



# ST. CLOUD STATE UNIVERSITY

## Athletic Media Relations - Nordic Ski

Home of the Huskies  
www.StCloudState.edu/athletics

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### UPCOMING MEET:



**Mt. Itasca NorAm  
REGIONAL QUALIFIER**

Grand Rapids, MN



### 2004-05 SCSU NORDIC SKI TEAM NEWS

Release Date: January 11, 2005



**UPCOMING MEET:** The St. Cloud State University Nordic Ski team will participate in their second regional qualifying meet on Jan. 22-23. This meet is set to take place at Mount Itasca NorAm in Grand Rapids, Minn.

**LAST WEEK'S RESULTS:** The St. Cloud State University Nordic Ski team participated in the first of five Regional qualifiers from Jan.3-9, 2005. The CCSA Regional Qualifier was held at Soldier Hollow in Utah, which is the home of the cross-country skiing and biathlon venue for the 2002 Winter Olympics. In the 10K freestyle race, junior skier from Elk River, Minn., Julie Warneke, finished with a time of 19:47.0. Her teammate, sophomore skier from Roseville, Minn., Marie Jordan, finished with a time of 22:33.2. In the 5K classic race, Warneke finished with a time of 20:14.4 and Jordan finished with a time of 23:34.7. In the regional qualifying race, both Husky skiers earned quality points towards qualifying for the regional standings. There were 27 colleges represented in the meet.

**TEAM NOTES:** The upcoming nordic ski invitational for Jan. 15-16 with St. Cloud State University and the University of John's has been canceled due to the lack of snow. Husky fans, please mark your calendars for Feb. 12-13. SCSU will be hosting its second annual nordic ski invitational at the Graystone Nordic Ski Complex.

### 2004-05 St. Cloud State Schedule

Date	Opponent	Place
Nov. 22-30	Thanksgiving Trip	West Yellowston, MT
Dec. 4-5	Pre-Season	Marquette, MI
Dec.11-12	Christmas Classic	Houghton, MI
Dec. 18-19	Season Opener	Ironwood, MI
Jan. 3-9	US Senior Nationals	Soldier Hollow, UT
Jan. 15-16	MN College Championships	SCSU/SJU
Jan. 22-23	Mt. Itasca NorAm	Grand Rapids, MN
Jan. 29-30	Telemark NorAm	Cable, WI
Feb. 5-6	open	TBD
Feb. 12-13	Saints Invite	St. Cloud, MN
Feb. 19-20	Regional Championships	Houghton, MI

### 2004-05 SCSU Roster

Name	Yr.	Hometown
Julie Warneke	Jr.	Elk River, MN
Marie Jordan	So.	Roseville, MN
Elizabeth Walters	So.	Burnsville, MN



Coach Frost

**SCSU COACHING STAFF:** Jeremy Frost begins his fourth full season as Head Coach of the Huskies' Nordic Ski team in 2004-05. 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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