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ST. CLOUD STATE UNIVERSITY

Athletic Media Relations - Cross Country

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NEXT WEEK'S RACE:

NCC CHAMPIONSHIPS

October 16th
MANKATO, MINN.



2004 St. Cloud State Schedule

Date	Opponent	Time
9/17	at Ron Pynn Invite (Grand Forks, ND)	4 p.m.
9/25	at Roy Griak (U of Minn.)	10 a.m.
10/1	NCAA Pre-Regionals (U of South Dak.)	TBA
10/16	NCC CC Champ. (Mankato, Minn.)	TBA
10/23	MSU Open (Mankato, Minn.)	TBA
11/6	at NCAA Regional Meet (U of SD)	10 a.m.
11/20	at NCAA Div. II Championships (Evansville, Ind.)	TBA

2004 St. Cloud State Roster

MEN

Name	Yr.	Hometown
Teddy Ayele	FR	Eagen, MN
Caleb Brickley	FR	Mound, MN
Anthony Dunkel	JR	Santa Clarita, CA
Kevin Grose	FR	Sauk Rapids-Rice, MN
Nick Hirsch	SR	Waucoma, IA
Todd Hoffman	JR	Sartell, MN
Travis Hoover	SR	St. Cloud, MN
Greg Jamison	FR	Burnsville, MN
David Manly	FR	Brooklyn Park, MN
Karl Nyberg	FR	Moorhead, MN
Steve Pekarek	SR	Rice, MN
Keith Stenzel	JR	Mankato, MN

WOMEN

Name	Yr.	Hometown
Becky Anderson	JR	Little Falls, MN
Channing Anseth	FR	Lincoln, NE
Holly Dombrowski	FR	Sartell, MN
Sarah Getty	SR	Remer, MN
Molly Hansen	JR	Eagan, MN
Bobbi Krippner	FR	Mankato, MN
Rachel Lander	FR	Merrifield, MN
Sarah Rheingans	JR	Delafield, WI
Beth Sandoval	FR	Royalton, MN
Jenny Uner	SO	Chanhasen, MN

2004 SCSU CROSS COUNTRY TEAM NEWS

Release Date: October 4, 2004



NCC CHAMPIONSHIPS: The St. Cloud State University men's and women's cross country teams will compete in the 2004 North Central Conference Cross Country Championships next weekend. The meet will take place in Mankato, Minn. on Saturday, October 16. The beginning time has not yet been determined.

WOMEN AT THE NCAA PRE-REGIONALS: The St. Cloud State University women's cross country team was led by Channing Anseth at the 2004 NCAA North Central Pre-Regional Open on Oct. 1. Channing was the top SCSU runner with a 14th place finish and time of 23:36.14 on the 6K course in Vermillion, S.D. Sarah Getty placed 24th at the meet with a time of 24:13.25, while Beth Sandoval was 31st with a time of 24:24.26. SCSU's team was completed by Becky Anderson, who had a 38th place time of 24:56.71. The Huskies did not have a complete team score, as North Dakota took top team honors with a score of 40. Nebraska-Omaha was second at 55 and South Dakota was third with 60 points. Nebraska-Kearney (99), Fort Hays State (107) and Minnesota State (148) completed the field.

HIRSCH GAINS MEDALIST HONORS AT NCAA PRE-REGIONALS:

St. Cloud State University's Nick Hirsch (Waucoma, IA) claimed first place honors at the 2004 NCAA North Central Pre-Region Open at Vermillion, S.D. on Oct. 1. Hirsch posted a winning time of 32:09.83 on the 10K Don Baker Cross Country Course, and outpaced second place Luke Garringer of Nebraska-Kearney (32:15.44) by less than six seconds. Hirsch led the Huskies to a seventh place team finish with 154 points. Host South Dakota won the meet with 65 points, while Minnesota State was second with 66. Minnesota Duluth (93), Fort Hays State (103), North Dakota (116), Nebraska-Kearney (126) and Augustana (182) completed the meet's field. SCSU's Travis Hoover placed sixth overall with a time of 33:02.82, while Karl Nyberg was 54th overall at 35:37.56. Keith Stenzel was 58th (35:59.05) and Steve Pekarek was 66th at 36:47.64. David Manly (38:12.63) and Kevin Grose (38:54.70) completed the charge with 71st place and 73rd place finishes.



Mischke

SCSU COACHING STAFF: Seth Mischke began his first season as head coach of the men's and women's track and field programs and cross country programs at St. Cloud State in 1999-2000. Prior to taking over the helm at SCSU, Mischke was a two-year assistant coach with former Husky head coach Tracy Dill. Mischke is a 1997 graduate of the University of Minnesota. He was a member of the Golden Gophers men's team and participated in the decathlon. He placed third in the Big Ten meet in the decathlon as a senior. Mischke has completed his master's degree in physical education at St. Cloud State. He is a native of Worland, Wyoming and was a standout athlete at Worland High School. Mischke is assisted by his graduate assistant, Tracy Miranowski. Tracy is a native from Breckenridge, MN. She graduated from Minnesota State-Mankato in May of 2004 with a degree in physical education and was an All NCC recipient in the 4X800 for the Maverick's track and field team. If you are a student-athlete interested in competing on the cross country team at SCSU, please call Coach Mischke at 320-308-2242.

For the latest on SCSU Athletics, check out the Husky Homepage
www.StCloudState.edu/~sports