



2009

MEN'S AND WOMEN'S TRACK AND FIELD



ST. CLOUD STATE
UNIVERSITY





SCSU ATHLETIC HALL OF FAME

The SCSU Athletic Hall of Fame inducted its first class in 1982. Since that time, the SCSU Athletic Hall of Fame has grown to over 150 members. The following is a complete list of athletes, coaches, and SCSU friends who are members of the SCSU Athletic Hall of Fame.

2007

Pam Raetz benoit
Shirley Qunilan Conley
Judi McDonald
Grant Nelson
Jeff Passolt
Karen Scott
Jim Stanek
Bob Wolff

2005

Rebecca Anderson Enebak
Gary Frericks
Reggie Perkins
Butch Raymond
Rosie Silbaugh Stallman

2004

1961-62 Men's Hockey Team
1963 Wrestling Team
Jerry Henkemeyer

2003

James Gammell
Shelly Jensen
Jennifer "Gigi" DesLauriers-Knop
Ade Pitmon
Sheila Quinlan
Mark Schwegman
Jerome "Jerry" Schmitz
Marlowe "Red" Severson

2002

Dr. Arthur Grachek
Bill Klein, Jr.
Jim Fogo
Nola Johnson
Brent Otto
Jeffrey Renneberg
Kurt Threinen
Gordon Weinhrauch

2001

Dr. David Gilchrist
Patti Decker
Harry Jackson
Katie Kraft
Daniel Neubauer
Merl Soderstrom
Cecil Stensrud
Robert Waxlax

2000

Dr. Kenneth Ames
George Erickson
Julie Eisenschen
Walter Gerzin
Jim Harstad
Jan Niehaus Herke
Wally Irwin
David Solon

1999

Al Leighton
Scott Peterson
Sue Marie Patterson
John Oxtan
Jon Barrett
Mark Tollefson
James Dimick
Linda Nelson

1998

Ramone Rugloski Hjerpe
Sarah Howard
Dana Kiecker
Dr. Norman Nelson
Wayne Parks
Stanley Petersen
Tony Stukel
Chuck Wilson

1997

Donald Buege
Carol Bemis
Robert Streetar
Rebecca Stream Van Erp
Ralph Haugen
Joe Odanovich
Noel Olson

1996

Ed Johnson
Kris Carlton
Steve Johnson
John Tobler
Bonnie Henrickson
Robert Hegman
Paul Busch
George Torrey

1995

Lloyd Pallansch
Diane Scherer Poquette
Gene Schneider
Marie Sherwood
Jerry Thayer
Brady Watts

1994

Jeanne Burnett
Gene Windfeldt
Dan Hagen
Steve Strandemo
Harold Jacobs
Greg Thayer

1993

Gary Barr
Anne Campbell
Don Carruth
Jim Eisenreich
Les Luymes
Linda St. John

1992

Jane Baltes Borton
Tom Ditty
Lenny Johnson
Bob Miller
Herb Brooks

1991

Deb Allyn
Henry Bettendorf
Dave Reichel
Jerry Reichel
Mel Fisher
Sue Wahl Storbeck

1990

Rod Anfenson
Jerry Dirkes
Don Klein
Sue Lambert
Terry Porter
Bill Selisker
Dave Westlund
Roger Westlund

1989

Serge Gambucci
John Kasper
Willard "Bill" Kottke
Keith Nord
Stan Nordin
Kathy Justin Schultz

1988

Dick Putz
Don Watkins
Bill Frantti
Fredrick W. Bierhaus
John Kimbrough
Mike Rybak
Velko Rajacich

1987

Bob Altavilla
Sue Fischer
Jack Gause
Harold J. Hendrickson
Jiff Kiffmeyer
Mike Trewick
Roland Vandell

1986

1933 Football Team

1985

Bill Campbell
Andrew Jackson
Jack Kelly
Joe Kunze
Al Theis
Perry G. Rawland

1984

Vern Baggenstoss
Mac Doane
Larry Miller
Isidore Schmeising
Gary Smith
Ann Govednik Van Steinburg

1983

A.F. Brainard
Dave Hazewinkel
Jim Hazewinkel
Warren Kasch
George Lynch
Van Nelson
Ken Novak
John J. Weismann

1982

Lou Filippi
Ed Colletti



2009 SCSU TRACK & FIELD INFORMATION

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Location St. Cloud, MN 56301-4498
 Enrolment 16,000
 Team Colors Cardinal and Black
 Team Nickname Huskies
 Home Arena Halenbeck Hall South
 National Affiliation NCAA Division II
 Conference Affiliation North Central
 2007-08 Men's NCC Finish 5th Indoor/5th Outdoor
 2007-08 Women's NCC Finish 7th Indoor/7th Outdoor

SCSU TRACK & FIELD COACHING STAFF

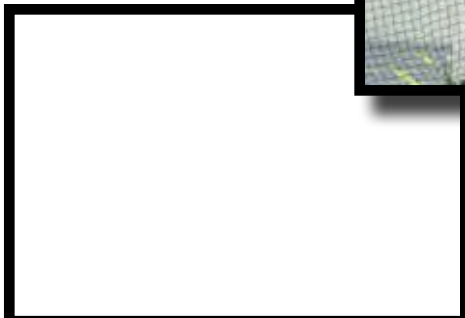
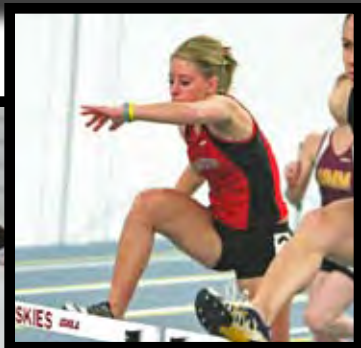
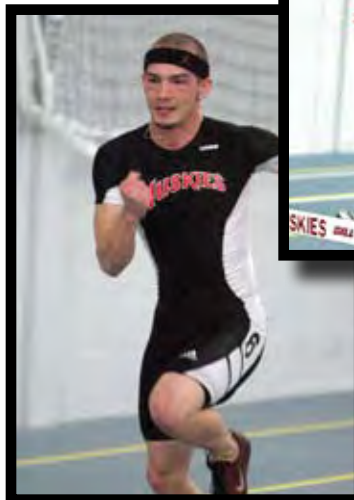
Head Coach Seth Mischke (10th season)
 Alma Mater University of Minnesota (1997)
 Office Phone 320-308-2242
 Coach e-mail scmischke@stcloudstate.edu
 Assistant Coach (Throws) Travis Zins
 Assistant Coach (Distance) Mohamed Aden
 Assistant Coach (Multi-events) Ryan Koch
 Assistant Coach (Sprints/Relays) Brian Sebera
 Assistant Coach (High Jump/Sprints) Kevin Babcock
 Graduate Assistant Coach (Distance) Travis Hoover
 Volunteer Assistant Coach (Distance) Becky Hoover
 Volunteer Assistant Coach (Sprints/Jumps) Sam Johnson

SCSU ADMINISTRATIVE STAFF

President Dr. Earl H. Potter III
 Institutional Representative Dr. Bill Hudson
 Director of Athletics Dr. Morris Kurtz
 Associate Athletics Director Dr. Sue Becker
 Associate Athletics Director Tracy Dill
 Assistant Athletics Director John Lewis
 Assistant Athletics Director Scott Schreiner
 Assistant Athletics Director/Ticketing Chad Sheetz
 Compliance Officer Holly Schmidtbauer
 Head Athletic Trainer Julie Alexander, ATC
 AMR Director/Track & Field Contact Anne Abicht
 E-mail aabicht@stcloudstate.edu
 Assistant AMR Director Tom Nelson
 E-mail tnelson@stcloudstate.edu
 Tom Nelson's Home Phone 320-654-9815
 Assistant AMR Director Celest Stang
 E-mail crstang@stcloudstate.edu
 AMR Graduate Assistant Matt Marek
 Email mama0705@stcloudstate.edu
 AMR Graduate Assistant Pat McCabe
 Email mcpa0702@stcloudstate.edu
 AMR/Athletic Insurance Secretary Terry Tschida

IMPORTANT NUMBERS AT SCSU

Athletic Office Phone 320-308-3102
 AMR Office Phone 320-308-2141
 AMR/Athletic Office FAX 320-308-2099
 NHC Training Room 320-308-5229
 Equipment Room 320-308-2371
 NHC Press Row 320-308-5227
 Ticket Information 320-308-2137 or 1-877-SCSUTIX
 SCSU Admissions Office 1-877-654-7278 or 308-2244





St. Cloud State Traditions:

History of the Nickname

The Husky Nickname: St. Cloud State's nickname has gone through several changes over the years. Early nicknames included "Normals," "Teachers," "Bear Cats," "Peds," and "Flying Clouds."

There are several theories about how the nickname "Huskies" began to be used. One says that it is a result of a student contest. Another suggests that the name originated with the football team.

There was a story in the February 4, 1938, edition of the College Chronicle which referred to the "football huskies." Since huskies was not capitalized in the story, the author could have been referring to the team's size, and this possibly led to the nickname.

Another theory is that the nickname originated within the football team. "I think it occurred during Coach Kasch's days as football coach (1935-42)," said John Weisman, former SCSU Dean of Men and former coach. "The team just started calling themselves the "Huskies."

Why the name was chosen or who exactly selected it remains unclear. The name could have been intended to mean "burly, robust or large," "one that is husky," or "a heavily coated working dog of the arctic region."

Perhaps the nickname was meant to encompass all three meanings. Regardless of its origin, the Husky nickname continues to represent SCSU as a symbol and image of strength.

The St. Cloud State Rouser

Oh, here we are, the gang and all,
to cheer our team to victory.
SCSU has heard the call,
We're here to show our loyalty, RAH! RAH!
Come on team fight, We'll win this game,
and to our colors we'll be true.
We'll sing our song, both loud and long,
to victory — S.C.S.U.

The St. Cloud State Hymn

Sing to thee our Alma Mater, High on oak-crowned banks, Emblem of our search for knowledge, Symbol of our youthful ranks, Filled with fires of true ambition, Let us ever be; Loyal to thy fine tradition, Hail St. Cloud, to thee.

By the river's flowing water, By its islands fair,
may the loyal sons and daughters, thy enduring friendship share.
May they with sincere ambition, through the years e'er be; Loyal to thy fine tradition, Hail St. Cloud, to thee.

SCSU Athletic Dept. Phone Directory

Name	Sport	Phone	Email
Anne Abicht	Athletic Media Relations	308-2141	aabicht
Julie Alexander	Head Athletic Trainer	308-3827/2597	jaalexander
Jerry Anderson	M/W Tennis	308-5269	jlanderson
Dr. Sue Becker	Associate Athletic Director	308-3102	slbecker
Cheryl Boesche	Administrative Specialist	308-3102	chboesche
Steve Costanzo	Wrestling/Strength-Conditioning	308-2996	sscostanzo
Kay Czarnetzki	Equipment Manager	308-2633	kmczarnetzki
Bryan DeMaine	Athletic Trainer	308-2588	bgdemaine
Tracy Dill	Asst. Athletic Director	308-4924	tdill
Pat Dolan	Baseball	308-3102	ldolan
Lori Fish	Women's Basketball	308-2230	lfish
Jeremy Frost	Nordic Ski	308-2245	jmfrost
Jeff Giesen	Women's Hockey	308-4806	jlgiesen
Steve Grimit	Asst. Football	308-3251	srgrimit
Jeff Hegle	Swimming & Diving	308-4266	jmhogle
Becky Heiberger	Soccer	308-4967	raheiberger
Dr. Bill Hudson	Faculty Representative	308-2241	whudson
Jason Johnson	Asst. Women's Hockey	308-4806	rjohnson
Rachel Johnson	Athletic Trainer	308-2590	rjohnson
Jennifer Kranz	Asst. Women's Hockey	308-4806	jlkrantz
Dr. Morris Kurtz	Athletic Director	308-3102	mkurtz
Judi Larkin	M & W Golf	308-7745	jlarkin
John Lewis	Asst. Athletic Director	308-3102	jdlewis
Denny Lorsung	Concession/Events Manager	308-3208	dklorsung
Jim Louis	Asst. Football	308-3699	jelouis
Joe Meierhofer	Director of Operations - NHC	308-3327	jmeierhofer
Patricia Mickow	Volleyball	308-3140	pamickow
Jeremiah Minkel	Hockey Equipment Manager	308-2371	jdinkel
Seth Mischke	M & W Track/CC	308-2242	scmischke
Bob Motzko	Men's Hockey	308-4806	rgmotzko
Aaron Nelson	Asst. Volleyball	308-3140	ajnelson
Tom Nelson	Athletic Media Relations	308-2141	tcnelson
Doug Patterson	Asst. Football	308-2073	djpatterson
Matt Reimer	Asst. Men's Basketball	308-4253	mmreimer
Eric Rud	Asst. Men's Hockey	308-4806	errud
Kevin Schlagel	Men's Basketball	308-3297	klschlagel
Holly Schmidtbauer	Compliance	308-2292	hjschmidtbauer
Scott Schreiner	Marketing & Promotions	308-2293	ssschreiner
Ron Seibring	Dir. of Rec. Sports/Intramurals	308-3325	rseibring
Chad Sheetz	Business Manager/Tickets	308-2137	chsheetz
Ian Shoemaker	Asst Football	308-3070	igshoemaker
Celest Stang	Athletic Media Relations	308-2141	crstang
Larry Sundby	Asst. M/W Tennis	308-0847	-
Cindy Terwey	Dept. Secretary	308-3102	cmterwey
Carol Thelen	Asst. Women's Basketball	308-5929	ccrichter
Therese Todd	Dept. Secretary	308-4806	ttodd
Terry Tschida	Insurance/AMR Secretary	308-2141	tatschida
Glen Tuomaala	Husky Sports Band Director	308-3201	gatuomaala
Paula U'Ren	Softball	308-2900	pjuren
Scott Underwood	Football	308-4113	stunderwood
Josh Williams	Equipment Manager	308-2633	jhwilliams
Travis Zins	Strength & Conditioning	308-1255	tcznis

Office Numbers:

St. Cloud State University Athletics Main Number	308-3102
SCSU Ticket Office	1-877-SCSUTIX or 308-2137
SCSU Admissions Office	1-877-654-7278 or 308-2244
SCSU Athletic Office FAX	308-2099
SCSU Athletic Media Relations Office	308-2141
Halenbeck Hall Training Room	308-2597
National Hockey Center Training Room	308-5229
Halenbeck Hall Weight Room	308-3827
National Hockey Center Weight Room	308-3827
Halenbeck Hall Aquatics Center	308-2632
National Hockey Center Office	308-4806
Husky Stadium Press Box	308-3220

Press Box Numbers:

Husky Stadium - Soccer/Football Press Box	255-3220
Halenbeck Hall - Basketball/Volleyball Press Row	308-5102
National Hockey Center Press Box	308-5227

**All campus e-mail addresses completed by @StCloudState.edu



Athletic Media Relations Staff and Directory

Director

Anne Abicht
(aabicht@stcloudstate.edu)

Assistant Directors

Tom Nelson
(tcnelson@stcloudstate.edu)

Celest Stang

(crstang@stcloudstate.edu)

Office Manager/Athletic Insurance

Terry Tschida
(tschida@stcloudstate.edu)

Graduate Assistants

Matt Marek
(mama0705@stcloudstate.edu)

Pat McCabe

(mcpa0702@stcloudstate.edu)

Mailing/Shipping Address:

Halenbeck Hall 328
St. Cloud State University
720 4th Avenue South
St. Cloud, MN 56301-4498

AMR Office Phone:

320-308-2141
320-308-2099 (fax)

Other Important Numbers

National Hockey Center

Press Box
320-308-5227

SCSU Athletic Office

320-308-3102

SCSU Hockey Office

320-308-4806

SCSU Equipment Center

320-308-2371

NHC Operations

320-308-3327

NHC Pro Shop

320-308-5103

SCSU Athletic Ticket Office

320-308-2137
1-877-SCSUTIX

SCSU Admissions Office

1-877-308-7278
or 320-308-2244



Anne Abicht

Director of Athletic Media Relations

Anne Abicht joined the St. Cloud State University staff in January of 1985 as the Sports Information Director. Since arriving on the SCSU campus, the athletic department moved its hockey program to NCAA Division I status, and added three women's sports in women's ice hockey, soccer and nordic skiing. During this growth period, Abicht has overseen a growth in staff in the department now known as Athletic Media Relations. SCSU has added a part-time office manager, two full-time assistants and two graduate assistants to assist in the coverage of the 21 sport program. She received CoSIDA's 25-Year Award in July of 2006, Trailblazer Award in 2007, and is member of the Board of Directors. Abicht graduated from the University of Minnesota Duluth with a degree in mass communications and a minor in journalism. The Burnsville, Minn., native holds a master's degree in sports management from St. Cloud State. Anne and her husband Dennis Lorsung, reside in St. Cloud.



Tom Nelson

Assistant Director of AMR

Tom Nelson joined the staff at St. Cloud State University as assistant athletic media relations director in 1996. A 1983 graduate of North Central College in Naperville, Ill., Nelson serves as the University's men's hockey contact and also coordinates the athletic website at SCSU. Nelson previously worked at Aurora University and St. John's University (Minn.) before making the move to St. Cloud State. An active member of CoSIDA, Nelson sits on that group's Site Selection Committee. He has served as a media coordinator at numerous USA Hockey Player Development Camps and has been the media steward for the MSHSL Class AA baseball tournament since 1997. Nelson resides in St. Cloud with his wife Colleen and their two children, Lauren and Patrick.



Celest Stang

Assistant Director of AMR

Celestine Stang joined the St. Cloud State University staff as an assistant athletic media relations director in December of 2005. Prior to joining the SCSU staff, Stang served as the Sports Information Director at Saint John's University (Minn.) in nearby Collegeville from August-November of 2005. From 2003 to 2005, Stang served as a graduate assistant in the SCSU Athletic Media Relations office while earning her master's degree in athletic administration. After playing four years of basketball at SCSU from 1999-2003, Stang graduated with a bachelor's of science degree in sport management and recreation in May of 2003. A native of Redwood Falls, Minn., Stang, her husband Jacob, and their son Andray reside in St. Augusta, Minn.



Matt Marek

AMR Graduate Assistant

Matt Marek joined the SCSU Athletic Media Relations staff in 2007-08 as a graduate assistant. Marek is a graduate of Campbell University in Buies Creek, North Carolina, with a bachelor's degree in broadcasting. For the last year, he served as the Media Services Intern at Campbell and was the media contact for women's soccer, wrestling, women's swimming and baseball. He was a two-year member of the Campbell University baseball team and played in the Northwoods League in 2004 and 2005, including a stint with the St. Cloud River Bats. Marek is a native of East Grand Forks, Minnesota, where he spends his summers as a youth baseball coach for the Parks and Recreation department.



Pat McCabe

AMR Graduate Assistant

Pat McCabe is also joined the SCSU staff in 2007-08. He is a graduate of the University of Minnesota-Crookston where he played football and interned in the Sports Information office. A team captain, McCabe earned All-Academic honors and Honorable Mention All-Conference playing honors. He was the 2005-06 recipient of the UMC Student Service Award, co-founder and President of the UMC Sport and Recreation Management Club, a three-time member of the Dean's List, coordinator for UMC Athletic Awards Banquet, and named Crookston Student Association Club Representative of the Year. A native of Bloomington, Minn., he has a degree in sport and recreation management and a minor in coaching.



DR. EARL H. POTTER III

University President



Dr. Earl H. Potter III was appointed St. Cloud State University's 22nd president by the Minnesota State Colleges and Universities Board of Trustees, effective July 1, 2007.

President Potter was attracted to Minnesota's second largest university because it offers an affordable, high-quality education and well-rounded college experience for students who hail from Minnesota and around the world. Under his leadership and a strong commitment to student success, academic distinction, global education, diversity, and community partnerships, the state's most widely accredited undergraduate university will move forward as the flagship of the Minnesota State Colleges and Universities system.

SCSU's newest president came from Southern Oregon University in Ashland, where he had served as executive vice president and provost since 2003. Previously, he was dean of the College of Business at Eastern Michigan University; dean of the School of Management at Lesley University; director for organizational development and employment services at Cornell University; associate dean for academics at the U.S. Coast Guard Academy; a fellow for the American Council on Education in the Office of the Chancellor at the University of Colorado; and chief negotiator for management and head of the Department of Economics and Management at the U. S. Coast Guard Academy.

President Potter holds a Ph.D. in organizational psychology and a master's degree in psychology, both from the University of Washington; and a bachelor's degree in psychology with honors from Williams College. He also served in the U.S. Coast Guard from 1969 to 1993 and retired at the rank of captain.

DR. SUE BECKER

Associate Athletic Director



Dr. Sue Becker was named the interim associate director of athletics/senior women's administrator for the Huskies in December of 2005.

She is responsible for directing the internal operations of the SCSU athletic department. Dr. Becker also oversees daily compliance operations in the athletic department.

A 1982 graduate of the University of Wisconsin-Eau Claire, Dr. Becker served as the assistant softball and volleyball coach at Emporia State University (KS) while earning her master's degree. Dr. Becker served as SCSU head softball coach from 1985 to 1991 and also from 1995 to 1997. She led the Huskies to a 242-162 overall record and two NCAA playoff appearances. From 1991 to 1994, Dr. Becker completed her doctorate degree at Oregon State University.

In 1997, Dr. Becker was named the Athletic Department's compliance officer and she has also served as an associate professor in SCSU's department of Health, Physical Education, Recreation and Sports Science since 1984.

At UW-Eau Claire, Dr. Becker was a three-year letterwinner in volleyball and was a volleyball student assistant coach in 1982. A native of Stitzer, Wisc., Dr. Becker resides in St. Cloud.

DR. MORRIS KURTZ

Director of Athletics



Dr. Morris Kurtz arrived at St. Cloud State in the fall of 1984 following athletic administrative positions at both Penn State University and Memphis State University. At SCSU he served as Director of Men's Athletics from 1984 to 1995 and as Director of Athletics of the combined men's and women's intercollegiate athletics since 1996.

One of Dr. Kurtz's most significant achievements has been to enhance the department's fundraising program utilizing innovative solicitation techniques, marketing, promotional strategies and increased community involvement and support.

The community support that has developed has been overwhelming. Under Dr. Kurtz's direction, the Athletic Department has experienced tremendous growth and in doing so has become a rallying point for SCSU faculty, staff, students, alumni, the city of St. Cloud, as well as the surrounding communities throughout Central Minnesota. The Husky Athletic Program has become nationally recognized and has established itself as a competitive force in intercollegiate athletics while producing the highest caliber of student-athletes.

Dr. Kurtz and his wife Janell Kurtz, a Professor in the G.R. Herberger College of Business reside in St. Cloud, and have a son David and daughter Stacey.

TRACY DILL

Associate Athletic Director



After coaching men's and women's track and field and football at St. Cloud State, Tracy Dill was promoted to Associate Athletic Director for Marketing, Promotions and Fundraising in September of 1999. Since that time, he has been responsible for promoting, marketing and fundraising for the 21-sport SCSU athletic department. He has been instrumental in creating added visibility and broadening the SCSU branding program for intercollegiate athletics.

Dill joined the SCSU athletic department in 1985 as an assistant football coach. In 1988, in addition to his football responsibilities, he was named head men's track and field coach. In 1995, he resigned from his football coaching duties and became the head coach for both men's and women's track and field. As the men's track coach, he coached 15 North Central Conference Indoor Track Champions and 19 NCC Outdoor Champions. He coached three NCC Champions each in women's indoor track and outdoor track. In addition, he coached 21 All-Americans and two National Champions.

Dill is a native of Keota, Iowa. He has an undergraduate degree from William Penn College in Iowa and his master's from St. Cloud State. He and his wife Kristy reside in St. Cloud, and have two sons, Trey and Tye, both attending St. Cloud State.



St. Cloud State University Head Coaches and Staff



Jerry Anderson
Men's & Women's
Tennis



Steve Costanzo
Wrestling



Pat Dolan
Baseball



Lori Fish
Women's Basketball



Jeremy Frost
Nordic Ski



Jeff Giesen
Women's Hockey



Jeff Hegle
Men's & Women's
Swimming & diving



Becky Heiberger
Soccer



Judi Larkin
Men's & Women's Golf



Patricia Mickow
Volleyball



Seth Mischke
Men's & Women's
Track & Field,
Cross Country



Bob Motzko
Men's Hockey



Kevin Schlagel
Men's Basketball



Scott Underwood
Football



Paula U'Ren
Softball



Cheryl Boesche
Office Administrator



Kay Czarnetzki
Equipment Manager



Dr. Bill Hudson
Faculty Rep.



John Lewis
Assistant A.D.



Jeremiah Minkel
Equipment Manager



Chad Sheetz
Assistant A.D.



Holly Schmidtbauer
Compliance



Scott Schreiner
Assistant A.D.



Cindy Terwey
Office Administrator



Therese Todd
Office Administrator



Terry Tschida
AMR Office Administrator
Insurance Coordinator



Glen Tuomaala
Husky Sports Band
Director



Josh Williams
Equipment Manager



Travis Zins
Strength & Conditioning



ST. CLOUD STATE UNIVERSITY

"A Tradition of Excellence and Opportunity"

A TRADITION...

Located on the banks of the Mississippi River 70 miles northwest of Minneapolis, St. Cloud State University truly is a campus for a new century. With a 135-year tradition of excellence and opportunity, SCSU is an affordable university where students benefit from nationally accredited, top-rated academic programs and cutting-edge technology.

While it started as a state normal school and remains one of the top 12 producers of teachers in the nation, nationally recognized programs such as Business, Mass Communications and Applied Psychology provide career preparation for many of today's SCSU graduates. With about 15,500 students from Minnesota, nearly all 50 states and 80 foreign countries, SCSU is the second largest and most highly accredited undergraduate university in Minnesota. The university offers 175 majors, minors and pre-professional programs, and is one of the few universities in the Upper Midwest with programs in such diverse fields as Aviation, Meteorology and Geographic Information Systems.

SCSU is committed to being at the forefront in academic excellence and technology. To that end, SCSU has launched dynamic initiatives that include a \$32.5 million, state-of-the-art library, a campus physical master plan, a strategic plan of clear goals and objectives, and the university's first-ever capital campaign. The 235,000-square-foot library, which opened in the fall of 2000, is the visual centerpiece of the campus and the hub of research and learning. The physical master plan is turning the campus into a more inviting environment, with the addition of a riverwalk along the Mississippi and trees and clearly marked entryways along the campus perimeter. The strategic plan is providing the blueprint and the capital campaign the support to make SCSU one of the top 10 universities in the nation while remaining a school where students receive the same personal attention they would at a small college.

A rich community resource with about 15,500 students and more than 1,300 employees, SCSU brings significant benefits to its home community. St. Cloud residents, as well as students, benefit



**GREAT UNIVERSITY...
GREAT PRICE!**

SCSU offers a world-class education at a very affordable price. Listed below are the estimated comprehensive costs (tuition, room & board, books and misc. fees) for the 2007-08 school year:
 Minnesota Resident: \$12,670
 Out of State Resident: \$18,110

(Note: SCSU also offers tuition reciprocity with students living in Wisconsin, South Dakota, North Dakota and Manitoba.)

opportunities for educational and cultural enrichment, as well as athletic and entertainment events. According to a recent economic impact survey conducted by the SCSU Department of Economics, the university has a \$600 million annual impact on local retail business. Some other facts about St. Cloud's fourth largest employer and Minnesota's largest and finest undergraduate university include:

A GREAT UNIVERSITY...

- SCSU is accredited by the North Central Accrediting Agency, and nearly every one of its services and programs -- including Business, Mass Communications, Theater, Computer Science, Education, Aviation, and Electrical Engineering -- has been recognized by national accrediting agencies in their fields.
- While 90 percent of SCSU students are from Minnesota, the campus also is home to more than 900 international students and students from all 50 states.

- SCSU has 175 undergraduate and graduate majors, minors and programs of study geared toward career and life preparation.
- SCSU students may choose to join any of more than 240 organizations, many of which stress campus and community volunteer activities.
- SCSU offers opportunities for overseas study in 16 countries and a variety of practical internships.
- Eighty percent of SCSU graduates live in Minnesota. More than 3,000 new alumni are added each year.

DID YOU KNOW...

Facts about the city of St. Cloud and the Centra Minnesota region:

- 5 colleges & universities
- Home to world-renowned gardens
- 24 movie theaters
- Over 200 restaurants
- 5 live theaters
- 28 city & county parks
- More than 4000 employers
- Located in heart of Minnesota's scenic Central Lakes Region
- Major retail center, featuring lively downtown area and Crossroads Shopping Center

CLIMATE

Coldest Month: December
Hottest Month: July
Annual Avg. Rain: 29 inches
Annual Avg. Snowfall: 46.8 inches



THE GRANITE CITY . . .

The city of St. Cloud, home to St. Cloud State University, is located in the heart Minnesota's scenic Central Lakes Region along the wooded banks of the Mississippi and Sauk Rivers -- 65 miles northwest of the Minneapolis-St. Paul metropolitan area. St. Cloud serves as the commercial and business hub for over 160,000 people and three counties. The area is at the center of Minnesota's fastest growing metropolitan areas. Incorporated in 1856, St. Cloud served as a stop on the famed Red River Trail. The city's location on the Mississippi River, helped St. Cloud grow as a center for the lumber industry. Another local resource closely identified with the region is granite. The first granite in the area was quarried in 1869, and the industry rapidly helped St. Cloud gain the nickname "Granite City."



In addition to a strong economic environment, St. Cloud offers very ample and diverse opportunities in education, recreation and the arts. Some of those highlights include nearby access to top-notch fishing, camping and hunting; renowned international gardens (across the river from campus); a lively downtown retail and entertainment district and great shopping at the region's largest mall - Crossroads Center.

TOTAL ACCESS

SCSU location on I-94 makes it an easy place to get to!

Mileage to SCSU:

Twin Cities	65
Bemidji, Minn.	163
Fargo, N.D.	175
Chicago, Ill.	480
Denver, Colo.	869
Des Moines, Iowa	308
Duluth, Minn.	147
Green Bay, Wis.	350
LaCrosse, Wis.	232
Los Angeles, Calif.	1880
Mankato, Minn.	141
Milwaukee, Wis.	407
New York, N.Y.	1268
Omaha, Neb.	374
Rochester, Minn.	158
St. Louis, Mo.	618
Sioux Falls, S.D.	218
Winnipeg, Mant.	388

The St. Cloud metropolitan area is comprised of the three counties of Stearns, Benton and Sherburne, and is the political, cultural, commercial, and manufacturing center for all of central Minnesota. Access to St. Cloud is easy, with the city served daily by bus (Greyhound), train (Amtrak) and airline (Northwest Airlinck to Minneapolis-St. Paul) service.

THE CITIES . . .

SCSU students also benefit from the University's location, which is approximately one hour northwest of the Twin Cities (an easy drive from campus). One of the nation's great metropolitan areas, Minneapolis-St. Paul offers a bounty of cultural and entertainment opportunities. The Cities are home to world-class museums, theaters, restaurants and one of the largest shopping malls in the world (Mall of America). Sports fans are also in heaven as Minneapolis-St. Paul is home to the Twins (MLB), The Wild (NHL), Timberwolves (NBA), Lynx (WNBA) and Vikings (NFL).

LOOK WHO HAS ATTENDED ST. CLOUD STATE

- **Tyler Arnason**, 2001 - currently playing professional hockey for Colorado (NHL).
- **Todd Bouman**, 1996 - Former professional football player with the Minnesota Vikings (NFL).
- **Joanne Benson**, 1964 - former Lt. Governor of Minnesota and state legislator.
- **Dick Bremer**, 1977 - play-by-play announcer for the Minnesota Twins.
- **Jay Caldwell**, 1998 - sports director at St. Cloud's Regent Broadcasting.
- **Matt Cullen**, 1998 - currently playing for Carolina Hurricanes (NHL).
- **Bonnie Henrickson**, 1986 - head women's basketball coach at the University of Kansas.
- **Jim Eisenreich**, 1980 - former major league baseball player.
- **Ann Govednik Van Steinburg**, 1939 - competed in 1932 & 1936 Olympics with U.S. swim team.
- **Dave and Jim Hazewinkel**, 1966 & 1967 - U.S. Olympic wrestling team in 1968 and 1972.
- **Mark Hartigan**, 2002 - currently playing professional hockey with the Detroit Red Wings (NHL).
- **Brett Hedican**, 1992 - currently playing professional hockey for Carolina Hurricanes (NHL).
- **Ralph Heimdahl**, 1930- creator and producer of the Bugs Bunny cartoons.
- **Larry Heinemi**, 1965 - professional wrestler, who competed as Lars Anderson.
- **Tami and Toni Jameson**, 1990 - participated in 1992 Olympics in team handball.
- **Ron Johnson**, 1999 - sports personality for Fox Sports North.
- **Clay Matvick**, 1996 - sports personality for ESPN out of Minneapolis-St. Paul.
- **Van Nelson**, 1968 - educator, member of 1968 USA Olympic track team.
- **James Olanders**, 2003 - radio voice of the Sioux Falls Stampede (USHL).
- **Mark Parrish**, 1998 - currently playing professional hockey for Minnesota (NHL).
- **Jeff Passolt**, 1981 - news anchor for KMSP (Ch. 9) in Minneapolis-St. Paul.
- **Reggie Perkins**, 1988 - played for the Harlem Globetrotters.
- **John Tobler**, 1969 - former member of U.S. national diving team. A national and world diving champion.
- **Duvie Westcott**, 2001 - currently playing professional hockey for Columbus (NHL).
- **Les Wolff**, 1966 - professional wrestler who compete as Buddy Wolf.



FIRST CLASS PROGRAMS, FIRST CLASS FACILITIES

St. Cloud State University's tradition of excellence in athletics is mirrored by the many outstanding athletic facilities that are featured on the SCSU campus. The majority of SCSU's home sporting events take place at the following locations on campus: Halenbeck Hall, Husky Stadium, Selke Field, Dick Putz Field, and the National Hockey Center.

Selke Field is the home to Husky softball, which placed third in the nation in 2004. The softball diamond is located in the south-east corner of the Selke Field athletic complex. Bleachers and two dugouts complete the playing area. In addition, the SCSU baseball team has a practice field at Selke, and SCSU students use the facility for intramural soccer and touch football.

The newest addition to the SCSU facilities list is Husky Stadium, which opened in September 2004. This multi-purpose facility offers seating for 4,198 spectators and is the home to SCSU football and soccer. The field overlooks the scenic Mississippi River and features a state-of-the-art synthetic playing surface along with lights for night play. In the winter months, the field is covered with an inflatable bubble that provides an outstanding practice space for many of the SCSU athletic teams and SCSU's recreation sports programs. Other features of the facility include a press box, President's Suite, concession stands, ticket booths and bathroom facilities.

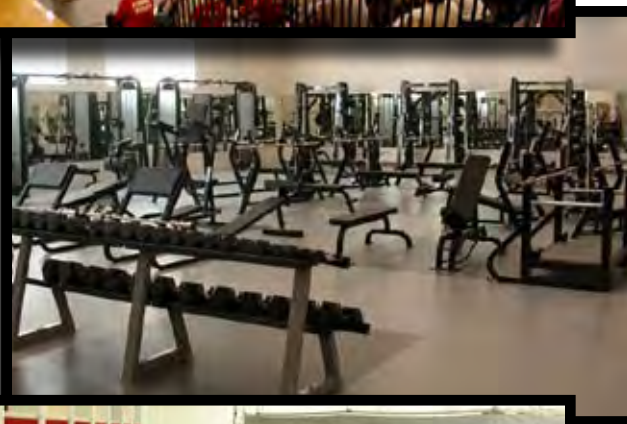
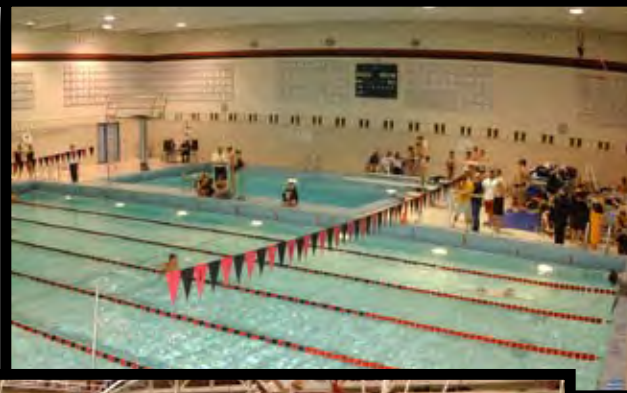
The stadium is connected to Halenbeck Hall by a new student recreation facility that features a massive fitness center, climbing walls, classrooms, dance studios, snack bar, office space and storage locations.

SCSU'S HELENBECK HALL

Halenbeck Hall was completed and dedicated in 1965. The main gymnasium of Halenbeck Hall has a seating capacity of 6,451. Volleyball, men's and women's basketball, wrestling, and swimming all compete in the main area of Halenbeck. In the summer of 2001, a new wooden floor, arena seating and scoreboard were installed, which makes Halenbeck one of the best courts in the NCC. The Halenbeck Aquatics Center has seating capacity for 500 spectators. Its features include a six-lane pool and a diving well with one and three meter boards. Halenbeck Hall is home to the SCSU Athletic Hall of Fame, which was completed in the spring of 1996. The Hall of Fame is located in the south lobby of the main gymnasium and houses the Hall of Fame plaques, as well as trophy cases for each of the Huskies' sports. The building also houses several classrooms, a complete computer lab and offices for the coaches and athletic administrative staff.

Halenbeck Hall South was completed in 1980. It provides SCSU with an indoor training facility for track, soccer, baseball, softball, and tennis. The major feature of Halenbeck South is an activity center and multiple purpose area bordered by a running track. A new surface was installed in the Halenbeck South Fieldhouse during the summer of 2006. The facility also houses six regulation size racquetball courts, a wrestling practice room, intramural offices, climbing wall and a human performance laboratory. To the east of Halenbeck and Halenbeck South are outdoor tennis courts.

SCSU's nordic ski team practices at Halenbeck Hall South and the Mississippi River. SCSU's nordic ski team practices at nearby Riverside Park, which is located directly across the Mississippi River from the SCSU campus. The Mississippi River also provides many recreation opportunities for the outdoor sports enthusiast, including fishing, canoeing and hiking.





THE NATIONAL HOCKEY CENTER

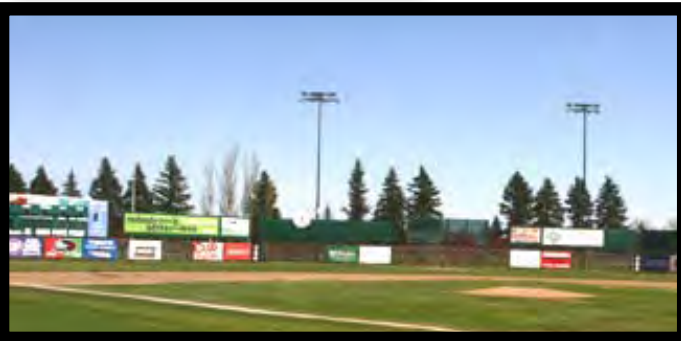
The National Hockey Center is home to Husky hockey and opened its doors in December of 1989. Its main features include two Olympic size sheets of ice measuring 200' by 100'. The main rink has a seating capacity for 5,763 fans and sports five VIP boxes located on the east end of the arena. Twelve lockerrooms, a fully-equipped athletic training room, a fitness center, an equipment and drying room, a players lounge, classroom, manager's office, coaches offices and two Zambonis fill the lower level.

Baseball is played at the St. Cloud Municipal Athletic Complex, located at the west end of St. Cloud. The complex features two of the finest baseball fields in the state - Dick Putz Field and Joe Faber Field.

St. Cloud State athletes have access to two weight training rooms. Athletes can train in the well-equipped, spacious, free weight rooms in Halenbeck and the NHC.

Previous page (top to bottom): Halenbeck Hall Aquatic Center, Halenbeck Hall Main Gymnasium, St. Cloud State Student Fitness Center, and Halenbeck Hall South Fieldhouse, inside the dome that covers Husky Stadium during the winter months

This page (top to bottom): Husky Stadium packed for another SCSU football game in the fall, inside the locker room, Dick Putz Field, Selke Field, main rink inside the National Hockey Center, and outside view of the National Hockey Center.





Head Coach Seth Mischke

- **Head Track & Field Coach**
- **Head Cross Country Coach**
- **10th Season at St. Cloud State**
- **B.S. Kinesiology: Minnesota, 1997**
- **M.S. Physical Education: St. Cloud State, 1999**

Head Coach Seth Mischke is in his 10th season at the helm of the men's and women's track & field teams at St. Cloud State in 2008-09. Mischke was hired as head coach of the Husky programs in 1999 after serving two years as an assistant to outgoing coach Tracy Dill.

In his ten seasons at St. Cloud State, Mischke has coached eight indoor All-American's and 14 outdoor All-American's as well as 19 total North Central Conference individual champions. The 2007 edition of Husky track & field included a pair of All-American's as R.J. McGinnis took second place in the decathlon at the national meet and Amanda Kunkel recorded a third place finish in the shot put.

The best finish for a Mischke coached squad was in the 2005 indoor season when the men's team scored a third place NCC finish. That following spring, in the outdoor season, the men finished in fifth place and coach Mischke was rewarded by being named the 2005 NCC men's track & field coach of the year.

Mischke is a 1997 graduate of the University of Minnesota where he was a member of the Golden Gophers men's track & field team and was a consistent top-eight finisher at the Big Ten Championships. A two-time team captain, Mischke twice garnered All-Big Ten honors. In the 1997 Big Ten Indoor meet he was a second team honoree in the pole vault, and followed it up being named third team All-Big Ten in the decathlon the following spring at the 1997 Big Ten Outdoor Championships.

A native of Worland, Wyoming, Mischke was a standout athlete at Worland High School, located in scenic north central Wyoming. Mischke and his wife Colleen reside in St. Cloud with daughter Brooklyn, and sons Tanner and Micah.



Contacting the Coach

The best time to contact Head Coach Seth Mischke is Monday, Wednesday, and Friday 9:00- 1:30 pm or Tuesday and Thursday 10:00-1:30 pm. He can be reached by calling (320) 308-2242 or the Media Relations Office can arrange interviews at (320) 308-2141 - ask for Anne Abicht.

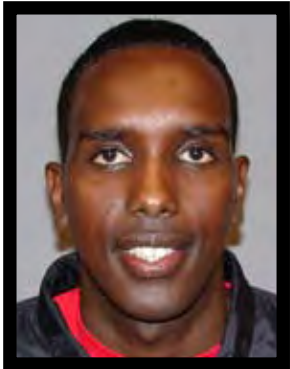


Travis Zins THROWS 8TH YEAR ASSISTANT COACH



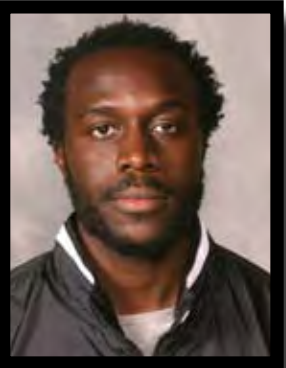
Zins comes to the athletic program as one of the best throwers in SCSU history. A four-time national participant, he is also a four-time North Central Conference champion and two-time All-American in the shot put. He was the national runner up in the 2000 Division II Indoor National Championships and received All-NCC honors numerous times in the shot put, discus, hammer, and weight throw. A native of Nicollet, Minn., Zins received his bachelor's of science in physical education in 2002 from SCSU and is currently working towards his master's of science in exercise science from SCSU. Zins currently resides in Waite Park.

Mohamed Aden
Distance ASSISTANT COACH



Kevin Babcock
High Jump ASSISTANT COACH

Ryan Koch
Multi/Hurdles ASSISTANT COACH



Bryan Sebera
SPRINTS / RELAYS
GRADUATE ASSISTANT COACH

Sam Johnson
SPRINTS / JUMPS
VOLUNTEER ASSISTANT



Becky Hoover Distance VOLUNTEER ASSISTANT COACH
Travis Hoover Distance GRADUATE ASSISTANT COACH



- **AUGUSTANA COLLEGE** ▪ **BEMIDJI STATE UNIVERSITY** ▪ **CONCORDIA UNIVERSITY-ST. PAUL** ▪
- **UNIVERSITY OF MARY** ▪ **UNIVERSITY OF MINNESOTA, CROOKSTON** ▪
- **UNIVERSITY OF MINNESOTA DULUTH** ▪ **MINNESOTA STATE UNIVERSITY, MANKATO** ▪
- **MINNESOTA STATE UNIVERSITY MOORHEAD** ▪ **NORTHERN STATE UNIVERSITY** ▪
- **SOUTHWEST MINNESOTA STATE UNIVERSITY** ▪ **ST. CLOUD STATE UNIVERSITY** ▪
- **UPPER IOWA UNIVERSITY** ▪ **WAYNE STATE COLLEGE** ▪ **WINONA STATE UNIVERSITY** ▪


ST. CLOUD STATE UNIVERSITY WOMEN

Name	YR	Event	Hometown (Previous School)
Amanda Allen	So.	Distance	Lacona, N.Y.
Andrea Borden	Jr.	Distance	Merrifield, Minn. (Crosby-Ironton)
Alyssa Brandt	So.	Sprints/Relays	Winona, Minn. (Winona State transfer)
Lindsay Conroy	So.	Throws	Clearwater, Minn. (St. Cloud Tech)
Emily Doty	FY	Distance	Minneapolis, Minn.
Amanda Eggebrecht	Jr.	Sprints	St. Cloud, Minn. (Tech)
Sarah Ewald	So.	Sprints	Watertown, Minn. (Watertown-Mayer)
Lehleih Garyu	FY	Sprints	Inver Grove Heights, Minn.
Cheryl Hundt	So.	Mid-Distance	Bangor, Wis. (H.S.)
Kendra Karstens	FY	Pole Vault	Mankato, Minn.
Kelsey King	So.	Hurdles/Multi	Lakeville, Minn. (Burnsville)
Rebecca Kitzman	So.	Throws	Verona, Wis. (Verona Area)
Danielle Luhmann	So.	Jumps/Relays	Rushford, Minn. (Univ. of Iowa transfer)
Paula Marozas	So.	Distance	Rochester, Minn.
Heather Miller	Jr.	Jumps/Sprints	Sun Prairie, Wis. (Columbus)
Brittney Moffatt	FY	Mid-Distance	Coon Rapids, Minn. (St. Francis)
Crystal Moor	Sr.	Hurdles/Sprints	Minneapolis, Minn. (Washburn)
Kelley Nelson	Sr.	Mid-Distance	Westbrook, Minn. (Westbrook-Walnut Grove)
Andrea Neugebauer	FY	Mid-Distance	Mitchell, SD
Andrea Pfaff	FY	Hurdles	Oakdale, Minn. (North St. Paul High)
Jana Prow	FY	Distance	Sauk Rapids, Minn.
Megan Quistorff	So.	Sprints	Sauk Centre, Minn. (H.S.)
Lynette Raichle	FY	Sprints	Owatonna, Minn.
Jacquelyn Rich	FY	Distance	Rogers, Minn.
Keely Rubash	FY	Distance/Pole Vault	New Lisbon, Wis.
Nish Rubash	FY	Distance/Jumps	New Lisbon, Wis.
Andraya Rollins	So.	Throws	Grand Rapids, Minn. (H.S.)
Libbie Sanders	Sr.	Distance	Coon Rapids, Minn. (H.S.)
Amanda Schilling	FY	Distance	White Bear Lake, Minn.
Amber Schueler	Sr.	Jumps/Hurdles	Glencoe, Minn.
Ne'Angela Scott	FY	Sprints	St. Paul, Minn.
Simone Whipper	FY	Pole Vault	Foley, Minn.
Mikha Tan	Sr.	Jumps/Sprints	Sioux City, Iowa (Sergeant Bluff-Luton)
Angela Walhovd	So.	Hurdles/Multi	Mauston, Wis. (H.S.)



2009 MEN'S TEAM ROSTER

ST. CLOUD STATE UNIVERSITY MEN

Name	YR	Event	Hometown (Previous School)
Rob Aderman	FY	Distance	St. Cloud, Minn.
Hassan Ali	FY	Mid-Distance	Eden Prairie, Minn.
Dan Allen	So.	Jumps/Mid-Distance	Waite Park , Minn. (Cathedral)
Kevin Andresen	FY	Distance	Crystal, Minn.
Christian Berg	Jr.	Throws	Foley, Minn.
Tim Bernard	FY	Pole Vault	East Bethel, Minn.
William Brenny	FY	Pole Vault	Clear Lake, Minn.
Mitch Bruzik	So.	Throws	Alexandria, Minn. (Jefferson)
Bryan Chavers	So.	Sprints	Plymouth, Minn. (Robbinsdale Armstrong)
Hady Cherif	So.	Distance	Minneapolis, Minn. (St. Louis Park)
Jeremy Davis	So.	Hurdles	Champlin Park, Minn. (H.S.)
Kennedy Ewada			Brooklyn Park, Minn.
Brett Farnoik	So.	Pole Vault	Buffalo, Minn.
Andrew Fuller	FY	Pole Vault	Faribault, Minn (H.S.)
isaiah Fuller	Sr.	Pole Vault	Faribault, Minn. (H.S.)
Sean Gaskell	So.	Mid-Distance	Esko, Minn. (Lake Superior C.C.)
Michael Graham	Sr.	Sprints	Oakdale, Minn. (Tartan)
Joel Gregory	FY	Mid-Distance	Richmond, Minn.
Ben Held	Sr.	Hurdles	Hinton, Iowa (H.S.)
Marcus Jenkins	Jr.	Hurdles	Long Branch, N.J. (H.S.)
Cris Jirele	Jr.	Multi	Medford, Minn. (El Shaddi/Medford)
Luke Jordan	FY	Distance	Maple Plain, Minn.
Casey Kedrowski	So.	Pole Vault	Sauk Rapids, Minn.
Adam Kershaw	Jr.	Throws	Foley, Minn. (H.S.)
Chris Lefler	So.	Sprints	Foley, Minn.
Adam Luckey	So.	Sprints/Jumps	Murietta, Calif.
Matt Main	So.	Mid-Distance	Webster, Wis. (H.S.)
Jon Marks	FY	Distance	Albertville, Minn.
Marvin Matthews	FY	Sprints/Hurdles	Roseville, Minn.
Dusty McColley	FY	Multi/Jumps	Franklin, Minn.
Tim Moes	Jr.	Mid-Distance	Becker, Minn. (H.S.)
Abdirashid Mohamed	So.	Mid-Distance	Eden Prairie, Minn.(Normandale C.C.)
Nick Nellis	FY	Multi	Waupaca, Wis.
Kyle Neumann	FY	Distance	Andover, Minn.
Pierce Novak	Jr.	Sprints	Coon Rapids, Minn.
Shamus O'Grady	FY	Distance	Coon Rapids, Minn.
Shawn Onken	Sr.	Sprints	Eagle Bend, Minn. (Parkers Prairie)
Shawn Paschke	Jr.	Pole Vault	Moorhead, Minn. (H.S.)
Lucas Pedersen	Sr.	Mid-Distance	Richfield, Minn. (H.S.)
Dave Pieper	FY	Mid-Distance	Plover, Wis
David Queck	Jr.	Sprints	Annandale, Minn. (H.S.)
Cyrus Raivo	Jr.	Throws	Brook Park , Minn. (Mora)
Mitchell Robertson	Jr.	Sprints	Rice, Minn. (Sauk Rapids-Rice)
Bobby Scepaniak	Sr.	Pole Vault	Avon, Minn. (Holdingford)
Ben Sheely	FY	Sprints	Plymouth, Minn. (Robbinsdale-Armstrong H.S.)
Andrew Stueck	Jr.	Throws	Madison, Wis. (LaFollette)
Nick Trisko	So.	Sprints	Melrose, Minn.
Gabe Udia	Jr.	Sprints	Inver Grove Heights, Minn. (Simley)
Brock Veth	Jr	Sprints	Ham Lake, Minn.
Rashad West	FY	Jumps	Woodbury, Minn. (Dakota County T.C.)
Fred Williams	SO	Jumps/Sprints	Milwaukee, Wis. (South Division)
Luke Windholz	FY	Mid-Distance	South St. Paul, Minn.
Brandon Wren	SO	Distance	Waverly, Minn.



Crystal Moor
Senior ♦ Hurdles/Sprints ♦ Minneapolis, Minn.

2008: Named to Outdoor and Indoor NCC Commissioner's Academic Honor Roll.

High School: 2004 graduate of Minneapolis Washburn High School...three sport athlete earning six letters in track & field...a team captain in track & field where she earned All-Conference honors...six-time letter winner in diving where she was a two year captain...named All-Conference four times, she was a 2003 state meet qualifier...also a six-time letter winner in gymnastics where she was a two-time team captain and four-time All-Conference honoree...earned the Athena Award as her high school's top female student/athlete...graduated salutatorian and was student body president...member of the National Honor Society and a four year honor roll member.

Personal: Daughter of Paul and Barb Moor of Minneapolis, Minnesota...lists her track team coach, "Coach Joe" as the person with the greatest influence on her career...says making it to state in diving her senior year is her greatest sports thrill...first year student orientation leader at SCSU...Spanish major with a minor in biology.

Kelley Nelson
Senior ♦ Mid-Distance ♦ Westbrook, Minn.

2008: Named to both Indoor and Outdoor NCC Commissioner's Academic Honor Roll...indoor season highlighted by fourth place mark in the 1000-meter (3:25.12) at the Husky Open...also notched fifth place finish in 800-meter (2:36.22) at SCSU Open...sported 12th place marks in the 800-meter at the Northwest Open and Jack Johnson Minnesota Classic with times of 2:36.21 and 2:33.44 respectively...Finished 18th in 800-meter (2:34.72) at St. Thomas Invite and at NCC Championships (2:33.51) in her two appearances of the outdoor season...

2007: Ran 800-meter at NCC outdoor championships finishing 2:34.02...recorded best time of season at Cobber Invitational with 2:32.84 effort...indoor season brought an 11th place finish at the NCC championships in the 800-meter with 2:36.01 time...best 800 time was at the MSU open where she recorded a 2:32.98...earned a sixth place finish at the Husky Open with 2:33.38...best finish of season was fourth place effort (2:36.98) at DQ Blizzard Invite...named to the NCC Commissioner's Academic Honor roll.

2006: Competed in the 800m at both the Indoor and Outdoor NCC Championships and ran a leg of the sixth place Distance Medley...also competed in the North Central Conference Cross Country Championships and was named to the Academic All-NCC Honor Roll.

High School: 2005 graduate of Westbrook Walnut Grove High School...coached by Joan Zieske...accumulated four letters in track & field...a two-time All-Conference selection and three-time Academic All-Conference selection...also earned five total letters in the gym with three in basketball and two in volleyball...named Woman of the Year for 2004-05.

Personal: Daughter of Lyle and Gail Nelson of Westbrook, Minnesota...lists her parents as the people with the greatest influence on her career...majoring in nursing.

Libbie Sanders
Senior ♦ Distance ♦ Coon Rapids, Minn.

2008: Best indoor season finish was third in the 5000-meter (23:07.94) at the SCSU Open...took 11th in mile (6:26.35) at Husky Open...Parent's Day Open brought 25th place mark in 3000-meter (12:34.00)...took 29th in 3000-meter (12:57.66) at Jack Johnson Minnesota Classic...lone outdoor season result was a 19th place tally in the 3000-meter (12:50.64) at the Bison Open...

2007: Finished 11th at the NCC outdoor meet in the 3000-meter run (11:45.96)...ran 5000-meter at Drake Alternative and finished 11th (21:03.87)...eight in the 3000-meter (12:06.42) at the Division II Challenge...20th in 3000-meter (11:55.36) and NCC indoor championships.

2006: She skipped the indoor season in order to train for the outdoor season...Sanders found her times consistently dropping and earned a chance to compete in the Outdoor NCC Championships...competed in the 3000 meter run.

High School: 2005 graduate of Coon Rapids High School.

Personal: Daughter of John Sanders and Gail Owen of Coon Rapids, Minnesota...also a member of the SCSU cross country team...majoring in social work.





Amber Schueler Senior ♦ Jumps/Hurdles ♦ Glencoe, Minn.

2008: Named to Outdoor and Indoor NCC Commissioner's Academic Honor Roll...red-shirted after lower back injury.

2007: Ran the 100-meter and 200-meter, and competed in the long jump at the NCC outdoor championships... finished 14th in the long jump with mark of 16'¼"...at St. Thomas Invite grabbed second place finish in the 200-meter with season best time of 26.67 and pair of fourth place marks in the 400-meter hurdles (1:13.77) and long jump (16'7")...at Drake Alternative garnered first win of the season with first place mark in the 100-meter (13.04)...at Bison Classic recorded two season bests with NCC Honor Roll 13.02 100-meter and 16'9½" long jump, finished sixth and ninth respectively.

2006: During the indoor season she made career best marks in the long jump and short sprint events and became a valuable member of the 4 x 400m relay...at the NCC Championships, she competed in the long jump, 60 and 200 meter dashes and the 4 x 400 relay...began her 400 meter hurdle career with a victory at the Bison Open in April, and competed in several relays at the Drake Relays...at the Outdoor NCC Championships, Schueler placed sixth in the 4 x 100, seventh in the 4 x 400 and competed in the 100 meters, long jump and 400 meter hurdles.

High School: 2004 graduate of Glencoe-Silver Lake High School...coached by Jim Waters...named outstanding senior female athletes in 2004...three-sport athlete who garnered four letters on the track...three time All-Conference performer who holds school records in the 4x100, 4x200, and 300 hurdles...a team captain, was a member of the state class A third place 4x100 meter relay team, and was a 2001 All-State honoree...won four letters in gymnastics and was a team captain...named most consistent, All-Conference, and All-State in 2004...was also voted three time Most Improved...three time letter winner and captain on the tennis court where she played number one doubles.

Personal: Daughter of Scott and Val Schueler of Glencoe, Minnesota...lists her parents as the people with the biggest influence on her career...Tiger Woods and Peyton Manning are favorite sports personalities...greatest sports thrill was running and winning the 4x400 meter relay in the pouring rain at North Dakota State...member of the dean's list and SCSU student-athlete honor roll...when not competing enjoys rollerblading, football and spending time with her friends...majoring in marketing with a minor in mass communication.



Mikha Tan Senior ♦ Jumps/Sprints ♦ Sioux City, Iowa

2008: Named to Indoor NCC Commissioner's Academic Honor Roll...first of three second place finishes in long jump came at Husky Open (5.28 m)...other two runner-up marks in the long jump came at SCSU Open (5.28) and Parent's Day Open (5.34 m)...also earned silver in the 60-meter (8.18) at the Husky Open...placed sixth in 60-meter (8.17) at Minnesota Open...

2007: Competed in 100-meter (12.92) and 200-meter (26.83), and finished 10th in the long jump (16'7¼") at the NCC outdoor championships...lone first place finish came at the Bison Classic in the 100-meter, and was an NCC honor roll time at 12.90...season best mark in the long jump came in a fifth place effort (17'8¾") at the Cobber Invitational and was NCC honor roll mark at seventh best last season...26.02 mark in the 200-meter at the Drake Alternative was season best, NCC 11th best, and good enough for second place finish...also charted a second place in the 100-meter (13.24) at the same meet...recorded honor roll mark in the 60-meter (7.95) during the Husky Open in the indoor season.

2006: Joined the Huskies in the 2006 season as a transfer from Iowa Central CC where she competed in the sprint and jump events...made solid improvements in the long jump during the indoor season and jumped a career best mark of 17-2½...she was the only Husky woman to make the finals of the long jump at the Indoor NCC Championships and placed eighth...at the NCC Outdoor Championships, she placed sixth in the 4 x 100, seventh in the 4 x 400, and competed in the long and triple jumps.

High School: 2004 graduate of Sergeant Bluff-Luton High School...coached by Mark Bliven...four-time letter winner in track & field, named Team Captain...three-time letter winner in cross country, named team Captain.

Personal: Daughter of Petrus and Lili Tan of Sioux City, Iowa...majoring in sport management with a minor in marketing.



Andrea Borden
Junior ♦ Distance ♦ Merrifield, Minn.

2008: Indoor season was highlighted by 4th place finish in 3000-meter at SCSU Open (11:36.42)...placed 18th in 3000-meter at the University of Minnesota's Parent's Day Open (11:25.07)...best finish of outdoor season came at Minnesota-Morris Open with 2nd place in the 5000-meter (20:13.25)...placed 10th in 1500-meter at St. Thomas Invite (5:21.17)...finished 12th in 3000-meter at Bison Open (11:21.94)...ended season at NCC Championships with 20th place mark in the 3000-meter (12:09.23).

2007: At the NCC outdoor championships grabbed a top-10 finish at ninth in the 3000-meter (11:18.75)...recorded a season best in the 1500-meter (5:07.70) at the Tommie Twilight...finished fifth (5:09.20) in same event at the Drake Alternative...at the Division II Challenge finished sixth in the 3000 (11:16.65) with best time of season...earned a 14th place finish in the one-mile (5:59.46) at the NCC indoor championships.

High School: 2006 graduate of Crosby-Ironton High School...12 time letter winner garnering six each in track & field and cross country.

Personal: Daughter of Clifford and Debra Borden of Merrifield, Minnesota...also on the SCSU cross country team...Marketing major with a minor in International Business.



Amanda Eggebrecht
Junior ♦ Sprints ♦ St. Cloud, Minn.

2008: Had two top-five finishes in the indoor season at Husky Open with second place mark in 400-meter (1:03.46) and third place mark at SCSU Open in 200-meter (28.25)...top finish in outdoor campaign came at UM-Morris with third place mark at 200-meter (27.05)...took ninth in the 400-meter (1:01.40) at Bison Open...at Tommie Twilight took seventh at 400-meter (1:00.08) and 16th at 200-meter (27.79)...capped off season at NCC Championships with 13th place at 400-meter (1:02.17).

2007: Ran 400-meter (1:02.73) finishing outside the final heat...at the Tommie Twilight finished eighth in the 200-meter (27.97)...ran 100 (13.73) and 200-meter (27.33) at the Drake Alternative finishing seventh and eighth respectively, with each time being a season best...at NCC indoor, finished 17th in the 200-meter (27.82)...finished in top-10 in the 200-meter (28.12) at the Husky open...highest finish came at the DQ Blizzard Invite with a sixth place mark in the 400-meter (1:04.43).

High School: 2006 graduate of St. Cloud Tech High School...coached by Brian Zauhar and Jodee Esser...three sport athlete and 12 time letter winner earning four letters each in track & field, competition dance, and performance dance...All-Conference and All-State performer in both track & field and competition dance...recipient of the Principal Award.

Personal: Daughter of Jay Eggebrecht and Ruth Wolf-Eggebrecht of St. Cloud, Minnesota...lists Kevin Garnett as her favorite sports personality...greatest sports thrill was anchoring the 4x200 relay team and taking them to sections in 2006...when not competing still enjoys dance...majoring in athletic training with a minor in physical therapy.





Heather Miller

Junior ♦ Multi/Jumps/Sprints ♦ Sun Prairie, Wisc.

2008: Earned spot on Outdoor NCC Academic Honor Roll...member of the Husky basketball team.

2007: NCC runner-up in both the long and triple jump...in season's final meet had best performance in the triple jump with 37'9½" mark, and notched a 17'8" mark in long jump to claim a pair of silver medals...season best long jump came earlier in the season with 18'3" jump for a first place finish at the Drake Alternative, mark was also second best in the NCC last season...at the St. Thomas Invite recorded two firsts with 17'3½" long jump and 35'10" triple jump, triple jump mark was ninth best in the NCC...named to the NCC Commissioner's Academic Honor Roll.

2006: Joined the track and field team during the outdoor season...competed as a member of several relays at the prestigious Drake Relays in Des Moines, Iowa...at the Outdoor NCC Championships, she placed sixth in the 4 x 100m relay, seventh in the long jump and 4 x 400m relay, and 12th in the triple jump...Miller is also a member of the Husky Women's Basketball team that made it to the NCAA Division II Final Four in 2006.

High School: 2005 graduate of Columbus High School...three-year letter winner in track...named team MVP twice...holds school records for triple jump, long jump, and 1600 meter relay...three-year letter winner in basketball...received All-Conference accolades two times...named All-State Honorable Mention...was named her conference's Player of the Year her senior year...helped lead her team to three consecutive conference championships and two regional championships...was a member of the State Championship team her sophomore year...four-year letter winner in cross country, where she was named All-Conference twice.

Personal: Daughter of Gary and Michelle Miller of Sun Prairie, Wis...was treasurer of Student Council for four years...NHS secretary...WIAA Scholar Athlete...graduated in the top ten of her class...majoring in nursing.



Amanda Allen
Sophomore ♦ Distance ♦ Sandy Creek, New York

2007: Spent one season on the cross country team at Wells College in Aurora, N.Y.

High School: 2007 graduate of Sandy Creek High School where she was a four sport athlete, lettering in volleyball, cheerleading, and track & field along with cross country...an Honor Roll and National Honor Society Member.

Personal: Daughter of Linda Donahue of Sandy Creek, New York...says being third on the Wells cross country team was her greatest sports experience...undeclared on a major.



Lindsay Conroy
Sophomore ♦ Throws ♦ Clearwater, Minn.

2008: Did not participate in any meets or opens in either the indoor or outdoor seasons.

High School: 2007 graduate of St. Cloud Tech High School...coached by Mark Heysse...two-time letter winner in track & field...career best marks were 30'9" in the shot put and 102'4" in the discus.

Personal: Daughter of Mark and Theresa Conroy of Clearwater, Minnesota...greatest sports thrill was placing third at Sub-sections at rival St. Cloud Apollo...undeclared in a major.



Sara Ewald
Sophomore ♦ Sprints ♦ Watertown, Minn.

2008: Posted a pair of fifth place finishes in the 60-meter hurdles at SCSU and Husky Opens with times of 9.82 and 10.12 respectively...took 15th in 400-meter (65.77) at Jack Johnson Minnesota Classic...recorded a time of 27.19 in 200-meter at Parent's Day Open...two top-five finishes of outdoor season came in the 100-meter hurdles at Morris (3rd/16.51) and the St. Thomas Invite (5th/15.88)...placed 14th at St. Thomas in 400 hurdles as well (1:09.39)...had solid showing at NCC Championships with ninth place mark in 400 intermediate hurdles (1:07.73) and high jump (4'11.5"), and a 10th place finish in the 100-meter hurdles (15.63)...

High School: 2007 graduate of Watertown-Mayer High School...coached by Dan Hansen and Richard Winter...accumulated five letters in track & field...a team captain, All-Conference honoree, and 2007 state champ in the 4x100 meter relay...also a four-time letter winner in soccer where she was named MVP and most valuable offensive player...member of the B honor roll.

Personal: Daughter of Mark and Kimberly Ewald of Watertown, Minnesota...greatest sports thrill was winning the 4x100 meter relay at the State Championship meet...also enjoys riding horses...undeclared in a major.



Cheryl Hundt
Sophomore ♦ Mid-Distance ♦ Bangor, Wisc.

2008: Took top spot in 500-meter (1:22.65) at Husky Open...part of school record holding distance medley team that ran a 12:54.04 at the Husky Open...also earned third place mark in the race (1:23.21) at SCSU Open...also took seventh in the 400-meter (62.01) at the Parent's Day Open and 11th in the 800 (2:30.41) at the Jack Johnson Minnesota Classic to cap off her indoor season...best outdoor season finish was second place in the 800-meter (2:27.88) at Minnesota-Morris...posted ninth place mark at NCC Championships in the 400-meter (1:00.48)...started outdoor campaign with 11th place mark at Bison Open in the 400-meter (1:01.71)...

High School: 2007 graduate of Bangor High School...coached by Bruce Brewer...three sport athlete lettering four times in track & field...high school team was four time conference champions and four time state champions...won three letters on the basketball court and was conference champion in 2007...two time letter winner in volleyball...also a four year member of the A Honor Roll.

Personal: Daughter of Rodney and Jane Hundt of Bangor, Wisconsin...says her family has had the greatest influence on her career...greatest sports thrill was finishing third at the 2007 state track meet in the 4x800 meter relay...undeclared on a major.



Kelsey King
Sophomore ♦ Hurdles/Multi ♦ Lakeville, Minn.

2008: Posted four top-10 finishes at two events hosted by SCSU...was fourth (9.87) in the 60-hurdles and seventh (1.3m) in the high jump at the Husky Open...had fourth place mark in the 800-meter (2:34.71) and fifth place in the long jump (4.88m) at the SCSU Open...capped off indoor season with eighth place in the heptathlon (2,727 pts.) at the NCC Championships...also marked a ninth place finish in the 60-hurdles (9.82) at the Northwest Open...started outdoor season with two top three finishes; third (3,770) in the heptathlon at the Herschel Neil Heptathlon and second (16.23) in the 100-hurdles at Morris...finished strong at the NCC Championships, earning a third place mark at the heptathlon (4,034), fourth in the 400 intermediate hurdles and ninth in the 100-hurdles (15.62)...ninth in the high jump (1.38m) and eighth (28.93) in the javelin at Morris.

High School: 2007 graduate of Burnsville High School...coached by Joe Walsh...earned four letters in track & field career...team captain and state champion, earned the Iron Woman Award...also garnered one letter in hockey...earned the President's Award for community service.

Personal: Daughter of Bradford and Linda King of Lakeville, Minnesota...list John Shelden as the person with the greatest influence on her career...greatest sports thrill was making it to the state meet all four years of high school...majoring in mass communications.



Rebecca Kitzman
Sophomore ♦ Throws ♦ Verona, Wisc

2008: Was a member of the basketball team, forcing her to miss indoor portion of season...best showing of the year came at St. Thomas Open with three-top ten finishes in the shot put (6th / 35'10.5"), discus (3rd / 131'8") and hammer throw (105'7")...had three other top-ten results with fifth place in the shot (10.61m) at Morris, ninth in the shot (11.59m) at the Tommie Twilight and a seventh place mark (125'2") at the NCC Championships in the discus...best discus mark came in the form of 36.25 meter toss at Bison Open...best toss in the hammer came at Kip Janvrin Open with a 33.47 mark...

High School: 2007 graduate of Verona Area High School...two sport athlete competing in basketball and track & field...two-time Captain in track & field where qualified for the state meet in both the Shot Put and Discus...as a sophomore was fourth in state in Discus...as a junior was again fourth in the Discus and also eighth in the Shot Put...a two-time team Captain on the hardwood, was named second team All-Area by the Wisconsin State Journal and the Capital Times...an All-Conference performer as a junior and senior.

Personal: Daughter of Jeff and Mandy Kitzman of Verona, Iowa...lists Serena Williams as her favorite sports personality and her father as the person with the greatest influence on her career...majoring in education at SCSU.



Danielle Luhmann
Sophomore ♦ Jumps/Relays ♦ Rushford, Minn.

Transfer to St. Cloud State from the University of Iowa.



Paula Marozas
 Sophomore ♦ Distance ♦ Rochester, Minn.

2008: Earned top spot in 800-meter (2:31.15) at SCSU Open...part of school record holding distance medley team that ran a 12:54.04 at the Husky Open...posted fifth place mark at Parent's Day meet (3:09.06)...finished eighth in 800-meter (2:30.82) at indoor-season opening Northwest Open...posted a time of 5:33.99 in the mile at the Jack Johnson Minnesota Classic...outdoor season began with third place in the 5000-meter (21:17.80) at Minnesota-Morris...earned sixth place mark in 1500-meter (5:05.36) at Tommie Twilight meet...other finish in 1500-meter was a 5:19.44 mark at the Kip Janvrin Open...placed 18th in 3000-meter (11:30.59) at the NCC Championships.

High School: 2006 graduate of Andover High School... two time letter winner and captain of the track & field team... recipient of the coaches' award on the cross country team...two time letter winner on the soccer team and also lettered once in weight training...four time academic letter winner.

Personal: Daughter of Grant Marozas of Rochester Minnesota, and Catherine Marozas of Andover, Minnesota...list her greatest sports thrill as her last cross country race where she set a new personal record by 45 seconds...double major in Math and Athletic Training.



Megan Quistorff
 Sophomore ♦ Sprints ♦ Sauk Centre, Minn.

2008: Ended indoor season with eighth place finish (1:00.12) in the 400-meter...had five other top-eight marks on the year...took third place in the 200-meter (27.53) at the Northwest Open and the 60-meter (8.45) at the SCSU Open...recorded fifth in the 60-meter (8.37) at the Husky Open and in the 400-meter (61.26) at Parent's Day Open...ran the 200-meter in 27.78 for eighth place at the Minnesota Open...best mark of outdoor session came at Morris where she finished third (12.98) in the 100-meter...also posted seventh place in the 200-meter (26.94) at the St. Thomas Invite...took 12th at Tommie Twilight in the 200-meter (27.71) and in the 400-meter (1:02.12) at the NCC Championships.

High School: High school career including six in track & field...three-time state champion who was an All-Conference and All-Section honoree...marked career best times of 26.0 seconds in the 200 meter dash, 49.46 in the 4x100 meter relay, and 1:44.46 in the 4x200 meter relay...also earned six cross country letters and All-Conference accolades in the process...garnered three letters on the hardwood as an All-Conference and All-Sub section basketball player...two-time basketball MVP...graduated #10 in her high school class.

Personal: Daughter of Jeff and Sharon Quistorff of Sauk Centre, Minnesota...lists her mother as the person with the greatest influence on her career...winning three state track titles is her greatest sports memory...also enjoys scrap booking...majoring in education and Spanish.



Andraya Rollins
 Sophomore ♦ Throws ♦ Grand Rapids, Minn.

2008: Did not see action in any indoor or outdoor meets during the 2008 season.

High School: 2007 graduate of Grand Rapids High School...coached by Kevin Johnson and Dan Jinks...earned four letters as a member of the track & field team...was an All-Conference performer and two-year captain...recorded personal best throw of 43'2.5" in the shot put...also lettered once in volleyball.

Personal: Daughter of David and Rhonda Rollins of Grand Rapids, Minnesota...lists her coaches as the people with the biggest influence on her career...lists greatest sports thrill as going to state...majoring in pre-law with a minor in political science.



Angela Walkhovd
 Sophomore ♦ Hurdles/Multi ♦ Mauston, Wisc.

2008: Was runner-up in the pentathlon (3,050 pts) at the NCC Indoor Championships...other pentathlon finish during indoor included 10th (2,738) at Jack Johnson Minnesota Classic...also posted 11th place mark in the 60-meter hurdles (9.65) at NCC Championships...best finish in the 60-hurdles was a third place mark (9.70) at Husky Open and also had a fourth place (9.33) mark at Parent's Day Open...1.45-meter jump grabbed her second in the high jump at the Husky Open...ran the 800-meter in 2:39.86 at the SCSU Open, good for seventh...Outdoor season started with fourth place mark (3,750) at Herschel Neil Meet in Missouri...won the 100-hurdles (16.14) and took fourth in the high jump (1.48 meters) at Minnesota-Morris...St. Thomas Invite brought third place in the 100-hurdles (15.69)...Had solid showing at NCC Outdoor Title with fifth place in the heptathlon (4,005), ninth in the javelin (95'11") and 11th in the 100 hurdles (15.71).

High School: 2007 graduate of Mauston (WI) High School...four-year letterwinner and three-time team MVP in track and field...three-year letterwinner and team captain in volleyball...lettered in basketball...set school records in the 100 hurdles, 300 hurdles, long jump and triple jump...class Validictorian.

Personal: Daughter of Connie and Rod Walkhovd of Mauston...nursing major.



Emily Doty

First Year ♦ Distance ♦ Minneapolis, Minn.

High School: 2008 graduate of Totino Grace High School...letter winner in both cross country and track & field...four-year honor roll member.

Personal: Daughter of Kevin and Debbie Doty of Minneapolis...lists her high school coaches as those with the greatest influence on her career...greatest sports thrill was running for the first time at the Roy Griak Invite...English major with a minor in Spanish.



Lehleih Garyu

First Year ♦ Sprints ♦ Inver Grove Heights, Minn.

High School: 2008 graduate of Simley High School...Won Simley High School's Most Improved Award her senior year...a four-year member of the Simley Track Team.

Personal: Daughter of George Garyu and Garmai Jackson...plans to major in mass communication with a minor in dance choreography.

Kendra Karstens

First Year ♦ Pole Vault ♦ Mankato, Minn.



Brittney Moffatt

First Year ♦ Mid Distance ♦ Coon Rapids, Minn.

2007: First year...did not compete in any races for the Huskies.

High School: 2007 graduate of St. Francis High School...coached by Bekki Hanson...three time letter winner on the cross country team...All-Conference performer...team MVP and Captain...team was conference champion...best time in the 4K was 15:55...also won three letters in track & field...all an All-Conference performer, MVP and Captain...conference champion and State Meet participant...best time in 400 meter was 1:02, and best in the 800 was 2:22.

Personal: Daughter of Steven Moffatt of Coon Rapids...lists her Dad as the person with the greatest influence on her career...says winning the team conference championship in cross country her senior year in her greatest sports thrill...also enjoys snow boarding, wake boarding and surfing...also a member of the SCSU track and field team...majoring in English with a Minor in coaching.



Andrea Neugebauer

First Year ♦ Mid Distance ♦ Mitchell, South Dakota

High School: 2007 graduate of Mitchell High School...coached by Jody Childs...four-year letter winner in cross country where she was also named Hustler of the Year and garnered Athlete of the Week honors...also grabbed four letters in track & field...maintained a 4.0 GPA and was a National Honor Society member.

Personal: Daughter of Brandon and Jeanne Neugebauer of Mitchell...lists her best friend as the person with the greatest influence on her career...greatest sports thrill was getting second in her age division in the Earth Day Half Marathon...majoring in nursing.



Andrea Pfaff
First Year ♦ Hurdles ♦ Oakdale, Minn.



Jana Prow
First Year ♦ Distance ♦ Sauk Rapids, Minn.

High School: 2008 graduate of Sauk Rapids High School...coached by Rod Fuches...won three letters in cross country where she won Honorable Mention All-Conference Honors...her teammates also voted her the Most Valuable Runner...grabbed a pair of letters in track & field where she was named hardest worker and again earned Honorable Mention All-Conference accolades...also participated in figure skating...named female athlete of the year.

Personal: Daughter of Jim and Gloriana Prow of Sauk Rapids...says passing her senior free skating test after 11 years is her greatest sports thrill...PSEO student in high school...majoring in business.



Lynette Raichle
First Year ♦ Sprints ♦ Owatonna, Minn.

2008: Did not see action during indoor season...opened with best showing of outdoor season with seventh place mark at Morris in the 100-meter dash (28.46)...two other top-ten finishes came at St. Thomas with ninth place in 100-meter (13.93) and 10th in the 100-meter (13.78) at the NCC Championships...also put up 28.02 mark in the 200-meter at the NCC Championships...recorded 18th place in the 200 (28.61) at the St. Thomas Invite...participated in the Kip Janvrin Open with times of 14.09 in the 100-meter and 29.98 in the 200-meter.



Jacquelyn Rich
First Year ♦ Distance ♦ Rogers, Minn.

High School: 2008 graduate of Rogers High School...coached by Steve Lueur...two sport athlete, gaining tallying four letters each in cross country and track & field...in cross country she was named Rookie of the Year as well as All-Conference Honorable Mention...in track & field she earned All-Conference honors and placed third at the section meet.

Personal: Daughter of Christopher and Brenda Rich of Rogers...lists her greatest sports thrill as beating her top rivals at the Conference Championship meet and her team took home the top five spots...undeclared on a major.



Keely Rubash

First Year ♦ Distance/Pole Vault ♦ New Lisbon, Wisc.

High School: 2008 graduate of Mauston High School...coached by Bill DeVoe...earned four letters for the Lady Eagles in cross country winning a South Central Conference team title and advancing to the State Tournament each season...three times she was individual conference champion and three times she was team MVP...in track & field she won four letters while winning three MVP awards...she garnered 14 conference medals and set school records in the 3200m, 1600m, and the pole vault...also won two letters on the hardwood in basketball...graduated in the top-10 of her senior class.

Personal: Daughter of Charles and Terry Rubash of New Lisbon...says her parents have had the greatest influence on her career...greatest sports thrill was breaking the course record by 30 seconds at the conference meet her senior year...also a member of the SCSU track team...sister Nichelle is also a first year on the SCSU track & field and cross country teams...majoring in Nursing.

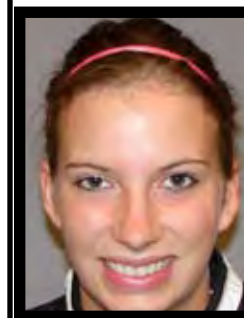


Nish Rubash

First Year ♦ Distance/Jumps ♦ New Lisbon, Wisc.

High School: 2008 graduate of Mauston High School...coached by Bill DeVoe...three sport athlete and four-time letter winner in cross country...twice was named MVP for her four-time conference championship team...four-time state meet qualifier, and twice a section champion...also tallied four letters in track & field where she was a three-year state meet qualifier in the high jump, taking third as a junior...four times was named first team All-Conference and eight times was named second team All-Conference...also a basketball letter winner...graduated in the top-15 of her high school class.

Personal: Daughter of Charles and Terry Rubash of New Lisbon...says her father has had the greatest influence on her career...says taking third at the state track & field in the high jump was her greatest sports thrill...also a member of the SCSU track & field team...sister Keely is also a first year on the SCSU track & field and cross country teams...majoring in pre-dentistry.



Amanda Schilling

First Year ♦ Distance ♦ White Bear Lake, Minn.

High School: 2008 graduate of White Bear Lake Area High School...coached by Patty Percival...garnered two letters in cross country and four in track & field where she was All-Conference Honorable Mention...also played basketball and soccer.

Personal: Daughter of Tom and Carole Schilling of White Bear Lake...says her father has had the greatest influence on her career...greatest sports thrill was anchoring her 4x800m relay team to a second place finish after running third the entire race...double majoring in international business and Spanish with a minor in finance.

Ne'Angela Scott



First Year ♦ Sprints ♦ St. Paul, Minn.

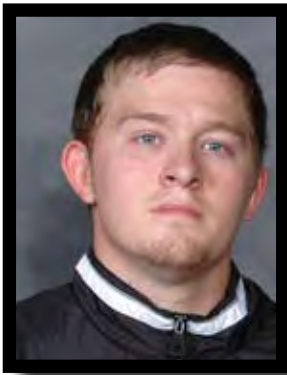
High School: A 2008 graduate of St. Paul Johnson High School...won a letter in track and was a two-time letter in cheerleading, along with being team captain.

Personal: Daughter of Harry Scott and Enola Davis...lists running the 400 relay the first time as her biggest athletic thrill...plans a pre-nursing major with a minor in social work.

Simone Wipper

First Year ♦ Pole Vault ♦ Foley, Minn.





Isaiah Fuller
Senior ♦ Pole Vault ♦ Faribault, Minn.

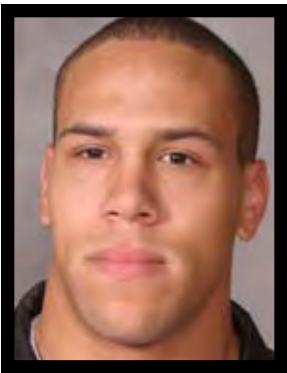
2008: Did not see any action during outdoor season...

2007: At NCC outdoor championships finished 11th in the pole vault with 13'2" mark...placed himself on the NCC honor roll with season best pole vault mark of 14'0" in a seventh place effort at the Bison Classic.

2006: Placed 10th at the Outdoor NCC Championships with a mark of 13' 9".

High School: 2004 graduate of Faribault High School...won five letters in swimming and two in track...in track, he earned All-Conference honors and was ranked third in the state in pole vault his senior year...as a swimmer, he competed at the Minnesota State Swimming Championships twice, earned All-Conference honors four times, was his team's MVP once, and earned Most Improved honors once...owns the school record in the 500 free and was voted Faribault High's Male Athlete of the Year in 2004.

Personal: Son of Charlie and Joy Fuller of Faribault, Minnesota...lists his brother, Noah, as the person with the greatest influence on his career...finished his career as a distance swimmer on the SCSU swimming and diving team last spring...majoring in physics.



Michael Graham
Senior ♦ Sprints ♦ Oakdale, Minn.

2008: Did not see action during the 2008 indoor and outdoor seasons...

2007: Posted season high and NCC eight-best time in the 100-meter (11.28) in sixth place effort at Macalester Twilight...ran 11.32 in sixth place finish at St. Thomas Invite...finished sixth in the 60-meter (6.98) at the NCC indoor championships...60-meter time of 6.85 at the Northwest Open was third best NCC time of the season...at DQ Blizzard Invite finished second in 60-meter (7.07)...also claimed a second place finish at the MSU Open (7.00), and the Husky Open (7.05).

2006: NCAA provisional qualifier during the indoor season in the 60m dash and missed a trip to the National meet by a mere 3/100ths of a second...at the North Central Conference Indoor Championships, was one of three Huskies in the finals of the 60m dash and finished in fourth place with a time of 6.94...due to injury, he did not compete during the outdoor season.

2005: Placed fifth in the 60m dash at the Indoor NCC Meet.

High School: 2004 graduate of Tartan High School...four-time letter winner in track...All-Conference, All State, Rookie of the Year, and team MVP...place third in state in the 100 meter...member of the second place 4x100 relay team...three-time letter winner in football and two-time All-Conference award winner...four-time letter winner in wrestling.

Personal: Son of Lorna and Waymond Graham of Oakdale, Minnesota...running back on the SCSU football team...majoring in pre-business.



Ben Held Senior ♦ Hurdles ♦ Hinton, Iowa

2008: Finished the outdoor season strong with a 110-hurdle title at the St. Thomas Invite (15.28) and a second place finish at the NCC Championships (14.97)...posted lone top-five finish of the indoor session with fifth place finish in the 60-hurdles with a fifth place (8.70) showing...recorded sixth place in the same event at the Snowshoe Open (8.71)... took third at Morris in the 110-hurdles (15.71)

2007: At St. Thomas invite has his best showing in the 110-meter hurdles with a second place finish (15.62), the eighth best time in the NCC last season...recorded a sixth place finish in the 110-meter hurdles (15.95) at the Macalester Twilight...took fifth in the 110 hurdles (15.84) at the Bison Classic...at NCC indoor championships finished fifth in the 60-meter hurdles (8.56)...at Husky Open during indoor season finished 60-meter hurdles in honor roll time of 8.98.

2006: Showed steady improvement in his hurdle events for the Huskies throughout the indoor and outdoor seasons...ran the 60m hurdles at the Indoor NCC meet...during the Outdoor Championships he competed in both the 110m hurdles and the 400m hurdles...placed 10th in the 110m hurdles.

High School: 2005 graduate of Hinton High School...coached by Seth Deidiker...four-time letter winner in track and hockey...holds the school record in the high hurdles.

Personal: Son of Mark and Kaye Held of Hinton, Iowa...lists his parents as the people with the greatest influence on his career...favorite sports personality is Jeremy Roenick...majoring in recreation management with a minor in therapeutic recreation.



Shawn Onken Senior ♦ Sprints ♦ Eagle Bend, Minn.

2008: Had his best day at the St. Thomas Invite (outdoor) with a fifth place mark in the 100-meter (11.26) and an eighth place finish in the 200-meter (23.17). Raced exclusively in the 200-meter during the indoor season, with best finish coming at the Husky Open with an eighth place (24.49)...best time during the indoor season came at the NCC Championships with a 23.92 mark, good for 11th in the 200-meter...at the outdoor championships, he posted a pair of 12th place finishes in the 100 (11.45) and 200-meter (23.10), with the 200 time being the best of indoor and outdoor seasons...

2007: At NCC outdoor championships competed in the 200-meter (23.50) and placed 12th in the 100-meter (11.61) in his best time of the season...earned spot on NCC honor roll with 13th place 23.00 time in the 200-meter at the Drake Alternative, good enough for 11th best in the NCC...also 14th in the 100-meter (11.65) at Drake...placed 12th at NCC indoor championships in the 60-meter (7.54)...finished 16th in the 200 (24.55) and 21st in the 60 (7.67) at the Husky Open...best indoor 200-meter time was 24.22 at MSU open.

2006: Added depth to the Husky sprint core his first year...a short sprint specialist, Onken competed in the 60m and 200m dashes at the Indoor NCC Championships.

High School: 2005 graduate of Parkers Prairie High School...coached by Ed Sugg and Rich Powers...five-time track & field letter winner where he was named MVP of his team.

Personal: Son of Tim and Dawn Onkem of Eagle Bend, Minnesota...says his greatest sports thrill was running an 11 flat in the 100-meter dash in high school...majoring in computer science.



Lucas Pedersen
Senior ♦ Mid Distance ♦ **Richfield, Minn.**

2008: Started outdoor season at Morris with a seventh (17:07.85) place finish in the 5000-meter...took 11th (10:57.99) in the steeplechase at the North Central Conference Championships...

2007: Finished ninth in the 800-meter (2:13.88) at the NCC indoor championships...also during indoor season at Minnesota Snowshoe Open finished 21st in the 800-meter (2:05.71), in best time of the season...ran the one-mile (4:49.48) and the 800-meter (2:12.01) finishing 11th and 14th respectively...finished ninth in both the one-mile (4:54.31) and the 800 (2:14.46) at the DQ Blizzard Invite, mile time was season best.

2006: Arrived at SCSU as a pole vault and mid-distance athlete...competed for the Huskies mostly in distance events as he honed his pole vault skills...at the Indoor NCC Championships, scored a point for the Huskies by placing eighth in the 800m in a season best effort...at the Outdoor Championships again competed in the 800m but did not make the finals.

High School: 2005 graduate of Richfield High School...coached by Jamie Bente and Zach Edmunson...earned two letters in track & field and was named rookie of the year on the swimming and diving team...honor roll student.

Personal: Son of Mark and Joyce Pederson of Richfield, Minnesota...also a member of the Husky cross country team...majoring in education with



Bobby Scepaniak
Senior ♦ Pole Vault ♦ **Avon, Minn.**

2008: Placed 13th at the St. Thomas Invite with a mark of 12'1/2".

2007: Took 17th in the pole vault (11'113/5") at the Drake Alternative...10th at Bison Classic with height of 12'6"...at NCC indoor championships earned ninth place finish with 12'6" vault.

2006: Red-shirt.

2005: Placed 11th in the pole vault at the 2005 conference meet...named to the SCSU Student-Athlete Honor Roll.

High School: 2004 graduate of Holdingford High School...coached by Chet Blasczyk...five-time letter winner in track & field...Huskers won championship title all five years...two-time conference champion...four-time letter winner in cross country...top five all-time best mark in pole vault...member of the 4x800 indoor record team.

Personal: Son of Robert and Cindy Scepaniak of Avon, Minnesota...lists his parents as the people with the greatest influence on his career...favorite sports personalities are Michael Jordan and Michael Johnson...greatest sports thrill was winning the pole vault at the state true team championship...majoring business economics with a minor in coaching.

Christian Berg
Junior ♦ Throws ♦ **Foley, Minn.**



Marcus Jenkins
Junior ♦ Hurdles ♦ Long Beach, N.J.

2008: Finished sixth (15.76) in the 110-hurdles at the NCC Outdoor Championships...

2007: At NCC outdoor championships finished fifth in the 110 hurdles (15.55) and eighth in the 100-meter (11.18)...posted season best and sixth best NCC time in 110-meter hurdles (15.35), finishing second at the Cobber Invite...season best effort in 100-meter came in fifth place finish (11.36) at the Drake Alternative which was the 10th best time in the NCC last season...also fifth in 110 hurdles (15.60) at Drake...at NCC indoor championships finished fourth in the 60-meter (6.98)...during indoor season at MSU open ran 60-meter hurdles in 8.80, good enough for 11th in the NCC...garnered third place finish in the 60-meter hurdles (8.55) at the Minnesota Snow Shoe Open...at DQ Blizzard Invite posted second place time in the 60-meter hurdles (8.52).

2006: Saw limited competition in 2005-06 indoor before being injured...red-shirted the outdoor season.

High School: 2005 graduate of Long Branch High School in New Jersey...seven-time letter winner in indoor and outdoor track...three-time letter winner in football...All-Shore Academic in 2004...All-State and All-Shore honors in track and field.

Personal: Son of Al and Deborah Opuswugu of Brooklyn Park...defensive back on the Husky football team...majoring in pre-business with a coaching minor.



Cris Jirele
Junior ♦ Multi ♦ Medford, Minn.

2008: Two top-five finishes of indoor campaign were fifth in the 60-hurdles (9.73) at the Husky Open and fourth in the high jump (1.65m) at the SCSU Open...posted a pair of top-five showings in outdoor season as well, tying for fifth at St. Thomas Invite in the high jump (5'8") and fourth at the Herschel Neil Meet in the decathlon (4,791)...won the 1500-meter (5:16.94), highlighting his Herschel Neil performance...indoor season brought top-11 marks in three different events, that included: ninth in 1000-meter (2:57.31) at SCSU Open, 10th in long jump (5.51m) at the Husky Open and 11th in the pentathlon (2,784) at the NCC Championships...

2007: Ran the 400-meter at the NCC outdoor championships in time of 55.70, posting fastest time of the season...recorded season best mark in the 200-meter (24.63) at the Drake Alternative finishing 21st...also finished 17th in the 400-meter (58.75) in the same meet...at Indoor NCC Championships finished 13th in the 500-meter (1:15.17)...at Husky Open ran best time in the 200-meter (25.24) finishing 24th...recorded best 400-meter time (53.59) at the MSU open.

High School: 2005 graduate of El Shaddai/Medford High School...coached by Kevin Werk...earned two letters in track & field while being named All-Conference twice...as a junior earned the Most Points award and as a senior earned the earned the Most Points and Big Stud/MVP awards...holds school records in the 300 hurdles and 4x200 relay...conference champion in the long jump and 4x200 as a junior...conference and sub-section champion in the 300 hurdles as a senior...won two letters in basketball and earned the Hustle and defensive player of the year awards...three-time letter winner and two-time All-Conference performer in football.

Personal: Son of Robert and Naomi Jirele of Medford, Minnesota...lists his father and basketball coach as those with the greatest influence on his career...greatest sports thrill was winning conference in the long jump after being ranked eighth coming in...undeclared in a major.



Adam Kershaw
Junior ♦ Throws ♦ Foley, Minn.

2008: Captured third at the NCC Indoors in the shot put (49-4.25)...also finished 10th in the weight toss (48-1.25)...best placing in the indoor season was a second place mark at the Husky Open in the shot (15.04)...matched that in the outdoor season, grabbing another second place finish in the shot (14.28) at the Bison Open... Husky Open also saw a third place finish in the weight throw (13.71)...had solid day at the Morris Invite where he took seventh in the shot (14.59), fourth in the discus (45.47) and sixth in the hammer throw (41.15)...wrapped up outdoor season with seventh place in the shot (46'-1.5"), ninth in the hammer (144') and 10th in the discus (132'-7") at the NCC Championships...had two other top five finishes during the outdoor season.

2007: At NCC championships finished seventh in discus (138'1") and 13th in the hammer throw (124')...at St. Thomas Invite grabbed one top-five finish in the hammer (137'2") with NCC honor roll mark and one top-ten in the shot put (45'3¾")...posted best shot put of the season for the Huskies as well as fifth best mark in the NCC with 46'6¼" throw, finishing sixth at the Cobber Invite...at the Indoor Championships placed 13th in the shot put with 42'4" throw...at the Husky Open grabbed eighth place in the shot put (44') and 20th in the weight throw (39'1¼").

High School: 2006 graduate of Foley High School...three sport athlete who won five letters on the track & field team...also garnered four letters on the football field and three more on the basketball court.

Personal: Son of Richard and Louise Kershaw of Foley, Minnesota...lists going to the state meet as a senior in high school as his greatest sports thrill...majoring in engineering.



Tim Moes
Junior ♦ Mid-Distance ♦ Becker, Minn.

2008: Finished eighth in the mile at the Jack Johnson Minnesota Classic (5:05.35)...Came in ninth in the 300-meter (10:13.86) at the SCSU Open.

2007: Placed 24th in the 5000-meter (17:15.28) at the NCC outdoor championships...season best in 5000-meter (17:07.67) came at the Bison Classic in a fourth place finish...at the Drake Alternative had season best's in the 1500-meter (4:31.42) finishing 15th and the 800-meter (2:14.36) finishing 21st...at the indoor championships placed ninth in the 1000-meter (2:48.35)...ran 3000-meter (9:51.49) to a 29th place finish at the Minnesota Snowshoe Open.

High School: 2004 graduate of Becker High School...coached by Mitch Anderson...three-time letter winner in track & field.

Personal: Son of Bob and Linda Moes of Becker, Minnesota...also a member of the Husky cross country team...majoring in pre-physical education.



Pierce Novak Junior ♦ Sprints ♦ Coon Rapids, Minn.

2008: A member of the Indoor and Outdoor NCC Commissioner's Academic Honor Roll...did not see action in either indoor or outdoor seasons...

2007: At the Division II challenge recorded seventh best time in the NCC with 22.88 mark in the 200-meter...posted NCC 11th best time in the 100-meter (11.43) as well at the Division II challenge...at indoor NCC championships recorded 13th place finish in the 200-meter (23.43)...finished seventh in the 200-meter (23.75) at the Husky Open.

High School: 2005 graduate of Coon Rapids High School...garnered two letters in track & field and was named All-Conference honorable mention...All-Conference HM and defensive MVP while earning two letters on the football field...lettered once in basketball...recipient of the 3x4 award...listed as who's who among American High School

Students and received Minnesota State High School League Gold Star Certificate.

Personal: Son of Steve and Natalie Novak of Coon Rapids, Minnesota...lists his parents as the people with the greatest influence on his career...Michael Jordan is favorite sports personality...says beating conference rival Blaine High School to win the conference title in track & field was greatest sports thrill...majoring in mass communication with a minor in Spanish.



David Queck Junior ♦ Sprints ♦ Annandale, Minn.

2008: Had a pair of second place finishes during indoor season at SCSU Open in the 400-meter (51.91) and 4x400 relay (3:27.63)...had three second place marks in the outdoor season with two at the Bison Open in the 4x100 relay (42.70) and 4x400 relay (3:28.19)...also had second place finish in 400-meter (49.61) at St. Thomas Invite...top time in 400-meter came at NCC Outdoor Championships with a fourth place finish (49.49)...member of 4x400 relay team that took sixth at that meet...finished fourth at NCC Indoors with 4x400 relay (3:26.52) and seventh in the 400-meter (51.22)...other top-five finish came at came at Bison Open in the 400-meter (50.60).

2007: Ran 400-meter at the NCC outdoor championships, finishing with time of 51.60 but missing final heat...earned spot in the NCC honor roll with 51.40, finishing 10th in the 400-meter at the Cobber Invite...at St. Thomas Invite took second place honors in the 400-meter with 52.50...ran eighth place 51.41 400-meter at the Bison Clas-

sic.

2006: At the Indoor NCC Championships placed ninth in the 400m with a season best mark of 51.94, just missing the finals...member of the 4 x 400m relay that finished in fourth place.

High School: 2005 graduate of Annandale High School...five-time letter winner in track & field...three-time State Champion and holder of five school records.

Personal: Son of Kathy and Tom Queck of Annandale, Minnesota...mass communications major with a coaching minor.



Cyrus Raivo
Junior ♦ Throws ♦ Brooklyn Park, Minn.

2008: Earned mention to NCC Indoor and Outdoor Commissioner's Academic Honor Roll...Earned javelin title (184'6") at St. Thomas Invite, posting his next best finish there also with a third place mark (144'0") in the discus...marked a fourth place mark in the javelin at the Bison Open (174'-9.5")...posted sixth place at Morris in the discus (41.47m)...made three appearances in the indoor season, all in the weight throw, with a sixth place finish (11.92) at the Husky Open and a 16th place showing at the NCC Championships (40'4")...NCC Outdoors saw him record two 14th place marks in the hammer (133'6") and the discus (128'5").

2007: Earned two top-10's at the NCC outdoor championships, finishing sixth in the javelin (170'4") and eighth in the discus (135'5")...also finished 14th in the hammer throw (123'8") at the NCC Championships...earned three top-10's at the St. Thomas Invite placing second in javelin (151'1"), third in discus (131'8") and ninth in hammer (121'1")...third in javelin (153'5") and fifth in discus (136'4") at Drake alternative...recorded top discus mark for the Huskies and fifth best mark in the NCC when he notched a 147'4" toss in a sixth place effort at the Cobber Invite...one of four SCSU throwers to make the NCC honor roll in the hammer with 128'6" throw at the Division II challenge...set eighth best NCC mark in the javelin with 160'2" mark at the Macalester Twilight, where he finished fourth.

High School: 2006 graduate of Mora High School...coached by Joe Ferraro...four sport high school athlete...earned four letters in track & field en route to a conference championship, section championship, and fifth place state meet finish...career best marks were 48'9" in the shot put and 158' in the discus...won four letters as well on the ice and was a All-Conference hockey player...two-time letter winner in cross country where he also made the All-Conference team...earned one letter on the football field and was All-Conference Honorable Mention...also an Academic All-Conference honoree.

Personal: Son of Keith and Valerie Raivo of Brook Park, Minnesota...lists twice competing at the state championship meet as his greatest sports thrill...also enjoys fishing and golfing...undeclared in a major.



Mitchell Robertson
Junior ♦ Sprints ♦ Rice, Minn.

2008: Best individual finish came during indoor season second place mark at the Husky Open in the 400-meter (53.15)...best time in the 400-meter came at Bison Open with a 51.50, good for fifth...on 4x400 relay team that took second (3:28.19) at that meet...finished ninth in 400-meter (52.79) at NCC Indoors...helped capture sixth (3:25.67) at NCC Outdoors for 4x400 relay squad, while also placing 11th in the 400-meter (51.71).

High School: 2006 graduate of Sauk Rapids-Rice High School...earned one letter in track & field and ran on third place 4x200 meter relay team...also a two-time football letter winner.

Personal: Son of Bryan and Denise Robertson of Rice, Minnesota...lists Michael Johnson as the person with the greatest influence on his career...greatest sports thrill was winning all five of his races at the True-Team Sub-Sectionals...enjoys hunting, fishing, and snowmobiling when not competing...majoring in business.



Andrew Stueck Junior ♦ Throws ♦ Madison, Wisc.

2008: Posted third place in decathlon at Herschel Neil Open (4,924), highlighted by first place in the javelin portion (51.23)...finished third in javelin (156'10") at St. Thomas Invite... Morris meet saw a fourth place finish in the javelin (42.52)... outdoor season concluded with seventh place (5,378) decathlon performance at NCC Championships...took home 10th place mark in pentathlon (2,848) at the NCC Indoor Title.

2007: At outdoor NCC championships was 10th in the javelin (155'7") and 15th in the hammer (120'1")...had NCC honor roll throw in the hammer (136'8") placing sixth at the St. Thomas Invite, fourth at same meet in the javelin (145'2")...sixth in javelin (149'10") and 10th in hammer (128'8") at Drake Alternative...holder of 15th best javelin throw in the NCC with 151'5" toss at the Division II Challenge...at NCC indoor championships placed 13th in the weight throw (40'8'4")...best weight throw mark of season came in 10th place finish at the DQ Blizzard Invite.

2006: Red shirt...missed 2005-06 due to an ACL injury.

2005: Competed in the weight throw indoors and the javelin outdoors...both were new events.

High School: 2004 graduate of Madison La Follete High School...coached by Mike Brown...two-sport athlete garnering three letters in track & field and two letters in football.

Personal: Son of Ann Stueck of Madison, Wisconsin...majoring in biomedical science.



Gabe Udia Junior ♦ Sprints ♦ Inver Grove Heights, Minn.

2008: Had all-around productive indoor and outdoor seasons, highlighted by placing first in the 60-meter (6.87) at the NCC Indoor Championships...totaled 20 top-three marks, including nine first place finishes...also placed fifth in 200-meter (22.46) at Indoor Championships...NCC Outdoor Championships brought him second place finish in the 100-meter (10.71), second in the 4x100 relay (42.15) and fourth in the 200-meter (22.21)...the 22.21 in the 200-meter was his fastest time of the year...top time in the 60-meter came during indoor season at Minnesota Open with time of 6.83...recorded best time in 100-meter during outdoor season at St. Thomas Invite with mark of 10.70...

2007: Placed fifth at the NCC championships in both the 100-meter (10.90) and 200-meter (22.47)...swept the 100-meter (11.04) and 200-meter (22.80) with two wins at the St. Thomas Invite...in 200-meter dash (22.15) at the Drake Alternative, finished third and recorded best time of the season and third best time in the NCC...also second in the 100-meter (11.07) at Drake...third in 100 (11.05) and fourth in 200 (22.58) at the Macalester Twilight...at Bison Classic placed in the 100-meter (11.02) and fifth in the 200-meter (22.45)...at NCC indoor championships placed ninth in the 60-meter (7.14) and 11th in the 200-meter (23.20)...at the Husky Open took fourth in the 200 (23.50) and seventh in the 60 (7.22).

High School: 2004 graduate of Simley High School.

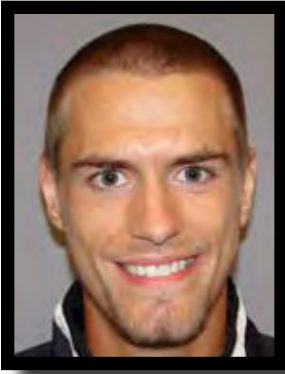
Personal: Son of Wilson Udia and Gloria Essian of Inver Grove Heights, Minnesota...majoring in business and marketing.



Brock Veth Junior ♦ Sprints ♦ Ham Lake, Minn.

High School: A 2005 graduate of Blaine High School...Lettered in tennis, soccer and basketball in high school... member of conference and section championship teams for two seasons in soccer...was on the "A" honor roll for most of high school, along with soccer team winning academic honors.

Personal: Son of Richard and Donna Veth...a member of Chi Alpha, Christian Fellowship...works for campus station UTVS...enjoys hunting in his spare time...a double major in mass communication and Spanish. Personal: Son of Wilson Udia and Gloria Essian of Inver Grove Heights, Minnesota...majoring in business and marketing.



Dan Allen
 Sophomore ♦ Jumps/Mid Distance ♦ Waite Park, Minn.

2008: Finished eighth at the NCC Indoor Championships in the mile (4:24.53)...took 10th in the 800-meter (2:03.53)...at the Jack Johnson Minnesota Classic...recorded third place finish in the 1000-meter (2:43.41) and fourth in the mile (4:32.74) at the SCSU Open...crossed the line in 12th in the mile (4:32.93) at the Snowshoe Open...opened outdoor season at Morris with seventh place in 800-meter (2:01.06) and ninth in 1500-meter (4:11.97)...took 12th at Kip Janvrin Open for 4:11.44 1500-meter performance...ended year with eighth place mark in the 1500-meter (4:05.84) and 11th in the 5000 (15:57.41) at the NCC Championships.

High School: 2006 graduate of St. Cloud Cathedral High School...coached by Fred Rupp...four time letter winner and four sport athlete lettering in track & field, baseball, basketball and cross country...lettered twice in track & field while also earning one All-Conference...personal bests were 50.2 (400m), 2:00.1 (800m), 4:24 (1600m), 6'3" (high jump), and 19'5" (long jump)...named All-Conference and All-Area in cross country...best time in the 5K was 16:50...also lettered once each in baseball and basketball...was an Honor Roll student.

Personal: Son of Rick and Kathy Allen of Waite Park, Minnesota...lists high school coach Fred Rupp as the person with the greatest influence on his career...says winning the state team championship in cross country his senior year was his greatest sports thrill...also enjoys video games, skiing, kayaking and jet skiing in his free time...biomedical sciences major at SCSU.



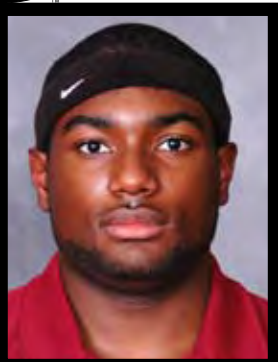
Mitch Bruzik
 Sophomore ♦ Throws ♦ Alexandria, Minn.

2008: Posted top mark in the weight throw with a 13.95m at the Husky Open to complement a third place mark in the shot (13.88m)...claimed fifth at SCSU Open with 14.79m in the weight throw...ended indoor season with 12th place finish at the NCC Championships in the weight throw (45'1.5")...Started indoor season with ninth place in the shot (14.41m) and 11th in the weight throw (13.82m) at the Minnesota Open...had near identical result at Jack Johnson Classic with ninth place mark in shot (14.77m) and 10th in the weight throw (14.05m)...grabbed 11th and 16th in those two events at UNI Invite with 14.39m (shot) and 13.65 (weight) tosses...fourth in the shot (48') at the NCC Outdoor Championships...began outdoor slate with two, top ten finishes at the Bison Open which included; sixth in the shot (13.88m), seventh in the hammer (45.36m) and 15th in the discus (38.64m)...St. Thomas Invite brought two seventh place marks in the shot (44') and hammer (144'7")...finished 15th (132'6") in the hammer and 11th in the discus (131'5") at the NCC Championships.

2007: Placed sixth at the outdoor championships in the shot put (45'5¼"), 14th in the discus (123'8"), and 11th in the hammer throw (131'7")...had NCC honor roll mark with fourth place 46'2" shot put at the St. Thomas Invite...also on the honor roll in the hammer throw with eighth place 130'5" throw at the St. Thomas Invite...at the NCC indoor championships placed 10th in the weight throw (45'3¾") and 12th in the shot put (42'9").

High School: 2006 graduate Jefferson High School...coached by Ty Granning...won four letters in track & field while also earning All-Conference and MVP honors...also a three-time letter winner on the football field.

Personal: Son of Mark and Donna Bruzik of Alexandria, Minnesota...lists his father as the person with the greatest influence on his career...when not competing he enjoys hunting, fishing, and snowmobiling...majoring in business management and marketing.



Bryan Chavers
Sophomore ♦ Sprints ♦ Plymouth, Minn.

2008: Best finish and time of indoor season came with fourth place mark at Husky Open in the 60-meter (7.39)...tallied 12th place marks at NCC Indoor Championships in both the 60-meter (7.46) and 200-meter (23.94)...best time in 200-meter was a 23.72 at the St. Thomas Invite...ended outdoor season finishing 16th in the 100-meter (11.72) and 17th in the 200-meter (24.02)...member of the Husky football team.

High School: 2007 graduate of Robbinsdale Armstrong High School...coached by Scott Weiker...track & field captain...two-time All-Conference honoree...four-time section champion who never lost in the 4x100 relay...member of the academic honor roll for all four years.

Personal: Son of John and Ruby Chavers of Plymouth, Minnesota...lists his father as the person with the greatest influence on his career...says anchoring the 4x100 relay and winning the conference championship is his greatest sports thrill...also enjoys cars, chess, poetry, and golf.



Hady Cherif
Sophomore ♦ Distance ♦ Minneapolis, Minn.

2008: Took second place at Husky Open in the 1000-meter (2:48.63) and in the SCSU Open in the 5000-meter (16:26.00)...started outdoor season with fourth place in 5000-meter (16:15.33) at Morris...ended indoor season at NCC Championships with 13th place in 5000-meter (16:26.41)...NCC Outdoor Championships ended with 11th place in the 10,000-meter (34:23.76) and 23rd in the 5,000 (16:30.38).

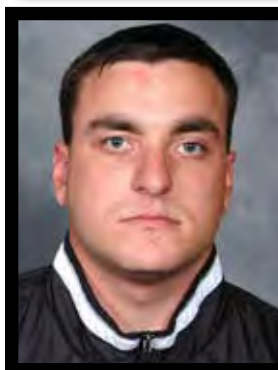
High School: 2006 graduate of St. Louis Park High School.

Personal: Son of Maba and Mahavva Cherif of Minneapolis, Minnesota...says his coaches have had the greatest influence on his athletic career...undeclared on a major.



Jeremy Davis
Sophomore ♦ Hurdles ♦ Champlin Park, Minn.

2008: Finished in top five in three different events in the NCC Indoor and Outdoor Championships...took seventh (8.86) in the 60-hurdles at the Indoor and at the Outdoor took fourth in the 400-hurdles (55.93) and fifth in the 110-hurdles (15.53)...best finish was second at the Husky Open in the 60-hurdles (8.93)...best time in that event was a 8.60 at the Snowshoe Open (indoor)...also ran the 400-hurdles during the outdoor season, with his best time and finish coming at Morris with a fourth place, 58.22 effort.



Brett Farnoik
Sophomore ♦ Pole Vault ♦ Buffalo, Minn.

2008: Competed at five events through both the indoor and outdoor seasons...best placing came at Husky Open with second place mark (3.95m)...finished fifth at the SCSU Open (3.95m)...recorded 13th place mark (12'7.25") at the NCC Indoor Championships...opened outdoor season with 14th place showing (13') at Bison Open...capped off outdoor season with 12th place (3.96m) mark Morris.

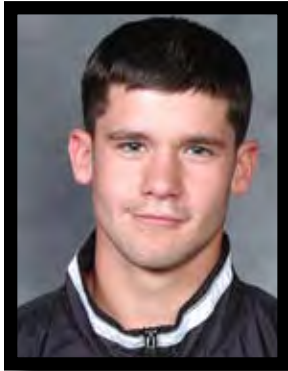


Sean Gaskell
Sophomore ♦ Mid Distance ♦ Esko, Minn.

Transfer from Lake Superior Community College.

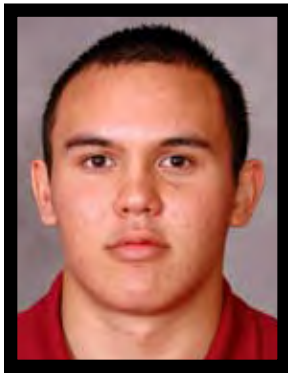
Casey Kedrowski
Sophomore ♦ Pole Vault ♦ Sauk Rapids, Minn.

Transfer from Anoka Ramsey Community College.



Chris Lefler
Sophomore ♦ Sprints ♦ Foley, Minn.

2008: Ran eighth at the NCC Indoor Championships in the 200-meter (23.64)...best time and place of the outdoor season came at the St. Thomas Invite with a seventh place mark in the 100-meter (11.32)...opened outdoor session at Bison Open with eighth place in 100-meter (11.60) and 12th place in the 200 (23.54)...best time in the 200 came at the NCC Outdoor Championship with a 10th place, 22.96 second effort...also marked 13th in the 100-meter (11.46)...Recorded two ninth places at Morris in the 100 (11.48) and 200 (23.32).

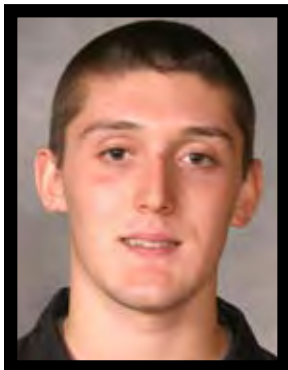


Adam Luckey
Sophomore ♦ Sprints/Jumps ♦ Murietta, Calif.

2008: Posted second place mark at Husky open with 6.36m effort in the long jump...outdoor season was highlighted by fifth place mark in the long jump (20'11.75") at the St. Thomas Invite...posted a 11.96 mark in the 100-meter at the Kip Janvrin Open...wrapped up outdoor session with 16th place finish in the long jump (19'4") at the NCC Championships....member of the Husky football team.

High School: 2005 graduate of Murrieta Valley High School...football and track and field letterwinner...transferred to SCSU from Riverside Community College.

Personal: Son of John Luckey of Murrieta, Calif., and Elaine Gladstein...marketing major.



Matt Main
Sophomore ♦ Mid Distance ♦ Webster, Wisc.

2008: Finished the indoor season with three consecutive top three finishes, including: third in the 800-meter (2:08.92) at the Husky Open, fourth in the 800-meter (1:12.55) at the SCSU Open and fifth in the 600-meter (1:29.67) at the Snowshoe Open...best finish of outdoor season was at St. Thomas Invite where he came in eighth in the 400-meter (54.71)...was 14th at the NCC Championships in the 400-meter.

Prior to SCSU: Transfer from the University of Wisconsin-Oshkosh.

High School: 2005 graduate of Webster High School...coached by Jeff Postler...four sport athlete earning four letters in track & field, being named All-Conference and making it to the state meet each year...twice a state runner up...also won for letters in baseball being named All-Conference and All-District...won three letters in football and two more in basketball and was again named All-Conference in each sport.



2009 MEN'S TEAM

Abdirashid Mohamed
Sophomore ♦ Mid Distance ♦ Eden Prairie, Minn.

Transfer from Normandale Community College.



Nick Trisko
Sophomore ♦ Sprints ♦ Melrose, Minn.



Fred Williams
Sophomore ♦ Jumps/Sprints ♦ Milwaukee, Wisc.

2008: Saw all his action in the indoor season...had three top-five finishes in the long jump with a fourth place (22'1") at NCC Indoor Championships, fourth (21.29) at SCSU Open and fifth (22'2.25") at Jack Johnson Minnesota Classic...best mark in the 200-meter was a 23.75, good for fifth at the SCSU Open...his 7.22, also at the SCSU Open, was good for fourth place honors...member of the Husky football team...All-NSIC wide receiver.

High School: 2006 graduate of Milwaukee South Division...All-Conference, All-Area, All-Region and Honorable Mention All-State in football...three-year track letterwinner and 2005 state qualifier...four-year starter in football and basketball...member of the academic honor roll.

Personal: Son of Lillie Williams and Andre Williams of Milwaukee, Wisc...community psychology major and human

relations minor.



Brandon Wren
Sophomore ♦ Distance ♦ Waverly, Minn.



Rob Aderman
First Year ♦ Distance ♦ St. Cloud, Minn.

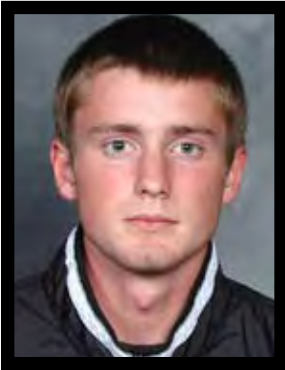
Hassan Ali
First Year ♦ Mid Distance ♦ Eden Prairie, Minn.



Kevin Andresen
First Year ♦ Distance ♦ Crystal, Minn.

High School: Coached by Eric Zuccola...graduated from Robbinsdale Cooper High School in 2008...lettered three times in cross country and was an All-North Suburban Conference runner in 2007 and an honorable mention All-Conference runner in 2006...named Team MVP and Team Most Dedicated...a three-time letterwinner in track and field...two-time All-Conference athlete...gained Minnesota State Meet appearances in 2007 and 2008 in the 4x400 relay...earned Team Most Improved honors...participated in alpine ski.

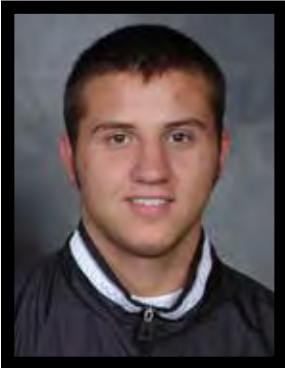
Personal: Son of Daniel and Mary Andresen of Crystal (Minn.)...lists the Minnesota Twins commentators, Bert Blyleven and Dick Bremer, as his favorite sports personalities...says his high school coach Eric Zuccola has had the most influence on his career...academic letterwinner...enjoying biking...pursuing a degree in chemistry at SCSU.



Tim Bernard
First Year ♦ Pole Vault ♦ East Bethel, Minn.

High School: A 2008 graduate of St. Francis High School...won four letters in track and one in wrestling.

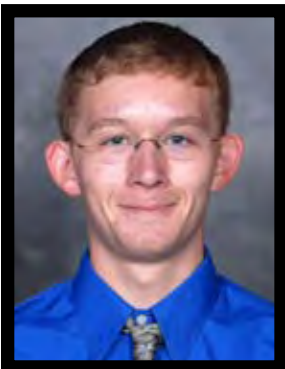
Personal: Son of James and Mary Bernard.



William Brenny
First Year ♦ Pole Vault ♦ Clear Lake, Minn.

High School: 2008 graduate of Foley High School...coached by Dave Dahlstrom...won two letters for the Foley High Track team...placed seventh and third in two state meet appearances in the pole vault...named team's Most Improved and Most Valuable Field member...also won three letters in football and wrestling...member of wrestling team that recorded fifth place finish at state tournament...won team's True Grit award.

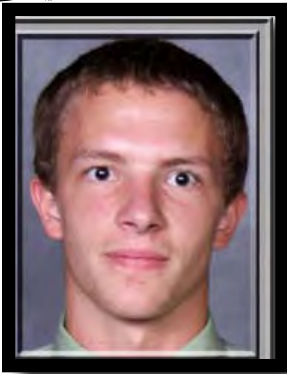
Personal: Son of Mike Brenny and Audrey Fouquette...says pole vaulting at state is his greatest sports thrill...enjoys fishing in his spare time...a mechanical engineering major.



Andrew Fuller
First Year ♦ Pole Vault ♦ Faribault, Minn.

High School: Was a six-time letter winner in the pool for Faribault H.S...Won a grand total of 10 All-State medals in the pool, preceded by multiple section championships...four-time Big Nine All-Conference selection...set two pool records at Faribault...team captain and MVP his senior year...also a standout in the pole vault, as he won four letters...won the section meet and medaled at state his senior season...medaled three times at the section meet...two-time Big Nine All-Conference selection...was also a Junior Olympic regional champion, qualifying for nationals...efforts earned him a nomination for Faribault Outstanding Male Athlete of the Year award...on the academic end, he was a four-time Academic All-Conference selection in both swimming and track...also earned an Academic All-State selection...was a Gold Chord Award recipient and on the "A" Honor Roll from 7th through 12th grade.

Personal: Son of Charlie and Joy Fuller...lists his father as the person with the greatest influence on his career...sister Bethany is a current member of the Husky Swim Team and his brother Isaiah is a former All-NCC swimmer for SCSU...lists his biggest sports thrill as competing at both the state swimming and track meets...enjoys movies, reading and exercising in his spare time...is undecided on a major.



Joel Gregory
First Year ♦ Mid Distance ♦ Richmond, Minn.

High School: Earned five letters for coach Pete Spengler at ROCORI...was Wendy's High School Heisman winner and ROCORI's Outstanding Senior Athlete award winner...earned numerous Central Lakes All-Conference nods...a two-time MVP in the pool, he earned a trip to the Minnesota State Tournament with two relay teams, setting a school record in one...was a five-time letter winner in cross country and track as well, with multiple All-Conference awards in both...named team MVP in track...earned President's Award for Educational Excellence, Student of Excellence and Academic Achievement awards en route to being named ROCORI's salutatorian.

Personal: Son of Dennis and Barbara Gregory...lists Brad Baner as the person with the biggest influence on his career...greatest sports thrill is helping get two relay teams to state and setting a new school record in one of those...enjoys biking triathlons, and reading in his spare time...plans an accounting major.



Luke Jordan
First Year ♦ Distance ♦ Maple Plaine, Minn.

High School: 2008 graduate of Watertown Mayer High School...coached by Richard Walker...earned four letters in cross country while being named All-Conference and MVP in the process...state qualifier...grabbed four letters in track & field and was also All-Conference and a regional qualifier...team academic section champions.

Personal: Son of Jim and Roxanen Jordan of Maple Plaine...lists the cross country state meet as his greatest sports experience...undeclared on a major.



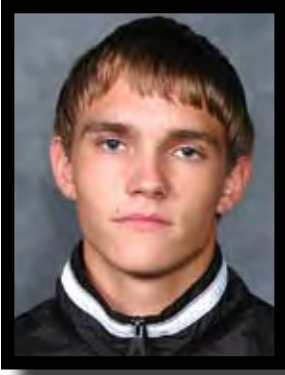
John Marks
First Year ♦ Distance ♦ Albertville, Minn.



Marvin Matthews
First Year ♦ Sprints/Hurdles ♦ Roseville, Minn.

2008: Two-sport athlete at SCSU...red-shirt first year for the St. Cloud State football team.

Before SCSU: 2008 graduate of Roseville Area High...four-time letterwinner in track and field where he was an All-Conference runner...set the all-time hurdle record during his sophomore year in the 110 highs...lettered twice in football and was an All-Conference athlete...had six career interceptions and over 140 career tackles.



Dusty McColley
First Year ♦ Multi/Jumps ♦ Franklin, Minn.

High School: A 2008 graduate of Cedar Mountain High School...coached by Mike Freitag...won three letters in track, winning Team MVP and Most Improved honors...was a four-sport athlete, lettering three times in baseball, twice in basketball and once in football...was a member of the National Honor Society and graduated with honors.

Personal: Son of Jeffrey and Pamela McColley...enjoys music and other sports in his spare time...says Keith Klawitter has had the most influence on his athletic career. A pre-med major.



Nick Nellis
First Year ♦ Multi ♦ Waupaca, Wisc.

High School: A 2008 graduate of Waupaca (Wis.) High School...coached by Neil Sternweis...won four letters for the track team as an All-Conference pole vaulter...also earned three letters in football and was an All-State Division 3 Linebacker.

Personal: The son of Michael and Sonja Nellis...most memorable sporting experience is winning the state football title at Camp Randall Stadium...enjoys snowboarding in his spare time...a computer engineering major.



Kyle Neumann
First Year ♦ Distance ♦ Andover, Wisc.

Before SCSU: Spent 2007 season attending Iowa State University in Ames, Iowa.

High School: 2007 graduate of Andover High School where he was coached by Ken Hertz, Eric Johnson, and Scott Clark...won two letters in cross country for the Huskies...a team captain, he was also a two-time All-Conference honoree...earned three letters in track & field and was named All-Conference four times as well as rookie of the year...twice ran the two-mile at the state meet...holder of two school records...four sport athlete who participated in soccer and cross country skiing as well...four-time academic letter winner.

Personal: Son of Jason Neumann of Andover and Stephanie Helberg of Ham Lake, Minnesota...lists grandfather Louis Grailer as the person with the greatest influence on his athletic career...greatest sports thrill was running the mile in a personal best time of 4:24...majoring in English.



Shamus O'Grady
First Year ♦ Distance ♦ Coon Rapids, Minn.

High School: A 2008 graduate of Coon Rapids High School...he was a State Champion and a two-time state finalist...put together an impressive high school career, charting an 85-24 record...an outstanding cross country runner he will also run at St. Cloud State.

Personal: The son of Dan and Synthia Klint...enjoys running and drawing...he plans on majoring in education at SCSU.



David Pieper
First Year ♦ Mid Distance ♦ Plover, Wisc.

High School: 2008 graduate of Stevens Point Area Senior High School...coached by Donn Behnke...three-time cross country letter winner who was voted team captain and finished as the runner-up at the state meet...two-time letter winner in track & field and also participated in basketball and tennis...Honor Roll member.

Personal: Son of James and Linda Pieper of Plover...lists Donn Behnke and Chris Solinski as the people with the greatest influence on his athletic career...says the cross country state meet was his greatest athletic experience...also likes to run triathlons...majoring in film studies.

Ben Sheely
First Year ♦ Sprints ♦ Plymouth, Minn.

High School: Graduate of Robbinsdale Armstrong High School.

Rashad West
First Year ♦ Jumps ♦ Woodbury, Minn.

Transfer from Dakota County Technical College



Luke Windholz
First Year ♦ Mid Distance ♦ South St. Paul, Minn.

High School: 2008 graduate of South St. Paul High School...coached by Ryan Key, Randy Bjorklund, and Manuel Spriegl...won two letters in cross country and was a two-time MVP for the Packers...garnered four letters in track & field, earning three MVP awards and was a three-time All-Conference honoree...also lettered on time in football.

Personal: Son of Martin and Barbara Windholz of South St. Paul...lists Ryan Key as the person with the greatest influence on his athletic career...says his greatest sports experience was receiving two All-Conference awards in the 800m and 4x400m as a senior...undeclared on a major

Kennedy Ewafada
Brooklyn Park, Minn.

2006 graduate of Maranatha Christian Academy...transfer from Bethel University.



Sandy Fuchs Dingman



Dustin DeRosier



Jerry Diekes

History & Records



Mike Pooler



Marie Sherwood

Greg Kimbrough



Brad Babcock



Gigi DesLauriers



SCSU Women's Track & Field Team Records

INDOOR

55 Meter Dash	Carmen Richardson	0:07.12	1997	Vermillion, S.D.
	Terri Theis	0:07.12	1982	St. Cloud, Minn.
60 Meter Dash	Anna Sandoval	0:07.75	2005	
200 Meter Dash	Jennifer Higgins	0:25.44	2001	St. Cloud, Minn.
400 Meter Dash	Jennifer Higgins	0:55.43	2001	Boston, Mass.
500 Meter Dash	Jennifer Higgins	1:14.78	2001	St. Cloud, Minn.
600 Meter Dash	Jennifer Higgins	1:34.85	2001	St. Cloud, Minn.
800 Meter Dash	Jennifer Higgins	2:14.96	2001	Fargo, N.D.
1000 Meter Run	Sue Kent	2:59.10	1992	Vermillion, S.D.
1500 Meter Run	Michelle Nelson	4:38.20	1992	St. Cloud, Minn.
Mile	Emily Winans	5:19.43	02/24/07	Vermillion, S.D.
3000 Meter Run	Michelle Nelson	9:46.00	1992	Ames, Iowa
5000 Meter Run	Michelle Nelson	17:23.16	1991	Minneapolis, Minn.
55 Meter Hurdles	Carey Meinert	0:08.15	1997	Ames, Iowa
60 Meter Hurdles	Kayla Todnem	0:09.37	01/24/07	Superior, Wis.
4 x 200 Meter Relay	Michelle Finley, Sara Beaudry	1:47.34	1995	St. Cloud, Minn.
	Tonya VanErp, Amy Kapsner			
4 x 400 Meter Relay	Amy Dombrovski, Nicole Bergh, Crystal Pautzke, Jennifer Higgins	4:01.08	2001	St. Cloud, Minn.
4 x 800 Meter Relay	Trantina, Carleen Guck, Ann or Cynthia Bergstrom, Trantina	9:44.46	1981	St. Cloud, Minn.
Distance Medley	Dickinson, Krippner, Wilson, Winans	13:15.84	2006	Lincoln, Neb.
High Jump	GiGi DesLauriers	5'-9 ¹ / ₄ "	1992	Minneapolis, Minn.
Pole Vault	Jodi Tarasewicz	12'-3 ¹ / ₂ "	2000	St. Cloud, Minn.
Long Jump	Becky Anderson	18'-11 ³ / ₄ "	1992	Saginaw Valley, Mich.
Triple Jump	Becky Anderson	39'-9"	1990	Vermillion, S.D.
Shot Put	Julia Karst	46'-7"	1997	Fargo, N.D.
20# Weight	Amanda Kunkel	50'-8 ³ / ₄ "	01/13/07	Fargo, N.D.
Pentathlon	Kim Bachand	3,315 pts.	1995	Moorhead, Minn.



Jodi Tarasewicz
Indoor and Outdoor
Pole Vault
Record Holder



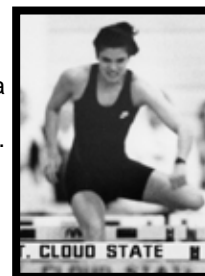
GiGi DesLauriers
Indoor and Outdoor
High Jump
Record Holder

OUTDOOR

100 Meter	Carmen Richardson	0:11.78	1997	
200 Meter	Jennifer Higgins	0:24.50	2000	Raleigh, N.C.
400 Meter	Jennifer Higgins	0:55.56	1999	Northfield, Minn.
800 Meter	Laura Hill	2:13.98	1988	
1500 Meter	Sarah Niehaus	4:38.23	1994	
3000 Meter	Michelle Nelson	10:03.63	1991	
3000 Meter Steeple	Sarah Getty	11:15.02	2006	St. Paul, Minn.
5000 Meter	Michelle Nelson	16:59.50	1991	
10,000 Meter	Michelle Nelson	35:44.49	1990	
100 Meter Hurdles	Carey Meinert	0:14.28	1997	
400 Meter Hurdles	Michelle Depa	1:02.49	1994	
4 x 100 Meter Relay	Angela Goldenstein, Jennifer Higgins, Amanda Garceau, Eva Castellanos	0:48.06	1999	
4 x 200 Meter Relay	Tonya VanErp, Stacy Fiereck, Eva Castellanos, Carmen Richardson	1:44.03	1997	
	Richardson, Fiereck, VanErp, Tarman	1:44.03	1997	
4 x 400 Meter Relay	Amy Dombrovski, Crystal Pautzke, Nicole Bergh, Jennifer Higgins	3:56.43	2001	Des Moines, Iowa
	Ellie Rock, Stacy Fiereck, Nicole Bergh, Jennifer Higgins	3:56.43	1999	Northfield, Minn.
4 x 800 Meter Relay	Sarah Niehaus, Amanda Nesse, Michelle Depa, Kristin Backstrom	9:36.01	1995	
Hurdle Shuttle Relay	Holly Janson, Jennifer Higgins, Andrea Dobmeier, Stacey Trushenski	1:05.12	2001	
Sprint Medley Relay	Amy Harris, Stacey Trushenski, Jennifer Higgins, Amy Dombrovski	4:11.10	2001	
High Jump	GiGi DesLauriers	5'-10"	1992	
Pole Vault	Jodi Tarasewicz	12'-1 ¹ / ₂ "	2001	Edwardsville, Ill.
Long Jump	Becky Anderson	19'-4 ³ / ₄ "	1992	
Triple Jump	Becky Anderson	39'-6 ¹ / ₂ "	1990	
Shot Put	Amanda Kunkel	48'-6"	05/25/07	NCAA's, Charlotte, N.C.
Discus	Sandy Fuchs Dingman	169'-0"	1995	
Javelin	Katie Wilson	148'-6"	04/08/06	River Falls, Wis.
Hammer	Amanda Kunkel	150'-7"	04/21/07	Bison Classic, Fargo, N.D.
Heptathlon	Jennifer Higgins	5,436 pts.	2001	Sioux City, Iowa



Katie Wilson
Javelin Record Holder



Carey Meinert
55 Meter Hurdles
Record Holder



SCSU Men's Track & Field Team Records

INDOOR

55 Meter Dash.....	Robert Ewings.....	0:06.33.....	1997.....	St. Cloud, Minn.
60 Meter Dash.....	Bob Ewings.....	0:06.81.....	1998.....	St. Cloud, Minn.
100 Meter Dash.....	Chris Beatty.....	0:11.40.....	1982.....	St. Cloud, Minn.
200 Meter Dash (Oversized).....	Keith Williams.....	0:21.58.....	1995.....	Ames, Iowa
200 Meter Dash.....	Lawrence Means.....	0:21.96.....	1992.....	St. Cloud, Minn.
300 Meter Dash.....	Lawrence Means.....	0:34.83.....	1991.....	Fargo, N.D.
400 Meter Dash.....	Greg Kimbrough.....	0:48.61.....	1995.....	Minneapolis, Minn.
400 Meter Dash (Oversized).....	Lawrence Means.....	0:47.74.....	1992.....	Ames, Iowa
500 Meter Dash.....	Justin Antus.....	1:04.82.....	2002.....	Fargo, N.D.
600 Meter Dash.....	Justin Antus.....	1:22.12.....	2002.....	Minneapolis, Minn.
800 Meter Run.....	Brad Babcock.....	1:53.31.....	1991.....	Ames, Iowa
1000 Meter Run.....	Mark Young.....	2:27.60.....	1984.....	St. Cloud, Minn.
1500 Meter Run.....	Scott Ergen.....	3:50.17.....	1984.....	Fargo, N.D.
Mile.....	Chad Bartels.....	4:26.10.....	01/28/95.....	Ames, Iowa
3000 Meter Run.....	Scott Ergen.....	8:17.54.....	1984.....	St. Cloud, Minn.
5000 Meter Run.....	Kurt Threinen.....	14:16.26.....	1985.....	Fargo, N.D.
55 Meter High Hurdles.....	Randy Schulz.....	0:07.44.....	1982.....	St. Cloud, Minn.
60 Meter Hurdles.....	Marcus Jenkins.....	0:08.52.....	02/24/07.....	Vermillion, S.D.
.....	Marcus Jenkins.....	0:08.52.....	01/27/07.....	Superior, Wis.
4 x 100 Meter Relay.....	Tritton, Dunlap, Harmon, Newton.....	0:43.44.....	1987.....	St. Cloud, Minn.
4 x 400 Meter Relay.....	Christopher Barth, Michael Pooler, Scott Sternweis, Steve Miller.....	3:18.82.....	1993.....	Minneapolis, Minn.
4 x 400 Meter Relay (Oversized).....	Lawrence Means, Scot Joynt, Mark Larson, Rand Roeske.....	3:12.77.....	1992.....	Ames, Iowa
4 x 800 Meter Relay.....	John Perleberg, Olson, Dean Brix, Scott Ergen.....	7:52.20.....	1983.....	St. Cloud, Minn.
Medley Relay.....	Mortrude, Herman, Schulz, Waxlax.....	2:00.87.....	1980.....	Mankato, Minn.
Distance Medley Relay.....	Jeremy Pekarek, Justin Antus, Jamie Lippert, Nick Hirsch.....	10:44.92.....	2002.....	Ames, Iowa
High Jump.....	Paul Pietruszewski.....	7'-0 ³ / ₄ ".....	1988.....	St. Cloud, Minn.
Pole Vault.....	Dustin DeRosier.....	18'-0 ¹ / ₂ ".....	1997.....	Ames, Iowa
Long Jump.....	Kyle Ewing.....	23'-7 ³ / ₄ ".....	02/24/06.....	NCC's, Mankato, Minn.
Triple Jump.....	Greg Kimbrough.....	48'-8 ¹ / ₄ ".....	1995.....	Fargo, N.D.
Shot Put.....	Layne Kelley.....	57'-7".....	1981.....	Kansas City, Mo.
35# Weight.....	Eric Gunderson.....	58'-8 ³ / ₄ ".....	2002.....	Vermillion, S.D.
Pentathlon.....	Ryan Koch.....	3,672.....	02/25/06.....	NCC's, Mankato, Minn.

OUTDOOR

100 Meter.....	John Kimbrough.....	0:10.20.....	1976.....	St. Cloud, Minn.
200 Meter.....	Keith Williams.....	0:21.16.....	1995.....	Sioux City, Iowa
400 Meter.....	Lawrence Means.....	0:46.61.....	1993.....	Abilene, Tex.
800 Meter.....	Scot Joynt.....	1:52.04.....	1993.....	Sioux Falls, S.D.
1500 Meter.....	Mark Young.....	3:47.96.....	1985.....	Los Angeles, Calif.
3000 Meter Steeplechase.....	Kurt Threinen.....	8:59.68.....	1983.....	St. Cloud, Minn.
5000 Meter.....	Van Nelson.....	13:39.40.....	1967.....	St. Paul, Minn.
10,000 Meter.....	Van Nelson.....	28:48.20.....	1967.....	London, England
110 Meter High Hurdles.....	Steve Hentges.....	0:14.46.....	1994.....	Grand Forks, N.D.
400 Meter IM Hurdles.....	Jared Lazer.....	0:52.06.....	2006.....	St. Paul, Minn.
4 x 100 Meter Relay.....	LaMar Miller, Todd Haferman, Reggie Nichols, Lawrence Means.....	0:40.60.....	1993.....	Abilene, Tex.
4 x 200 Meter Relay.....	Mark Larson, Darren Brinker, Greg Kimbrough, LaMar Miller.....	1:26.10.....	1994.....	Des Moines, Iowa
4 x 400 Meter Relay.....	Lawrence Means, Rand Roeske, Greg Kimbrough, Scot Joynt.....	3:11.88.....	1993.....	Moorhead, Minn.
4 x 800 Meter Relay.....	Mark Young, John Perleberg, Kurt Threinen, Jim Holovnia.....	7:44.50.....	1985.....	Northfield, Minn.
1600 Meter Sprint Medley.....	Bob Wood, Jon Olson, Timothy Evanson, Jason Mielke.....	3:27.38.....	2001.....	Des Moines, Iowa
Distance Medley Relay.....	Mark Young, John Perleberg, Tim Peery, Kurt Threinen.....	9:50.67.....	1985.....	Des Moines, Iowa
High Jump.....	Paul Pietruszewski.....	7'-0 ¹ / ₄ ".....	1987.....	Northfield, Minn.
Pole Vault.....	Dustin DeRosier.....	17'-5 ¹ / ₂ ".....	1997.....	Minneapolis, Minn.
Long Jump.....	Flurohn Crutch.....	24'-6".....	1996.....	Moorhead, Minn.
Triple Jump.....	Scott Weber.....	49'-4 ¹ / ₂ ".....	1990.....	St. Paul, Minn.
Shot Put.....	Layne Kelley.....	58'-11 ¹ / ₂ ".....	1981.....	Macomb, Ill.
Discus.....	Layne Kelley.....	180'-1".....	1982.....	St. Cloud, Minn.
Javelin (New).....	Jason Koch.....	206'-11".....	2004.....	Des Moines, Iowa
Hammer.....	Eric Gunderson.....	177'-10".....	2002.....	Minneapolis, Minn.
Decathlon.....	Ryan Koch.....	7,098.....	2006.....	Emporia, Kan.



Van Nelson
5000, 10,000, 15,000,
20,000, and 30,000
Meter Record Holder



Brad Babcock
800 Meter
Record Holder



Jared Lazer
400 Meter IM Hurdles
Record Holder



Dustin DeRosier
Indoor and Outdoor
Pole Vault
Record Holder



Individual North Central Conference Champions

WOMEN'S OUTDOOR NCC CHAMPIONS

Year	Name	Event
2007	Kayla Todnem	Heptathlon (4593)
2006	Sarah Getty	10,000 Meter (37:56.02)
	Amanda Kunkel	Shot put (13.35 m)
	Katie Wilson	Javelin (44.17 m)
2004	Katie Wilson	Javelin (44.76 m)
2001	Jennifer Higgins	Heptathlon (5,436)
1999	Jennifer Higgins	Heptathlon (4,820)
	Kim Pellmann	High Jump (5'-5 ¹ / ₄ "
1996	Sandy Dingmann	Discus (157'-3")
1994	Sandy Fuchs	Discus (155'-9")
1992	Becky Anderson	Triple Jump (39'-0 ¹ / ₄ "
	Gigi DesLauriers	High Jump (5'-10")*
	Simona Samuelson	Discus (161'-1")
	Simona Samuelson	Shot Put (45'-7 ¹ / ₂ "
	Amy Surprenant	5,000 Meter Run (no time)
1991	Michelle Nelson	3,000 Meter Run (10:03.63)
	Michelle Nelson	10,000 Meter Run (36:40.44)
1990	Michelle Nelson	10,000 Meter Run (36:19.9)
	Becky Anderson	Long Jump (18'-4 ¹ / ₄ "
1989	Becky Anderson	Long Jump (19'-1 ¹ / ₂ "
	Becky Anderson	Triple Jump (38'-7 ¹ / ₂ "
1988	Becky Anderson	Long Jump (18'-8 ¹ / ₄ "
	Becky Anderson	Triple Jump (38'-0 ¹ / ₄ "
1987	Julie Eisenschenk	Shot Put (44'-9")
	Deb Rose	Triple Jump (37'-5 ³ / ₄ "
	Deb Rose	Long Jump (18'-6 ³ / ₄ "
1986	Julie Eisenschenk	Discus (140'-4")
	Julie Eisenschenk	Shot Put (44'-8 ³ / ₄ "

WOMEN'S INDOOR NCC CHAMPIONS

Year	Name	Event
2007	Lindsey Krueger	Pentathlon (3,321)
2004	Anna Sandoval	60 meters (7.77)
2000	Jodi Tarasewicz	Pole Vault (11'-3 ¹ / ₂ "
1999	Nicole Bergh	Pole Vault (10'-11 ³ / ₄ "
1997	Carmen Richardson	55 Meter Dash (7.12)
1995	Angela West	Shot Put (46'-0 ¹ / ₂ "
1992	Becky Anderson	Triple Jump (39'-1 ¹ / ₄ "
	Gigi DesLauriers	High Jump (5'-6")
	Michelle Nelson	3000 Meter Run (10:03.05)
1991	Michelle Nelson	3000 Meter Run (9:50.45)
1990	Becky Anderson	Triple Jump (39'-5")*
	Kim Berthiaume	800 Meter Run (2:17.73)
1989	Becky Anderson	Long Jump (18'-8 ³ / ₄ "
	Jenni Schultz	1,500 Meter Run (4:45.90)
1988	Becky Anderson	Long Jump (17'-9")
1987	Deb Rose	Triple Jump (35'-11 ¹ / ₂ "
1986	Deb Rose	Triple Jump (35'-2")

MEN'S OUTDOOR NCC CHAMPIONS

Year	Name	Event
2007	Jared Lazer	400m Hurdles (53.31)
	R.J. McGinnis	Decathlon (6,741)
2006	Jared Lazer	400 Meter Intermediate Hurdles (52.53)
2005	Jared Lazer	400 Meter Intermediate Hurdles (53.55)
2002	Eric Gunderson	Hammer (51.91meters)
	Jason Koch	Javelin (198-3)
	SCSU	1600 Meter Relay (3:21.09)
2001	Mike Jacobs	Javelin (189-1)
2000	Travis Zins	Shot Put (57-2)
1999	Larry Miller	200 Meter Dash (21.23)
1998	Jed Bergstorm	Pole Vault (15-9 ³ / ₄)
	Bob Ewings	100 Meter Dash (10.53)
	Bob Ewings	200 Meter Dash (21.17)
	SCSU	400 Meter Relay (41.26)
1997	Dustin DeRosier	Pole Vault (16-3)
	Bob Ewings	100 Meter Dash (10.51)
	Jamie Kunstleben	400 Meter Hurdles (53.31)
	Joe Seifert	High Jump (6-9 ³ / ₄)
1996	Flurohn Crutch	Long Jump (23-10 ³ / ₄)
1995	Keith Williams	100 Meter Dash (10.47)
	Keith Williams	200 Meter Dash (21.25)
	SCSU	400 Meter Relay (41.36)
1994	Scott Gove	5,000 Meter Dash (14.58)
	Scott Gove	10,000 Meter Dash (30:20.97)
1993	Bob Kronenberg	Shot Put (56-1 ³ / ₄)
	SCSU	1600 Meter Relay (3:16.80)
1992	SCSU	1600 Meter Relay (3:13.20)
1991	Matt Vardas	Shot Put (51-9 ¹ / ₂)
1990	Scott Weber	Triple Jump (48-5 ¹ / ₄)
1989	Pat McCarthy	5,000 Meter Run (14:26.68)*
	Pat McCarthy	10,000 Meter Run (29:37.23)*
1988	Paul Pietruzewski	High Jump (7-0 ¹ / ₄)
1984	Scott Ergen	10,000 Meter Run (30:35.59)
1982	Layne Kelley	Discus (178-1)
	Layne Kelley	Shot Put (55-10 ¹ / ₂)

MEN'S INDOOR NCC CHAMPIONS

Year	Name	Event
2006	Jared Lazer	400 Meter (50.20)
2005	Aaron Wolfrum	Shot Put (50'-0 ³ / ₄ "
2002	Eric Gunderson	35-lb. Weight Throw (17.34m)
2001	Jed Bergstrom	Pole Vault (15'-6 ¹ / ₂ "
	Mike Jacobs	Pentathlon (3,577)
1999	Larry Miller	200 Meter Dash (22.00)
	Tim Koupal	Pole Vault (16'-3")
	Travis Zins	Shot Put (53'-2")
1998	Travis Zins	Shot Put (53'-6")
1997	Dustin DeRosier	Pole Vault (17'-4")*
1997	Bob Ewings	55 Meter Dash (6.41)
1996	Ryan Przybilla	800 Meter Run (1:54.48)
	Joe Siefert	High Jump (6'-8 ¹ / ₄ "
1995	Greg Kimbrough	Triple Jump (48'-8 ¹ / ₄ "
	Keith Williams	55 Meter Dash (6.38)
	Keith Williams	55 Meter Hurdles (7.54)
1993	Scott Gove	5,000 Meter Run (14.51.74)
	Steve Hentges	55 Meter Hurdles (7.73)
	Lawrence Means	400 Meters (49.78)
1991	Lawrence Means	300 Meters (34.85)
	Matt Vardas	Shot Put (53'-11 ¹ / ₂ "
	SCSU	1600 Meter Relay (3:22.43)
1985	Kurt Threinen	5,000 Meter Run (14:24.54)*
1984	Scott Ergen	1500 Meter Run (3:53.08)

* NCC Record



Retired Events Records

WOMEN

300 Meter	Jan Schriefels	0:42.82.....	1988.....	St. Cloud, Minn.
600 Yard	Gigi DeLaures	1:22.10.....	1992.....	Ames, Iowa
1500 Meter Run.....	Michelle Nelson	4:38.2.....	1992.....	St. Cloud, Minn.
4 x 200 Meter Relay	Michelle Finley, Sara Beaudry, Tonya VanErp, Amy Kapsner	1:47.34.....	1995.....	St. Cloud, Minn.
Javelin (old)	Marie Sherwood	164'-3"	1982	

MEN

55 Meter IM Hurdles.....	Randy Schulz	0:07.20.....	1981.....	St. Cloud, Minn.
55 Meter Low Hurdles	Mike Lieb	0:07.59.....	1980.....	Mankato, Minn.
160 Meter IM Hurdles.....	Mike Lieb	0:21.78.....	1980.....	Mankato, Minn.
200 Meter IM Hurdle	Dave Rarick.....	0:24.70.....	1983.....	St. Cloud, Minn.
300 Meter Dash.....	Lawrence Means	0:34.83.....	1991.....	Fargo, N.D.
200 Meter IM Hurdles.....	Dave Rarick.....	0:24.70.....	1983.....	St. Cloud, Minn.
100 Meter Dash (Indoor)	Chris Beatty	0:11.40.....	1982.....	St. Cloud, Minn.
1500 Meter Run.....	Scott Ergen.....	3:50.17.....	1984.....	Fargo, N.D.
4 x 55 Shuttle Hurdle Relay	Kohls, Tim Leedahl, Randy Schultz, John or Stephen Mikkelson	0:30.67.....	1982.....	St. Cloud, Minn.
4 x 100 Meter Relay (Indoor)	Jack Tritton, Scott Dunlap, Preston Harmon, Derrick Newton	0:43.44.....	1987.....	St. Cloud, Minn.
Medley Relay.....	Scott or Stuart Mortrude, Frank Herman, Randy Schulz, Michael Waxlax	2:00.87.....	1980.....	Mankato, Minn.
15,000 Meter Run.....	Van Nelson	46:14.80.....	1966.....	St. Paul, Minn.
20,000 Meter Run.....	Van Nelson	1:03:47.80..	1965.....	St. Paul, Minn.
30,000 Meter Run.....	Van Nelson	1:37:16.40..	1965.....	St. Paul, Minn.
Javelin	Dan Donlin.....	209'-1"	1982.....	Moorhead, Minn.
Decathlon (old point table)	Dan Neubauer	7,105 pts.....	1981.....	Des Moines, Iowa



SCSU Men's & Women's Track & Field All-America Award Winners

MEN'S OUTDOOR

2007.. R.J. McGinnis	Decathlon (2nd)
2006.. Ryan Koch	Decathlon (2nd)
2005.. Ryan Koch	Javelin (8th)
Ryan Koch	Decathlon (6th)
2004.. Ryan Koch	Decathlon (4th)
2000.. Travis Zins	Shot Put (4th)
1998.. Jed Bergstrom	Pole Vault (??)
1997.. Dustin DeRosier	Pole Vault (2nd)
1996.. Dustin DeRosier	Pole Vault (6th)
1995.. Keith Williams	100 Meter (3rd)
1994.. Scott Gove	10000 Meter (3rd)
1993.. Lawrence Means	400 Meter (7th)
Matt Vardas	Shot Put (1st)
Lawrence Means, Todd Haferman, LaMar Miller, Raggie Nichols	4x100 (5th)
Scot Joynt, Rand Roeske, Greg Kimbrough, Lawrence Means	4x400 (5th)
1992.. Scott Gove	5000 Meter (4th)
Scott Gove	10000 Meter (4th)
1991.. Matt Vardas	Shot Put (5th)
1989.. Pat McCarthy	10000 Meter (2nd)
1988.. Pat McCarthy	5000 Meter (3rd)
Pat McCarthy	10000 Meter (5th)
Paul Pietruszewski	High Jump (8th)
1985.. Paul Pietruszewski	High Jump (7th)
Kurt Threinen	10000 Meter (1st)
Mark Young	Steeplechase (7th)
1984.. Scott Ergen	5000 Meter (4th)
1983.. Kurt Threinen	10000 Meter (8th)
1982.. Layne Kelley	Discus (2nd)
Layne Kelley	Shot Put (5th)
1981.. Layne Kelley	Discus (2nd)
Layne Kelley	Shot Put (1st)
Dan Niebauer	Decathlon (6th)
1976.. John Kimbrough	100 Meter (1st)
1975.. Steve Johnson	1500 Meters
1969.. Jerry Diekes	5000, 10000
1968.. Jerry Diekes (NAIA)	5000, 10000
Van Nelson (NAIA)	3000, 5000, 10000
1966.. Van Nelson (NAIA)	3000, 5000, 10000

MEN'S INDOOR

2002.. Eric Gunderson	Indoor Shot Put (7th)
Eric Gunderson	Indoor Weight Throw (8th)
2001.. Eric Gunderson	Indoor Shot Put (6th)
1999.. Jed Bergstrom	Indoor Pole Vault (7th)
Tim Koupal	Indoor Pole Vault (5th)
Travis Zins	Indoor Shot Put (2nd)
1997.. Dustin DeRosier	Indoor Pole Vault (1st)
Bob Ewings	Indoor 55 Meters (5th)
1996.. Dustin DeRosier	Indoor Pole Vault (4th)
Joe Seifert	Indoor High Jump (2nd)
1994.. Scott Gove	Indoor 5000 Meter (6th)
1993.. Lawrence Means	Indoor 400 Meter
Matt Vardas	Indoor Shot Put (6th)
1992.. Scott Gove	Indoor 5000 Meter (4th)
1991.. Matt Vardas	Indoor Shot Put (2nd)
1989.. Pat McCarthy	Indoor 5000 Meter (2nd)
1988.. Pat McCarthy	Indoor 5000 Meter (4th)
1985.. Kurt Threinen	Indoor 5000 Meter (2nd)

WOMEN'S OUTDOOR

2008.. Amanda Kunkel	Shot Put (8th)
2007.. Amanda Kunkel	Shot Put (3rd)
2006.. Sarah Getty	10000 Meter (6th)
Katie Wilson	Javelin (4th)
2005.. Katie Wilson	Javelin (8th)
2001.. Jennifer Higgins	Heptathlon (2nd)
Jodi Tarasewicz	Pole Vault (3rd)
2000.. Jennifer Higgins	Heptathlon (4th)
Jodi Tarasewicz	Pole Vault (6th)
1999.. Jennifer Higgins	Heptathlon (4th)
1997.. Sandy Dingmann	Discus (8th)
Julia Karst	Shot Put (3rd)
1996.. Sandy Dingmann	Discus (2nd)
1995.. Angie West	Shot Put (2nd)
1994.. Sandy Fuchs	Discus (4th)
1993.. Angie West	Discus (6th)
1992.. Becky Anderson	Long Jump (6th)
Becky Anderson	Triple Jump (6th)
GiGi DesLauriers	High Jump (1st)
Simona Samuelson	Discus (2nd)
Simona Samuelson	Shot Put (8th)
1991.. Gigi DesLauriers	High Jump (3rd)
Michelle Nelson	5000 Meter (4th)
Michelle Nelson	10,000 Meter (2nd)
1990.. Julie Eisenschenk	Shot Put (7th)
Michelle Nelson	10000 Meter (3rd)
1986.. Julie Eidenschenk	Shot Put (6th)
1984.. Marie Sherwood	Javelin (6th)
1983.. Marie Scherwood	Javelin (3rd)
1982.. Kirsten Olson	Discus (6th)
Marie Sherwood	Javelin (1st)

WOMEN'S INDOOR

2009.. Heather Miller	Triple Jump (5th)
Heather Miller	Long Jump (8th)
2008.. Amanda Kunkel	Shot Put (8th)
2007.. Amanda Kunkel	Shot Put (5th)
2004.. Jodi Tarasewicz	Pole Vault (7th)
2001.. Jennifer Higgins	400 Meter (8th)
Crystal Pautzke	Pole Vault (6th)
Jodi Tarasewicz	Pole Vault (8th)
2000.. Jodi Tarasewicz	Pole Vault (5th)
1999.. Nicole Bergh	Pole Vault (5th)
1997.. Sandy Dingmann	Shot Put (7th)
Sandy Dingmann	Weight Throw (5th)
1995.. Angie West	Shot Put (5th)
1992.. Becky Anderson	Long Jump (4th)
Becky Anderson	Triple Jump (4th)
Michelle Nelson	13000 Meter (2nd)
1990.. Becky Anderson	Triple Jump (6th)



SCSU MEN CONFERENCE MEET RESULTS

Year (Coach)	Indoor	Outdoor
1924-29	Conference results not available	
1930 (John Weisman)		3rd
1931 (John Weisman)		5th
1932-33 (John Weisman)		NA
1934 (Mac Doane)		NA
1935 (Mac Doane)		4th
1936 (Warren Karsch)		4th
1937 (Warren Karsch)		2nd
1938 (Warren Karsch)		1st
1939 (Warren Karsch)		1st
1940 (Warren Karsch)		4th
1941 (Warren Karsch)		NA
1942 (A. Schneider)		3rd
1943-45	No Teams due to WWII	
1946 (George Lynch)		4th
1947 (Warren Karsch)		3rd
1948 (Warren Karsch)		NA
1949 (Ed Colletti)		3rd
1950 (Ed Colletti)		3rd
1951 (Les Luymes)		2nd√
1952 (Dick Gretch)		2nd√
1953 (Jim Stanek)		4th√
1954 (Glen Gerdes)		3rd√
1955 (Glen Gerdes)		2nd√
1956 (Dick Kirchner)		3rd√
1957 (Dick Kirchner)		2nd√
1958 (J. Mastropaolo)		3rd√
1959 (Rod Anfenson)		5th√
1960 (Rod Anfenson)		2nd√
1961 (Rod Anfenson)		3rd√
1962 (Rod Anfenson)		2nd√
1963 (Tony Jackson)		2nd√
1964 (Bob Tracy)		2nd@
1965 (Bob Tracy)		2nd@
1966 (Bob Tracy)		1st@
1967 (Bob Tracy)		1st@
1968 (W. Thornton)		1st@
1969 (W. Thornton)		NA
1970 (Bob Waxlax)		1st@
1971 (Bob Waxlax)		1st@
1972 (Bob Waxlax)		NA
1973 (Bob Waxlax)		NA
1974 (Bob Waxlax)		NA
1975 (Bob Waxlax)		NA
1976 (Bob Waxlax)	3rd@	2nd@
1977 (Bob Waxlax)	NA	NA
1978 (Bob Waxlax)	4th@	3rd@
1979 (Bob Waxlax)	3rd@	3rd@
1980 (Bob Waxlax)	3rd@	2nd@
1981 (Bob Waxlax)	3rd@	3rd@
1982 (Bob Waxlax)	8th#	8th#
1983 (Bob Waxlax)	8th#	7th#
1984 (Bob Waxlax/)	7th#	7th#
1985 (Bob Waxlax)	7th#	7th#
1986 (Bob Waxlax)	8th#	9th#
1987 (Bob Waxlax)	9th#	9th#
1988 (Bob Waxlax)	7th#	7th#
1989 (Tracy Dill)	9th#	7th#
1990 (Tracy Dill)	8th#	6th#
1991 (Tracy Dill)	4th#	8th#

1992 (Tracy Dill)	3rd#	6th#
1993 (Tracy Dill)	8th#	4th#
1994 (Tracy Dill)	4th#	6th#
1995 (Tracy Dill)	5th#	6th#
1996 (Tracy Dill)	3rd#	5th#
1997 (Tracy Dill)	3rd#	3rd#
1998 (Tracy Dill)	3rd#	5th#
1999 (Tracy Dill)	8th#	6th#
2000 (Seth Mischke)	5th#	7th#
2001 (Seth Mischke)	5th#	5th#
2002 (Seth Mischke)	7th#	5th#
2003 (Seth Mischke)	5th#	5th#
2004 (Seth Mischke)	3rd#	5th#
2005 (Seth Mischke)	4th#	5th#
2006 (Seth Mischke)	5th#	5th#
2007 (Seth Mischke)	5th#	5th#
2008 (Seth Mischke)	7th!	5th!
2009 (Seth Mischke)		5th!

SCSU WOMEN CONFERENCE MEET RESULTS

Year (Coach)	Indoor	Outdoor
1976 (Karen Thompson)		3rd\$
1977 (Karen Thompson)		NA
1978 (Karen Thompson)		2nd\$
1979 (Karen Thompson)		5th\$
1980 (Karen Thompson)		3rd\$
1981 (Karen Thompson)		2nd@, \$
1982 (Karen Thompson)		3rd@
1983 (Karen Thompson)		5th@
1984 (Karen Thompson)		3rd@
1985 (Sue Gabrielson)		7th#
1986 (Nancy Knop)	8th#	6th#
1987 (Nancy Knop)	7th#	5th#
1988 (Nancy Knop)	6th#	4th#
1989 (Nancy Knop)	6th#	7th#
1990 (Nancy Knop)	4th#	7th#
1991 (Nancy Knop)	7th#	7th#
1992 (Nancy Knop)	3rd#	4th#
1993 (Nancy Knop)	10th#	5th#
1994 (Nancy Knop)	6th#	4th#
1995 (Sue Patterson)	5th#	5th#
1996 (Tracy Dill)	7th#	9th#
1997 (Tracy Dill)	5th#	7th#
1998 (Tracy Dill)	5th#	7th#
1999 (Tracy Dill)	8th#	6th#
2000 (Seth Mischke)	8th#	8th#
2001 (Seth Mischke)	7th#	8th#
2002 (Seth Mischke)	9th#	10th#
2003 (Seth Mischke)	8th#	9th#
2004 (Seth Mischke)	8th#	8th#
2005 (Seth Mischke)	7th#	7th#
2006 (Seth Mischke)	7th#	7th#
2007 (Seth Mischke)	7th#	6th#
2008 (Seth Mischke)	7th#	7th#
2009 (Seth Mischke)	3rd!	5th!

KEY:

√ MSTCC (also competed in Bi-State Conf. at this time)

@ Northern Intercollegiate Conference-Northern Sun

\$ MAIAW

North Central Conference

(Before 1950, SCSU competed in Minn. State College Conf.)

!Northern Sun Intercollegiate Conference



Founded in 1932, the Northern Intercollegiate Conference (NIC) has enjoyed a varied existence in the upper Midwest region it calls home. In the spring of 1992 the Northern Sun Intercollegiate Conference (NSIC) was formed out of the merger of the NIC, the men's conference, and the women's Northern Sun Conference (NSC). The NSC had existed since 1979. The NSIC is currently made up of institutions from Iowa, Minnesota, Nebraska, North and South Dakota. In the 2008-09 academic year, the NSIC expanded to a 14-team league with the addition of Augustana College, University of Minnesota Duluth, Minnesota State University, Mankato and St. Cloud State University.



Since 1932, various institutions have competed in the NSIC. Bemidji State University, Minnesota State University Moorhead and Winona State University are charter members and have remained in the conference for the 76 years of its existence. Minnesota State University, Mankato and St. Cloud State were also charter members, but left the league in 1981 (MSU left the league in 1969 and returned in 1977). The University of Minnesota Duluth, which departed the league in 2005-06 through 2007-08 seasons, was also an original member. Other current members joined in later years: Southwest Minnesota State University in 1969, Northern State University in 1978, Wayne State College (Nebraska) in 1998, Concordia University, St. Paul and the University of Minnesota, Crookston in 1999, the University of Mary and Upper Iowa University in 2006 and Augustana College in 2008. The University of Minnesota, Morris became a league member in 1966, however, the Cougars opted for the NCAA Division III ranks in 2003. Michigan Tech was part of the NIC from 1969 to 1977 as well. Before the NSIC became eligible for National Collegiate Athletic Association (NCAA) championship competition in 1995, its member institutions had an extremely rich tradition in the National Association of Intercollegiate Athletics (NAIA). The NIC's and NSC's tenure in the NAIA included several national championship teams and individuals as well as many national qualifiers.

The NSIC has gained national recognition in recent years as three teams have won National Championships. Winona State men's basketball dynasty made three straight trips to the NCAA Division II National Championship game, winning the 2006 and 2008 games and losing the 2007 game on last second shot. During that period they won an NCAA record 57 consecutive games. Concordia University, St. Paul garnered the first women's title in 2007 as their women's volleyball team won the National Championship.

Since 2000, the NSIC has participated in one of two officially-sanctioned NCAA Division II football bowl games in the country. With a rich history dating back to 1948, the Mineral Water Bowl is hosted by the Quarterback Club of Excelsior Springs., Mo. The game matches the highest-finishing team from the NSIC not selected for the NCAA Division II playoffs against the highest-finishing team from the Mid-America Intercollegiate Athletics Association (MIAA) not participating in the NCAA Division II playoffs. Now in its 42nd year, the first game was played on Thanksgiving Day, 1948. The first MIAA/NSIC meeting in 2000 marked the Mineral Water Bowl's inaugural year of the Division II era. Winona State defeated Missouri Western State, 43-41, in triple overtime, marking the Warriors first-ever postseason win at the Division II level.

The league gears up for the upcoming academic year with the annual NSIC Summer Kickoff Event the last weekend in July. The event includes the NSIC Golf Tournament, Hall of Fame Banquet, officiating clinics and meetings involving the conference leadership.

The Northern Sun Showcase television program returns to the airwaves again on Fox Sports Net North. Also, the Northern Sun Spotlight radio show will air on stations throughout the Midwest for 20 weeks during 2008-09 sports season.

Over the years the NSIC, comprised of schools of modest size, has provided extremely competitive intercollegiate athletic programs for its members. Although the programs are not designed to be equal to Division I athletics, many former NSIC athletes have distinguished themselves in national and international competition. Each member school emphasizes the educational, entertainment and unifying value of sports while pointing with pride to the many advantages to be gained by attending these colleges and universities.

As some affiliated with the conference have coined, the NSIC quite possibly is, "the most competitive conference in NCAA Division II."





St. Cloud State University Track & Field



2009 INDOOR SCHEDULE

DATE	MEET	LOCATION
Dec. 12	SCSU Intrasquad Meet	St. Cloud, Minn.
Jan. 10	MSU Alumni Open	Mankato, Minn.
Jan. 16-17	Super 8 Open (Multi Events)	Bemidji, Minn.
Jan. 17	University of Minnesota Open	Minneapolis, Minn.
Jan. 23-24	Jack Johnson Invite	Minneapolis, Minn.
Jan. 23-24	Iowa State Open	Ames, Iowa
Jan. 30	St. Olaf Invite	Northfield, Minn.
Jan. 31	MSU Open and Pentathlon	Mankato, Minn.
Feb. 7	Beaver Classic	Bemidji, Minn.
Feb. 13-14	Iowa State Classic	Ames, Iowa
Feb. 14	UW-River Falls Open	River Falls, Wisc.
Feb. 15-16	NSIC Multi Championships	Aberdeen, S.D.
Feb. 21	St. Cloud State Parent Open	St. Cloud, Minn.
Feb. 27-28	NSIC Indoor Championships	Bemidji, Minn.
Mar. 13-14	NCAA Division II Indoor National Championships	Houston, Texas

2009 OUTDOOR SCHEDULE

DATE	MEET	LOCATION
Apr. 4	Falcon Invite	River Falls, Wisc.
Apr. 5-6	St. John's Multi	Collegetown, Minn.
Apr. 9-11	DII Challenge	Emporia, Kan.
Apr. 18	UMD Open	Duluth, Minn.
Apr. 21	Cobber Twilight Invitational	Moorhead, Minn.
Apr. 23-25	Drake Relays	Des Moines, Iowa
Apr. 24	Kip Janvrin Simpson Open	Indianola, Iowa
Apr. 25	Drake Alternative hosted by Gustavus	St. Peter, Minn.
Apr. 27-28	NSIC Multi Championships	Aberdeen, S.D.
Apr. 29	Tommie Twillight (Women)	St. Paul, Minn.
May 2	UMD Triangular	Duluth, Minn.
May 8-9	NSIC Outdoor Championships	Wayne, Neb.
May 21-23	NCAA Division II Outdoor National Championships	San Angelo, Texas