance during the indoor season. Telpia will compete individually in the 100-meter dash, 200-meter dash and long jump, as well as in the 400-meter relay. Telpia currently holds the top recorded time among MIAC competitors in 200, as well as the second-ranked efforts in the 100-meter dash and long jump.

Whitney Holman (SR, New Hope, Minn./Robbinsdale Armstrong HS) will lead a talented group of sprinters who will look to continue their solid performance alongside Telpia. Holman earned all-conference and all-conference honorable-mention honors during the indoor season, and is currently ranked sixth in the 100- and 200-meter dashes during the outdoor season. Ashley Carney (FY, Lakeville, Minn./Lakeville South HS) is currently ranked eighth and 14th in the 100 and 200, respectively, and will be looking to score points in both events.

Holman, Telpia, and Carney will be joined by Chelsey Rice (JR, Foreston, Minn./Milaca HS) on the record-breaking 400-meter relay team. The relay team has broken the school record five times during the outdoor season, and currently holds the second-fastest time in the MIAC this season, as well as an NCAA championships provisional qualifying time.

Caroline Senungi (JR, Shoreview, Minn./Mounds View HS) will enter this year's MIAC championships looking to improve upon last year's second-place finish in the 100-meter hurdles. Senungi is currently ranked fifth among participants in the event this year.

Pole vaulter Brittany Tuberg (FY, Apple Valley, Minn.) is the school record-holder in her first year of competition. Tuberg is currently ranked fifth in the conference with a height of 3.3 meters (10-foot-10).

Erin Leyden (JR, Glen Ellyn, Ill./Glenbard South HS) will look to contribute through her performance in the hammer throw. Leyden's distance of 42.40 meters (139-foot-1) at the Concordia-St. Paul Holst Invitational is ranked 11th in MIAC this season.



Bethel

Coach: Jim Timp (5th season)

2009 Championship Finish: 7th (52.5 points)

Bethel Championship Preview

Head Coach Jim Timp believes the 2010 season looks to be a good opportunity to improve on last year's seventh place finish at the MIAC outdoor meet. The women's squad is led by Marie Borner (Sr., Cottage Grove, Minn.), who was national champion in the indoor mile run in 2008 and 2010, as well as the NCAA national champion in the 1500 meter outdoor race in 2009. She is already on her way back to the national meet in the 1500-meter as she has broken her own school record and has earned an NCAA automatic qualifying time at 4:25.66. Borner has also reached a provisional mark in the 800 meter run at 2:09.08, which is also currently tops among MIAC runners. Younger sister Katie Borner (Fr., Cottage Grove, Minn.) has had a good spring and looks to help Bethel earn some points in the 400 meter run, while fellow cross country runner Kristin Mork (Jr., Cambridge, Minn.) will be a strong contender in the 10k, as well as the 5k. Michaela Otto (Sr., Woodbury, Minn.) and Abby Furlong (Fr., White Bear Lake, Minn.) have been running nearly neck-and-neck in the 100-meter hurdles all spring long and are currently among the MIAC's top 10 performers in the event, while Furlong has also been a strong runner in the 400-meter hurdles as well.

In field events, Furlong is among the top 10 triple jumpers and could help Bethel earn some points in that event, while Kari Whitney (So., New Brighton, Minn.) has been posting good marks in the high jump. Kelley Frost (Jr., Bemidji, Minn.) is a school record holder in the pole vault and could be a factor for Bethel, as could Kjersten Karlsgodt (Jr., Atwater, Minn.) in both the discus and javelin.

The coaching staff is very excited about this year's team. Bethel earned a fifth place finish at the 2010 MIAC indoor championship meet, despite having only 14 athletes compete. Coach Timp believes his squad can match that, if not do better, in the outdoor season.



Carleton

Coach: Donna Ricks (17th season)

2009 Championship Finish: 5th (72.5 points)

Carleton Championship Preview

The Knights will continue to rely on their strong core of distance runners to carry the team at this year's MIAC Outdoor Championships. One year after finishing fifth in the Outdoor Championships and a few months after taking fourth in the MIAC Indoor Championships, the Knights have high hopes for this year's event.

Simone Childs-Walker has been nothing short of spectacular in her less than two years at Carleton College. Childs-Walker already has five total All-American honors to her name. She has finished third in the nation three times in the 5,000-meter run and took eighth in the 10,000 distance at last year's NCAA Outdoor Track and Field Championships. Childs-Walker currently has the second-fastest time in the MIAC in the 5,000m and the top time in the 10,000-meter run by over one minute.

Childs-Walker is not the only Knight to have picked up All-America honors during their time at Carleton. Last year, Kelly Lovett finished seventh at the NCAA Outdoor Championships in the javelin throw, recording a distance of 41.96 meters. Lovett has the MIAC's third-best throw this year at 38.87 meters.

Sophomore Claire Franco has had great success at the MIAC Championships. She was fantastic in last year's outdoor championships, finishing second in the 400-meter dash with an NCAA provisional qualifying time, picked up a seventh-place finish in the 200 meter dash and took home fourth place in the heptathlon. Franco has the seventh-best time in the 800-meter run this spring.

It has been a very good spring for senior Laura Roach and sophomore Megan Erlandson. Roach won the steeplechase at the Manitou Classic with a NCAA Provisional qualifying time of 11:02.09, which she later bettered at the Drake Relays. She also has the fourth-best times in the 1500 and 5000-meter runs.

Erlandson broke the Carleton school record in the pole vault multiple times this spring. Her best mark is currently 3.26 meters, which is sixth-best in the MIAC.

Other Knights to watch out for are sophomores Kaitlin Randolph, Alison Smyth and Taylor Ffitch. Randolph has top-five times in the 800-meter run and 400-meter hurdles. Smyth and Ffitch are both excellent distance runners who have top-10 times in the 5000m.



Concordia

Coach: Marv Roeske (15th season)

2009 Championship Finish: 4th (77 points)

Concordia Championship Preview

The Concordia's women's track and field team will be looking for blackjack at the upcoming MIAC Outdoor Championship Meet. The Cobbers will be taking a hit on 20 and hoping to draw an ace to give them 21 straight top 5 finishes at the conference outdoor meet. Last year the Cobbers finished in fourth place to post their 20th straight top 5 finish,

Concordia will use the depth of their field athletes and an outstanding hurdle crew to go after their "21" at St. Mary's this weekend. The Cobbers have at least one athlete in the top 10 of all but one field event and have five top 11 times in the two hurdle races.

Once again Concordia will be led by five-time All-American Leah Kay (Sr., Dassel, Minn./Dassel-Cokato HS). Kay finished third at last weekend's conference heptathlon and has already provisionally qualified for the national meet in that event. Fellow senior Tara Ray (Darby, Mont.) was fourth in the even and also provisionally qualified for the NCAA Meet. Kay is currently eighth in the national rankings in the heptathlon and Ray has the 21st highest score in the nation this year.

Both Kay and Ray will also be factors in other events at the conference meet. Kay has the top height in the conference in the high jump and is currently ranked fourth in the javelin and 10th in the 400-meter hurdles. Ray has excelled in the hurdle events this year and is fourth in the 100-meter hurdles and sixth in the 400-meter hurdles. Like Kay, Ray also uses her training in the heptathlon to excel in other events and will be a factor in the javelin as she has the sixth farthest throw in the javelin.

Concordia has numerous athletes in the top 10 in field events and will once again be led by the group in the javelin. The Cobbers have four athletes in the top 10 of the javelin and are led by junior Katherine Brott (Deer Lodge, Mont./Powell County HS) who has finished in the top five at the MIAC outdoor meet in her first two seasons. Besides Brott, Kay and Ray, junior Kristen Warren (Oakes, N.D.), is also in the top 10 of the javelin. The Cobbers will also have multiple chances to score points in the javelin as they have nine athletes in the top 20 heading into the meet.

Warren and junior Emily Davis (Litchfield, Minn.) will lead the charge for the Cobber throwers. Warren is also ranked seventh in the shot put while Davis currently has the seventh best marks in the hammer throw and the discus.

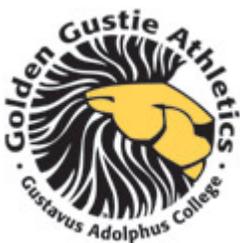
Rounding out the top Cobber junior throwing trio is Kierstin Nygaard (Scandia, Minn./Forest Lake HS). Nygaard is ninth in the discus.

First and second-year athletes will head the list of Cobber jumpers. Sophomore Tatijana MullerDahlberg (Fargo, N.D./Oak Grove HS) will tray and carry over her success in the triple jump from the indoor season. MullerDahlberg finished second in the triple jump at the indoor conference meet and will be looking to improve on that finish. She is currently second in the MIAC rankings. Freshman Sara Parsons (Baxter, Minn./Brainerd HS) posted a distance of 17-4 in the long jump and currently ranks fifth in the MIAC. Another first-year athlete is in the top 10 of the triple jump. Kaari Jensen (Moorhead, Minn.) has the fifth farthest distance this season and is coming off a fifth-place finish at the MIAC heptathlon.

One other CC athlete has a top 10 marks in a field event. Junior Alyssa Deutschmann (Hastings, Minn.) is tied for third in the high jump with a mark of 5-03.

The top marks from the Concordia track athletes have come from the distance and middle distance events. Junior Hailey Brenden (Rothsay, Minn.) has been a force in the MIAC for three years and is currently sixth in the 3000 meters and ninth in the 10,000 meters. Senior Kristin Slette (Moorhead, Minn.) will be trying to end her career on a high note. She has the third fastest time in the 400 meters and last year she finishes seventh in the event at the outdoor meet.

Alexa Kleingartner (Jr., West Fargo, N.D.) is the final member of the CC track crew that is ranked in the top 10. Kleingartner has posted a time of 15.38 in the 100-meter hurdles and is ranked second in the conference



Gustavus

Coach: Dale Bahr (1st season)

2009 Championship Finish: 2nd (173 points)

Gustavus Championship Preview

After finishing runner-up the previous five seasons, the Gustavus women's outdoor track and field team is set to challenge front-runner St. Thomas for the 2010 MIAC Outdoor Track and Field Championship on March 14-15 in Winona, Minn. Head Coach Dale Bahr's squad success is based on the strong foundation in the field events, as the squad returns five All-Conference performers from a year ago.

Janey Helland (Mapleton, Minn.), Sam Broderius (Hector, Minn.), and Kaelene Lundstrum (Bird Island, Minn.) will look to lead the Gusties in their quest for a MIAC Championship. Helland, last season's MIAC champion in the long jump will look to regain her crown this Spring, as she is currently ranked first in the event (5.55m). Helland also ranks second in the high jump (1.60m), third in the 400-meter hurdles (66.09), and tenth in the javelin (31.87). Broderius was last year's MIAC Championships Field Athlete of the Meet after winning the shot put and discus. She currently ranks first in the MIAC in both events with a toss of 13.02 meters in the shot put and 44.95 meters in the discus. Lundstrum, last season's MIAC champion in the heptathlon has had a quiet Spring, but currently ranks fifth in the high jump (1.60m), sixth in the 100-meter hurdles (15.68), and eighth in the shot put (12.07m).

Other top Gustavus competitors in the field events include Sarah Baker (Roseville, Minn.), Becca Bryson (Alden, Minn.), and Allyson Voss (Wausau, Wis.). Baker ranks fourth in both the long jump (5.29m) and high jump (1.60), while also ranking ninth in the 200-meter dash (26.35). Bryson ranks fourth in the javelin (35.43m), sixth in the long jump (5.21m), and eighth in the triple jump (10.60m). Voss is the third ranked pole vaulter in the MIAC, clearing 3.42 meters.

Gustavus will look for strong races from Danielle Burgmeier (Plymouth, Minn.), Laura Secor (Stillwater, Minn.), Vanessa Jones (Grand Forks, N.D.), Brooke Beskau (Hastings, Minn.), and Amanda Iverson (Waconia, Minn.). Burgmeier currently has the second fastest 400-meter dash in the conference at 58.53, while ranking eighth in the 400-meter hurdles with a time of 67.76. Secor, last year's champion in the 400-meter hurdles currently ranks sixth (66.90) in the event. She also ranks sixth in the 1500 meter run (4:49.17). Jones ranks sixth in the steeplechase (11:52.28), Beskau ranks eighth in the 10,000-meter run (39:12.91), and Iverson ranks eighth in the 400-meter dash (59.42).



Hamline

Coach: Shawn Johnson-Hipp (4th season)

2009 Championship Finish: 9th (42.5 points)

Hamline Championship Preview

The Hamline University women's track and field team has been hitting provisional marks this spring as the Pipers look use a seventh place finish at indoors to better their ninth place finish from outdoors a year ago.

Cross country All-American Margot Branigan (Sr., Roseville, Minn.) returns for her final MIAC championship meet. Branigan, who had two third-place finishes at the indoor meet, has NCAA provisional times at the 5000-meter and 10,000-meter distances to her credit this spring. She also enters with the third best time in the conference in the 1500-meter run.

Jessica Kociscak (Jr., Anoka, Minn.), Sara Holland (Jr., Dousman, Wis.), and Rachel Simmer (Sr., Champlin Park, Minn.) continue to provide depth for the Pipers at the longer distances.

In the throws, Robyn Wernberg (Jr., Bemidji, Minn.) and Brenna Coyle (So., Lindstrom, Minn.) have led the Pipers with NCAA provisional qualifying throws in the discus this spring. Wernberg has also hit the provo mark in the hammer throw.

In the sprints, a pair of Piper record-holders lead the charge in Kameron Argiannis (Jr., White Bear Lake, Minn.) and Christina Walker (Fy., Katy, Texas). Argiannis has captured four Hamline records while Walker broke into the record book in the 200-meter dash in her inaugural indoor season.

Katelyn Anderson (Jr., White Bear Lake, Minn.) put in a pair of honorable mention performances in the jumps and vaults at indoors and will look to score again for the Pipers as they move outdoors.



Macalester

Coach: Martin Peper (11th season)

2009 Championship Finish: 12th (6 points)

Macalester Championship Preview

The Scots are looking to move up in the MIAC standings, and will be led by four-year distance standout Erin Lowrey (Sr., Whitefish Bay, Wis.). Lowrey is currently ranked fourth in the MIAC in the 10K and eighth in the 5000 meters (behind four provisional qualifiers).

The Scots have several athletes capable of reaching the finals in the jumps.

Kate Rochat (Fy., Portland, Ore. / Cleveland) is ranked sixth in the conference in the triple jump and teammate Richelle Johnson (Fy., Genoa, Ill. / Genoa-Kingston) is also capable of making the TJ finals. In the long jump, the team is led by Maddie Mette (Sr., Burnsville, Minn.), who is ranked ninth. Holly Schiedermayer (So., Waupaca, Wis.) and Audrey Mills (So., Marine, Minn. / Forest Lake) are top-ten ranked in the high jump.

Mac's top sprinter over the past four years, Emily Matthews (Sr., Fort Collins, Colo. / Rocky Mountain), has recently begun racing in the 400-meter intermediate hurdles and could be a sleeper in this event at MIAC's. In the middle distances, the Scots are led by Anna Hankins (Sr., Mansfield Center, Conn. / Edwin Smith) and Emiie Schur (Sr., Pagosa Springs, Colo.).



Saint Benedict

Coach: Robin Balder-Lanoué (11th season)

2009 Championship Finish: 3rd (84 points)

Saint Benedict Championship Preview

The College of Saint Benedict track and Field team will compete in the MIAC Indoor Championships, looking to capture their second top-three finish in as many years.

The Blazers will be lead by key returners: Julia Renner, Abby Neigebauer, Caroline Haik, Ali Galzki, Jillian Daleiden, Allison Eckrich, Alyx Chapman, Kaycee Knutson and Heidi Golliet. CSB will also look to top newcomers Daine Beckius, Clare Murn, Danielle Busch and Anna Williams to make an impact.

With the combination of experience and ability that the Blazers possess a top four finish is well within reach.



St. Catherine

Coach: Michael Henderson (4th season)

2009 Championship Finish: 8th (48 points)

St. Catherine Championship Preview

After scoring the most points in school history during the 2010 MIAC Indoor Championships, and having already set eight school records during the outdoor season, the St. Catherine University track and field team will be relying on a core of senior leaders to continue the team's upward trend at the 2010 outdoor championships.

Senior team captains Sami Larson, Amanda Manship, Greta Sieve and Celest Ventura will lead the Wildcats into action.

Larson is currently ranked second in the MIAC in the shot put with an NCAA provisional qualifying mark of 12.99 meters (42-7.5 ft). Larson, who is also closing in on a school record in the javelin throw, finished second in the shot put during the indoor season.

Field teammate Ventura is a highly ranked competitor in the discus, shot put and hammer throw and is hoping to end her collegiate career on a high note.

On the track distance runner Greta Sieve is ranked first in the conference, and has automatically qualified for the NCAA National meet in the steeplechase. Sieve also has the top mark in the conference on the 5k list in an NCAA provisional qualifying time.

Teammate Amanda Manship provides strength and depth for the Wildcats in the middle distance events and the relays, and looks to end her outstanding career with more MIAC honors

Juniors Jennifer Ampe (sprints and pole vault), Kayla Engel (middle distance), Kim Engel (long sprints), and Kristina Popov (pole vault) all expect to play pivotal roles in the Wildcats success at the meet.

Having recently set the school record in the 100 meter dash, sophomore Sam Levercom (sprints) hopes to continue her strong season at the conference meet in the sprints and relays.

Erin Coughlin (sprints), Renee Crepeau (distance), Kelsey Eder (mid-distance/hurdles), Kelsie Hansen (sprints), Averyl LaSalle (throws), Marie O'Neil (jumps), and Jessica Rogers (distance) are all first year student-athletes hoping to gain valuable experience at the MIAC meet.



Saint Mary's

Coach: Shawn McMahon (3rd season)

2009 Championship Finish: 10th (25 points)

Saint Mary's Championship Preview

They aren't wearing ruby red slippers, but if you look closely, you will probably see the Saint Mary's University track and field teams clicking their heels together and reciting the infamous Wizard of Oz mantra — "There's no place like home ... there's no place like home ... there's no place like home."

No, Toto, this isn't Kansas anymore — it's Winona, Minn., the official home of the 2010 Minnesota Intercollegiate Athletic Conference Outdoor Championships.

"It's huge for us to be able to host such a prestigious event," said SMU coach Shawn McMahon. "Not only is it a great opportunity for us to show our awesome facilities, but it's also nice that we don't have to travel anywhere to compete. Being right here on our own campus is really going to be a big plus."

Teri Heinzen (Marshfield, Wis.) has highlighted the outdoor season for the Cardinals. Heinzen has enjoyed a banner spring, ranking No. 3 in the MIAC in the 200 (25.36) and No. 4 in the conference in the 100 (12.60). Coco Booker (St. Paul, Minn.) and Sara Harstad (Chatfield, Minn.) both enter the conference championships ranked fourth in their respective events — Booker in the shot put (12.41 meters) and Harstad in the hammer (46.70) — while Nicole Heitman (Hayward, Wis.) is ninth in the MIAC in the discus (37.11).

"I hesitate to use the word 'surprised,' when it comes to the performances this spring, since I'm well aware of our athletes' potential," said McMahon. "However, I am continually impressed with what they've been able to do. A great fall and winter has gotten them to this point and now it's time to cash-in."

"For us, a lot of work goes into getting ready for ONE weekend," McMahon added. "We're focused on it and I'm hoping for some great things — I'm really looking forward to seeing what they can do at the conference championships."



St. Olaf

Coach: Chris Daymont (27th season)

2009 Championship Finish: 6th (55.5 points)

St. Olaf Championship Preview

The St. Olaf women's track and field team is coming off of a sixth place performance in 2009.

The sprinters have a group of athletes who will prove to be good competition for their events field. First year Samantha Zopfi is holding the fourth fastest time in the 100 meter dash and Susan Kenzie is among the top ten ranked runners in the 200m. Kenzie also holds the furthest jump in the triple jump.

While the in both hurdling events, 100m and the 400m, the team is looking to Kathryn Thompson for some outstanding performances.

Senior captain Abby Smith will run the 800 meter run along with her teammate Allison Mills. The two hope to move up amongst the top ranked individuals. Smith with also will be extremely competitive in the 1500m race. She is ranked fifth in the conference.

Sophomore Maren Westby is going to have her choice of races. She is ranked in the top ten of the 1500m , 5000m , 10000m and could be a leg of the 4x800 relay team.

Senior Michaela McLaughlin will also be a contender for a top 15 spot in the 5000m and the 10000m as well.

St. Olaf pole vaulter Amie Filmore is entering the meet with the second best vault in the field. She was named indoor track and field athlete of the week three times during the winter season.



St. Thomas

Coach: Joe Sweeney (30th season)

2009 Championship Finish: 1st (207 points)

St. Thomas Championship Preview

St. Thomas will attempt to repeat as MIAC outdoor track and field champions this weekend in Winona. The UST women have won 23 of the last 25 outdoor team titles, and 11 consecutive MIAC indoor crowns.

Coach Joe Sweeney has guided the Tommies to 64 conference team title in cross country and indoor and outdoor track and field.

Senior All-Americans Nikki Arola, Kelly Russ and Erin Sprangers will lead the Tommies. Russ (800) and senior Kyle Crotty (javelin) have qualified automatically for the NCAA outdoor meet, and St. Thomas has NCAA provisional qualifiers in nine events.

Arola has qualified provisionally in the 100, 400, 400 hurdles and 4x400 relay. In the 2009 MIAC outdoor meet, Arola contributed 41 points as St. Thomas rallied from a 40-point deficit on the final day. Arola won the 200-meter dash (25.60) and 400-meter dash (57.32) and ran on the winning 4x100 (48.57) and 4x400 relays (3:51.56, meet record). She ran in nine prelim or final races over two days. Arola has contributed to 19 MIAC individual or relay championships in the last six MIAC indoor and outdoor meets.

The Tommie women are is seeded first in nine events, second in five events, and third in four events.

In the MIAC indoor meet in March, St. Thomas won only three races but scored in 19 of 20 events and topped Gustavus by 28 points.