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St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Outdoor Track & Field Update

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2006-07 SCSU Outdoor Track & Field News

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:: UPCOMING EVENTS ::

April 1-2, 2007
NORTHWEST MISSOURI STATE MULTI
Maryville, MO

2006-07 INDOOR SCHEDULE

Dec. 9	MSU Pre-Season Open	Mankato
Jan. 6	Northwest Open	Minneapolis
Jan. 13	Bison Open	Fargo, ND
Jan. 19-20	Iowa State Open	Ames, Iowa
Jan. 27	DQ Blizzard Invite	Superior, WI
Feb. 3	Mankato Alumni Open	Mankato
Feb. 10	Husky Open	St. Cloud
Feb. 16	Snowshoe Open (Men)	Minneapolis
Feb. 17	Parent Day Open (Women)	Minneapolis
Feb. 23-24	NCC Indoor Championships	Vermillion, SD
Mar. 9-10	NCAA DII Indoor Championships	Boston, MA

2007 OUTDOOR SCHEDULE

Apr. 1-2	Northwest Missouri State Multi	Maryville, MO
Apr. 5-6	Northern State Invite	Aberdeen, SD
Apr. 12-14	Division II Challenge	Emporia, KS
Apr. 21	Bison Classic	Fargo, ND
Apr. 26-28	Drake Relays	Des Moines, IA
Apr. 28	Drake Alternative	St. Peter, MN
Apr. 30-May 1	NCC Multi Championships	Yankton, SD
May 2	Tommie Twilight (Women)	St. Paul, MN
May 5	St. Thomas Invite	St. Paul, MN
May 11-12	NCC Championships	Duluth, MN
May 24-26	NCAA Division II Championships	Charlotte, NC

(all meets are listed as Central Time)

For complete ticket information,
please call 1-877-SCSUTIX or 320-308-2137.



SCSU OUTDOOR SEASON BEGINS THIS WEEKEND: The SCSU men's and women's track and field teams will begin their 2007 outdoor season this weekend in Maryville, Missouri. The Northwest Missouri State Multi is hosted by the Bearcats of Northwest Missouri State. Competition begins at 2:00

p.m. on Friday, March 30 and continues through Saturday, March 31.

BACK FOR ANOTHER SEASON: The Husky track and field team will welcome back 32 athletes from last year's outdoor season. Senior returners include: captains Mike Coonen (Appleton, WI), Jared Lazer (Sauk Rapids), Lindsey Krueger (Rochester/John Marshall), and Kayla Todnem (St. James), as well as, Bryan Pearson (Anoka), and Amanda Faulkner (Sandstone/East Central).

Returning for the junior class are: Bobbie Krippner (Mankato/East), Amanda Kunkel (Eden Prairie), Amber Schueler (Glencoe), Isaiah Fuller (Faribault), Sam Johnson (Savage), Andy Koch (Madison, WI/LaFollette), David Manly (Minneapolis/Washburn), Bobby Scepaniak (Avon), Adam Schmitt (Plymouth), and Andrew Stueck (Madison, WI/LaFollette).

Rounding out the returning student-athletes are the sophomores: Heather Miller (Sun Prairie, WI/Columbus), Kelly Nelson (Westbrook), Sierrah Poole (Blue Earth), Libbie Sanders (Coon Rapids), Emily Winans (Fergus Falls), Bob Colwell (Altoona, WI), Ben Held (Hinton, IA), Marcus Jenkins (Long Branch, NJ), Tim Moes (Becker), Pierce Novak (Coon Rapids), Lucas Pederson (Richfield), and David Queck (Annandale).

New to the Husky squad are Andrea Borden (Merrifield), Amanda Eggebrecht (St. Cloud), Valerie Fuchs (Royalton), Kimberly Horner (Oakdale), Kjersten Johansson (St. Cloud), Mary Wilson (Grand Forks, ND/Red River), Kevin Blake (Big Lake), Mitch Bruzik (Alexandria), Mike Duncan (Benson), Nick Hamm (Menomonie, WI), Mekos Harris (Gary, IN), Cris Jirele (Medford), Adam Kershaw (Foley), Matt Main (Webster, WI), R.J. McGinnis (Burnsville), Kyle Mikesh (Eden Prairie), Pierce Novak (Coon Rapids), Wesley Olson (Webster), Cyrus Raivo (Mora), Mitchell Robertson (Sauk Rapids), and Gabe Udia (Minneapolis).

RESULTS FROM 2006 NCAA DII NATIONALS: SCSU had three tracksters earn All-American status at the NCAA Division II Outdoor Track and Field National competition. Senior Ryan Koch finished second in the decathlon, senior Sarah Getty placed sixth in the 10K and senior Katie Wilson finished fourth in the javelin throw. Juniors Amanda Kunkel (shot





put) and Jared Lazer (400m hurdles) did not make it out of their heats into the finals.

SCSU's Sarah Getty placed sixth in the 10,000 meter run with a time of 37:16.59, trailing the victor by just under one minute and twenty seconds. First place was claimed by Emily Mortensen of Adams State who had a time of 35:57.04.

Husky senior Katie Wilson took fourth place in the javelin throw with a throw of 155 feet 6 inches. Wilson trailed the leader, Holly Noller of Southern Illinois Edwardsville, who threw 160-04. Wilson went into the national event ranked second in DII. This year marked her second consecutive season earning All-American status as she placed eighth in the javelin in 2005. She also appeared at the 2004 NCAA's and finished in 13th place that season in the javelin.

SCSU TITLES WON AT 2006 NCC CHAMPIONSHIPS: Senior's Sarah Getty and Katie Wilson, and Juniors Amanda Kunkel and Jared Lazer each brought home top finishes from the NCC Championships, which were held in Sioux Falls, S.D. on May 12&13. Getty, who had been leading the NCC in the 10K by over a minute last season, grabbed the top spot in the event with a time of 37:56.02. Wilson bested the competition in the javelin throw with a provisional throw of 44.17 meters (144-11). Kunkel nabbed the top spot in the shot put with a provisional qualifying throw of 13.35 meters (43-09.75) and Lazer was the sole Husky man to earn a first place mark, besting the competitors in the 400 meter hurdles with a provisional qualifying time of 52.53.

HUSKY OUTDOOR RECORDS BROKEN IN 2006: There were three SCSU outdoor track and field records broken in 2006. Katie Wilson broke her own school record which she had first set in 2004 with a throw of 148 feet and 6 inches in the javelin at the Falcon Invitational on April 8. Senior Sarah Getty broke the school record in the 3000m steeplechase

at the St. Thomas Open on May 6 with a time of 11:15.02. The third husky trackster to break a school record last spring was junior Jared Lazer, who ran a 52.06 in the 400m hurdles at the St. Thomas Open on May 6, 2006

SCSU'S RYAN KOCH IS THREE-TIME ACADEMIC ALL-AMERICAN: SCSU's senior trackster Ryan Koch (Madison, Wis.) was named to the 2006 ESPN The Magazine Academic All-American Men's Track & Field/Cross Country First Team College Division for the third time in his career. Koch is a three-time All-American in track and field at SCSU. Early in the 2006 season, Koch became just the second male and sixth track & field/cross country student-athlete overall to be named to an Academic All-NCC team four times in a career. Koch has also been named to the ESPN the Magazine Academic All-District 5 Men's Track and Field/Cross Country First Team three times in his career. In 2005, Koch became the first college division player as a junior to be named the ESPN The Magazine Academic All-America Team Member of the Year. A standout wide receiver on SCSU's football team, Koch earned Academic All-America honors in football in 2004 and 2005. He was also a National Football Foundation Scholar Athlete Award Recipient in 2005, which is one of only two recipients at the NCAA Division II level.

WILSON QUALIFIES FOR USA COMPETITION: After throwing a mark of 155 feet 6 inches at the 2006 NCAA Division II Outdoor Track & Field Championships in the javelin and finishing in fourth place, senior Katie Wilson (Grand Forks, N.D.) qualified to participate in the USA Track and Field Outdoor Championships. Wilson's B-Standard throw at the NCAA's earns her an automatic invitation to the USA Championships, which took place on June 21-25 in Indianapolis, Indiana. Wilson chose not to partake in the USA Championships

ST. CLOUD STATE UNIVERSITY QUICK FACTS

- Location: St. Cloud, Minn.
- Founded: 1869
- Enrollment: 16,000
- President: Dr. Roy Saigo
- Director of Athletics Dr. Morris Kurtz
- National Affiliation NCAA Division II
- Conference North Central Conference
- Nickname Huskies
- Colors Cardinal Red and Black
- Track Halenbeck Fieldhouse
- First Year of Track & Field 1965
- Head Coach Seth Mischke
- 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) Tracy Miranowski
- Assistant Coach (Multi-events & Hurdles) Jason Koch
- Assistant Coach (Sprints) Terra Foster
- Graduate Assistant Coach (Sprints & Relays) Brian Sebera

NEED INFO?

For information about SCSU track and field, please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The track and field contact at SCSU for 2006-07 is Christy Kramer. You can contact her via email at krch9901@stcloudstate.edu.

IMPORTANT NUMBERS:

SCSU Ticket Office: 320-308-2137
SCSU AMR Office: 320-308-2141

WEBSITES:

To obtain complete information about SCSU track and field this season, please go to the Husky Home Page at

www.StCloudState.edu/athletics

For information on the North Central Conference, please check out the league website at

www.northcentralconference.org



Coach Mischke

SCSU COACH SETH MISCHKE BEGINS 8TH SEASON WITH THE HUSKIES: Seth Mischke began his first season as head coach of the men's and women's track and field programs and cross country programs at St. Cloud State in 1999-2000. Prior to taking over the helm at SCSU, Mischke was a two-year assistant coach with former Husky head coach Tracy Dill.



Mischke is a 1997 graduate of the University of Minnesota. He was a member of the Golden Gophers men's team and participated in the decathlon. He placed third in the Big Ten meet in the decathlon as a senior. Mischke has completed his master's degree in physical education at St. Cloud State. He is a native of Worland, Wyoming and was a standout athlete at Worland High School - located in scenic north central Wyoming.

Mischke resides with his wife Colleen and their two children in St. Cloud.

2006/07 Track & Field Rosters

Women's

Name	Year	Event	Hometown
Andrea Borden	FY	Distance	Merrifield
Holly Dombrovski	JR	Sprints	Sartell
Amanda Eggebretch	FY	Sprints	St. Cloud
Alexis Eineke	JR	Distance	Mankato
Amanda Faulkner	SR	High Jump	Sandstone (East Central)
Valerie Fuchs	FY	Sprints/Jumps	Royalton
Kala Halverson	SO	Distance	Alexandria
Kimberly Horner	SO	Sprints	Oakdale
Bobbi Krippner	SO	Mid-Distance	Mankato (East)
Lindsey Krueger	JR	Multi-Events	Rochester (John Marshall)
Amanda Kunkel	SO	Throws	Eden Prairie
Heather Miller	FY	Jumps/Sprints	Sun Prairie, WI (Columbus)
Kelly Nelson	FY	Mid-Distance	Westbrook
Sierrah Poole	FY	Distance	Blue Earth
Libbie Sanders	FY	Distance	Coon Rapids
Amber Schueler	SO	Jumps/Hurdles	Glencoe
Mikha Tan	SO	Jumps/Sprints	Sioux City, IA
Kayla Todnem	JR/SR	Multi-Events	St. James
Mary Wilson	FY	Javelin	Grand Forks, ND (Red River)
Emily Winans	FY	Distance	Fergus Falls

Men's

Name	Year	Event	Hometown
Mitch Bruzik	FY	Throws	Alexandria
Bob Colwell	SO	Hurdles	Altoona, WI
Mike Coonen	JR	Sprints	Appleton, WI
Joshua Denzer	FY	Sprints	Blaine
Mike Duncan	FY	Sprints	
Isaiah Fuller	JR	Pole Vault	Faribault
Kelly Gilchrist	SR	Sprints	Minneapolis
Michael Graham	JR	Sprints	Oakdale (Tartan)
Nick Hamm	FY	Distance	Menomonie, WI
Mekcos Harris	FY	Sprints	Gary, IN
Michael Hauser	FY	Sprints	
Ben Held	SO	Hurdles	Hinton, IA
Rocky Horn	FY	Sprint	Melrose
Scott Jaeckel	SO	Pole Vault	Waukasha, WI
Cris Jirele	SO	Multi-Events	Medford, MN
Sam Johnson	JR	Sprints/Jumps	Savage
Adam Kershaw	FY	Throws	Foley
Andy Koch	SO	Jumps	Madison, WI (LaFollette)
Jared Lazer	SR	Hurdles/Jumps	Sauk Rapids
Matt Main	SO	Mid-Distance	Webster, WI
David Manly	JR	Distance	Minneapolis (Washburn)
R.J. McGinnis	FY	Hurdles/Jumps	Burnsville
Kyle Mikesh	FY	Throws	Eden Prairie
Tim Moes	SO	Mid-Distance	Becker
Pierce Novak	FY	Sprints	Coon Rapids
Wesley Olson	SO	Distance	Webster
Shawn Onken	SO	Sprints	Eagle Bend (Parkers Prairie)
Bryan Pearson	FY	Jumps	Anoka
Lucas Pedersen	SO	Mid-Distance	Richfield
David Queck	SO	Sprints	Annandale
Cyrus Raivo	FY	Throws	Mora
Mitchell Robertson	FY	Sprints	Sauk Rapids
Bobby Scepaniak	JR	Pole Vault	Avon
Adam Schmitt	JR	Sprints	Plymouth
Andrew Stueck	SO	Throws	Madison, WI (LaFollette)
Gabe Udla	FY	Sprints	Minneapolis



NCC Weekly Honors 2006/07

SCSU Men's and Women's Track & Field Honor Roll

Name	Year	Event	Week
Amanda Kunkel	SO	Weight Throw	Jan. 13th



SCSU Men's Track & Field Team Records



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



Brad Babcock
800 Meter
Record Holder



Greg Kimbrough,
400, 4x200, 4x400
Meter, and Triple Jump
Record Holder



Dustin DeRosier
Indoor and Outdoor
Pole Vault
Record Holder

INDOOR

55 Meter Dash	Robert Ewings	:06.33	1997	St. Cloud, MN
200 Meter Dash (Oversized)	Keith Williams	:21.58	1995	Ames, IA
200 Meter Dash	Lawrence Means	:21.96	1992	St. Cloud, MN
300 Meter Dash	Lawrence Means	:34.83	1991	Fargo, ND
400 Meter Dash	Greg Kimbrough	:48.61	1995	Minneapolis, MN
400 Meter Dash (Oversized)	Lawrence Means	:47.74	1992	Ames, IA
500 Meter Dash	Justin Antus	1:04.82	2002	Fargo, ND
600 Meter Dash	Justin Antus	1:22.12	2002	Minneapolis, MN
800 Meter Run	Brad Babcock	1:53.31	1991	Ames, IA
1000 Meter Run	Mark Young	2:27.60	1984	St. Cloud, MN
1500 Meter Run	Scott Ergen	3:50.17	1984	Fargo, ND
3000 Meter Run	Scott Ergen	8:17.54	1984	St. Cloud, MN
5000 Meter Run	Kurt Threinen	14:16.26	1985	Fargo, ND
55 Meter High Hurdles	Randy Schulz	:07.44	1982	St. Cloud, MN
Shot Put	Layne Kelley	57'-7"	1981	Kansas City, MO
35 # Weight	Eric Gunderson	58-8 3/4"	2002	Vermillion, SD
High Jump	Paul Pietruszewski	7'-0 3/4"	1988	St. Cloud, MN
Triple Jump	Greg Kimbrough	48'8 1/4"	1995	Fargo, ND
Long Jump	Corey Ahrend	23'-4"	1987	St. Cloud, MN
Pole Vault	Dustin DeRosier	18'-0 3/4"	1997	Ames, IA
Pentathlon	Ryan Koch	3,672	2006	Emporia, KS
4 x 400 Meter Relay	Barth, Pooler, Sternweis, Miller	3:18.82	1993	Minneapolis, MN
4 x 400 Meter Relay (Oversized)	Means, Joynt, Larson, Roeske	3:12.77	1992	Ames, IA
4 x 800 Meter Relay	Perleberg, Olson, Brix, Ergen	7:52.20	1983	St. Cloud, MN
Distance Medley Relay	Pekarek, Antus, Lippert, Hirsch	10:44.92	2002	Ames, IA

OUTDOOR

200 Meter Dash	Keith Williams	:21.16	1995	Sioux City, IA
400 Meter Dash	Lawrence Means	:46.61	1993	Abilene, TX
800 Meter Dash	Scot Joynt	1:52.04	1993	Sioux Falls, SD
1500 Meter Run	Mark Young	3:47.96	1985	Los Angeles, CA
3000 Meter Steeplechase	Kurt Threinen	8:59.68	1983	St. Cloud, MN
5000 Meter Run	Van Nelson	13:39.40*	1967	St. Paul, MN
10,000 Meter Run	Van Nelson	28:48.20*	1967	London, England
110 Meter High Hurdles	Steve Hentges	:14.46	1994	Grand Forks, ND
400 Meter IM Hurdles	Jamie Kunstleben	:52.56	1997	Ames, IA
Shot Put	Layne Kelley	58-11 1/2"	1981	Macomb, IL
Discus	Layne Kelley	180-	1982	St. Cloud, MN
Javelin	Dan Donlin	209-1	1982	Moorhead, MN
Javelin (New)	Jason Koch	206-11	2004	Des Moines, IA
Hammer	Eric Gunderson	177-10	2002	Minneapolis, MN
High Jump	Paul Pietruszewski	7' 01/4"	1987	Northfield, MN
Triple Jump	Scott Weber	49-41/2"	1990	St. Paul, MN
Long Jump	Flurohn Crutch	24-6"	1996	Moorhead, MN
Pole Vault	Dustin DeRosier	17-5 1/2"	1997	Minneapolis, MN
Decathlon	Dan Neubauer	7,105 pts.	1981	Des Moines, IA
4 x 100 Meter Relay	Miller, Haferman, Nichols, Means	:40.60	1993	Abilene, TX
4 x 200 Meter Relay	Larson, Brinker, G. Kimbrough, Miller	1:26.10	1994	Des Moines, IA
4 x 400 Meter Relay	Means, Roeske, G. Kimbrough, Joynt	3:11.88	1993	Moorhead, MN
1600 Meter Sprint Medley	Wood, Olson, Evanson, Mielke	3:27.38	2001	Des Moines, IA
4 x 800 Meter Relay	Young, Perleberg, Threinen, Holovnia	7:44.50	1985	Northfield, MN
Distance Medley Relay	Young, Perleberg, Peery, Threinen	9:50.67	1985	Des Moines, IA

RETIRED EVENT RECORDS

55 Meter IM Hurdles	Randy Schulz	:07.20	1981	St. Cloud, MN
55 Meter Low Hurdles	Mike Lieb	:07.59	1980	Mankato, MN
160 Meter IM Hurdles	Mike Lieb	:21.78	1980	Mankato, MN
200 Meter IM Hurdles	Dave Rarick	:24.70	1983	St. Cloud, MN
100 Meter Dash	Chris Beatty	:11.40	1982	St. Cloud, MN
4 x 55 Shuttle Hurdle Relay	Kohls, Leedahl, Schultz, Mikkelson	:30.67	1982	St. Cloud, MN
4 x 100 Meter Relay	Tritton, Dunlap, Harmon, Newton	:43.44	1987	St. Cloud, MN
Medley Relay	Mortrude, Herman, Schulz, Waxlax	2:00.87	1980	Mankato, MN
15,000 Meter Run	Van Nelson	46:14.80	1966	St. Paul, MN
20,000 Meter Run	Van Nelson	1:03.47.80	1965	St. Paul, MN
30,000 Meter Run	Van Nelson	1:37.16.40	1965	St. Paul, MN



SCSU Women's Track & Field Team Records



Jodi Tarasewicz
Indoor and Outdoor
Pole Vault
Record Holder



GiGi DesLauriers
Indoor and Outdoor
High Jump
Record Holder



Katie Wilson
Javelin Record Holder



Carey Meinert
55 Meter Hurdles
Record Holder

INDOOR

55 Meter Dash	Terri Theis	:07.12	1982	St. Cloud, MN
	Carmen Richardson	:07.12	1997	Vermillion, SD
200 Meter Dash	Jennifer Higgins	:25.44	2001	St. Cloud, MN
300 Meter Dash	Jina Schriefels	:42.82	1988	St. Cloud, MN
400 Meter Dash	Jennifer Higgins	:55.43	2001	Boston, MA
500 Meter Dash	Jennifer Higgins	1:14.78	2001	St. Cloud, MN
600 Meter Dash	Jennifer Higgins	1:34.85	2001	St. Cloud, MN
800 Meter Dash	Jennifer Higgins	2:14.96	2001	Fargo, ND
1000 Meter Run	Sue Kent	2:59.10	1992	Vermillion, SD
1500 Meter Run	Michelle Nelson	4:38.2	1992	St. Cloud, MN
3000 Meter Run	Michelle Nelson	9:46.0	1992	Ames, IA
5000 Meter Run	Michelle Nelson	17:23.16	1991	Minneapolis, MN
55 Meter Hurdles	Carey Meinert	:08.15	1997	Ames, IA
Shot Put	Amanda Kunkel	46-09.50	2007	Boston, MA
20# Weight	Amanda Kunkel	50-8.75	2007	Fargo, ND
High Jump	GiGi DesLauriers	5-9 1/4	1992	Minneapolis, MN
Triple Jump	Becky Anderson	39-9	1990	Vermillion, SD
Long Jump	Becky Anderson	18-11 3/4	1992	Saginaw Valley, MI
Pole Vault	Jodi Tarasewicz	12'-3 1/2"	2000	St. Cloud, MN
Pentathlon	Lindsey Krueger	3321	2007	Vermillion, m SD
4 x 200 Meter Relay	Finley, Beaudry, VanErp, Kapsner	1:47.34	1995	St. Cloud, MN
4 x 400 Meter Relay	Dombrovski, Bergh, Pautzke, Higgins	4:01.08	2001	St. Cloud, MN
4 x 800 Meter Relay	Trantina, Guck, Bergstrom, Trantina	9:44.46	1981	St. Cloud, MN

OUTDOOR

100 Meter Dash	Carmen Richardson	11.78	1997	
200 Meter Dash	Jennifer Higgins	24.63	1999	
400 Meter Dash	Jennifer Higgins	55.56	1999	
800 Meter Dash	Laura Hill	2:13.98	1988	
1500 Meter Run	Sarah Niehaus	4:38.23	1994	
3000 Meter Run	Michelle Nelson	10:03.63	1991	
5000 Meter Run	Michelle Nelson	16:59.50	1991	
10,000 Meter Run	Michelle Nelson	35:44.49	1990	
100 Meter Hurdles	Carey Meinert	14.28	1997	
400 Meter Hurdles	Michelle Depa	1:02.49	1994	
3000 Meter Steeple	Beth Sandoval	12:17.14	2004	
Shot Put	Julia Karst	47-8 1/2	1997	
Discus	Sandy Fuchs Dingman	169'	1995	
Hammer Throw	Sandy Fuchs Dingman	141-8	1997	
Javelin (old)	Marie Sherwood	164-3	1982	
Javelin (new)	Katie Wilson	148'	2006	
High Jump	GiGi DesLauriers	5-10	1992	
Triple Jump	Becky Anderson	39-6 1/2	1990	
Long Jump	Becky Anderson	19-4 3/4	1992	
Pole Vault	Jodi Tarasewicz	12'-1 1/2"	2001	
Heptathlon	Jennifer Higgins	5436	2001	
4 x 100 Meter Relay	Goldenstein, Higgins, Garceau, Castellanos	48.06	1999	
4 x 200 Meter Relay	VanErp, Fioreck, Castellanos, Richardson	1:44.03	1997	
4 x 400 Meter Relay	Dombrovski, Pautzke, Bergh, Higgins	3:56.43	2001	
4 x 800 Meter Relay	Niehaus, Nesse, Depa, Backstrom	9:36.01	1995	
Hurdle Shuttle Relay	Janson, Higgins, Dobmeier, Trushenski	1:05.12	2001	
Sprint Medley Relay	Harris, Trushenski, Higgins, Dombrovski	4:11.10	2001	