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ST. CLOUD STATE UNIVERSITY

Athletic Media Relations - Nordic Ski

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UPCOMING MEET:



SEASON COMPLETED
2003-04 SEASON WRAP



St. Cloud, MN

2003-04 St. Cloud State Schedule

Date	Opponent	Place
Nov. 28	Supertour Race	Yellowstone, WY
Dec. 13/14	ABR Season Opener	Ironwood, MI (No Scores)
Jan. 3	U.S. Senior Nationals	Rumford, ME (No Scores)
Jan. 6	U.S. Senior Nationals	Rumford, ME (No Scores)
Jan. 10/11	SJU/CSB Invite	2nd
Jan. 17/18	MT. Itasca NorAm	5th/5th
Jan. 24/25	Telemark NorAm	8th/6th
Feb. 7/8	TBA	TBA
Feb. 14/15	Saints Invite	5th/5th
Feb. 21/22	MIAC	St. Cloud
Feb. 28/29	Regional Champs	8th/8th
Mar. 10-13	NCAA Skiing Championships	U of Nev.-Reno

2003-04 SCSU Roster

Name	Yr.	Hometown
Jennifer Mead	Sr.	Prior Lake
Amy Wyman	Sr.	Maple Grove
Julie Warneke	So.	Elk River
Marie Jordan	Fr.	Roseville
Elizabeth Walters	So.	Burnsville



2003-04 SCSU NORDIC SKI TEAM NEWS

Release Date: March 1, 2004



SEASON WRAP-UP: The St. Cloud State nordic ski team completed its 2003-04 season at the NCAA Central Regional championships on Feb. 28-29, in Houghton, Mich.

LAST WEEK'S RESULTS: The Huskies placed 8th in both the women's freestyle and women's classic races at the 2004 NCAA Central Regional championships on Feb. 28-29 in Houghton, Mich. The race was held on the MTU Trails on the campus of Michigan Tech. In the 15K classic race, Amy Wyman led the Huskies with a 20th place time of 1:00:04.1, while Jennifer Mead was 39th at 1:08:49.3 and Julie Warneke was 41st with a time of 1:11:06.0. In the 5K freestyle race, Wyman was SCSU's top placer in 28th with a time of 16:22.1. Warneke was 35th at 17:08.1 and Mead placed 39th at 17:38.0. Northern Michigan was the top team in both the freestyle race (83 points) and the classic race (85 points), while Alaska-Fairbanks was second with 82 in the freestyle and 80 in the classic race.

TEAM NOTES: On Feb. 14-15, the Huskies hosted their first ever nordic ski competition at the Graystone Trails in St. Cloud. SCSU placed fifth in both the freestyle and classic races at the event. In action at the SJU/CSB Invite this year, Amy Wyman was the top SCSU finisher in the 5K skate race, which was held at the Woodland Trails ski complex in Elk River. She had a third place time of 19:08.3. Of note, SCSU also travelled to the 2004 Chevrolet Cross Country Ski championships in Maine on Jan. 3-6. These races featured the best nordic ski athletes in the nation, and the Huskies had athletes competing in these races. In the 15K classic event on Jan. 3, Wyman finished with a time of 58:17, while teammate Mead had a time of 1:05:32. In the 5K free event, Wyman had a time of 17:18.0 and Mead had a time of 18:03.8. No team scores were kept at this elite meet...last year senior Kay Adamson completed her trip to the 2003 NCAA ski championships with a 36th place time in the 15K classic nordic ski event. Adamson completed the course at the Dartmouth Cross Country Center in Hanover, N.H. with a time of 54:38.6 Adamson is the first SCSU athlete to qualify for the NCAA nordic ski championships since the program was started in 1997-98...earlier this season, SCSU made trips to the 2003 Supertour Classic Race in Yellowstone, Wyoming and the Grand View XC Challenge in Ironwood, Mich.



SCSU COACHING STAFF: Jeremy Frost begins his third full season as Head Coach of the Huskies' Nordic Ski team in 2003-04. Frost attended Blaine High School and competed in soccer, nordic skiing, cross-country running, and track. As a college athlete, he competed in nordic skiing and track. Frost is a 1998 graduate of the University of Minnesota-Duluth with a degree in Exercise Science, and a 2001 graduate of St. Cloud State University with a Master's degree in Exercise Physiology. During his graduate studies, Frost worked with the ski team as a graduate assistant coach for the 1999-00 and 2000-01 seasons. If you are a student-athlete interested in competing on the nordic ski team at SCSU, please call Jeremy Frost at 320-308-2245 or FAX him at 320-308-2099 (attention Jeremy Frost. You can also e-mail him at jmfrost@stcloudstate.edu

For the latest on SCSU Athletics, check out the Husky Homepage
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