



St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Outdoor Track & Field Update

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Home of the Huskies
stcloudstate.edu/athletics

2006-07 SCSU Outdoor Track & Field News

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:: UPCOMING EVENTS ::



April 28, 2007
DRAKE ALTERNATIVE
St. Peter, MN

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	Northern State Invite	CANCELLED
Apr. 12-14	Division II Challenge	Emporia, KS
Apr. 17	Cobber Invitational	Moorhead, MN
Apr. 21	Bison Classic	Fargo, ND
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.



HUSKIES HEAD TO ST. PETER FOR DRAKE ALTERNATIVE: This Saturday the St. Cloud State University women's and men's track and field teams will head to the St. Peter Lund Center to compete in the

Drake Relays Alternative Meet hosted by Gustavus Adolphus College.



Amanda Kunkel

KUNKEL BREAKS HAMMER THROW RECORD: Junior thrower Amanda Kunkel of Eden Prairie broke another SCSU school record this past weekend in the hammer throw. Kunkel's throw of 45.89m/150-07 surpassed the previous record of 146-05 set by Kari Turkowski in 2005.



Kayla Todnem

TODNEM QUALIFIES FOR NATIONALS: SCSU senior Kayla Todnem of St. James has provisionally qualified for the national meet in the heptathlon by posting a 4548 point total this past weekend at the Bison Classic in Fargo, ND.

HUSKIES LAND TOP MARKS AT THE BISON CLASSIC: The SCSU women's and men's track and field teams were in Fargo, ND this past weekend taking on the Bison Classic. The Huskies participated against nine other teams on the track and in the field.

Sophomore Mikah Tan (Sioux City, IA) won the women's 100-meter running a time of 12.90 beating Jennifer Ellefson of North Dakota State by .02 seconds. Tan also placed fourth in the long jump with a distance of 5.25m/17-02.75.

Senior captain Kayla Todnem finished third in the heptathlon with a score of 4548 and provisionally qualifying her the national meet. Todnem went on to place 13th in the javelin (27.71m/90-11).

Junior Amanda Kunkel (Eden Prairie) finished fourth in the hammer throw with a distance of 45.89m/150-07. Kunkel's throw set a new SCSU school record in the women's hammer throw.



First-year Mary Wilson (Grand Forks, ND/Red River) finished third in the javelin with a throw of 328.02m/124-09 and finished 18th in the hammer throw with a distance of 27.40m/89.11.

Sophomore, Emily Wlnans (Fergus Falls) was fourth in the 800-meter coming in at 2:29.69 and second in the 1500-meter with a time of 5:01.75,

Junior Amber Schueler (Glencoe) placed sixth in the 100-meter going 13.02 and finished eighth in the discus with a throw of 36.80m/120-09.

Junior Holly Dombrovski (Sartell) placed fourth in the 400-meter with a time of 1:01.72.

The women's 4x100 relay team of Tan, Amanda Eggebrecht (St. Cloud), Schueler, and Todnem placed third with a time of 50.59, the 4x400 'A' team of Dombrovski, Tan, Schueler, and Lindsey Krueger (Rochester/John Marshall) took second with a time of 4:15.70, and the 4x400 'B' team of Winans, Kelley Nelson (Westbrook), Bobbi Krippner (Mankato/East), and Valerie Fuchs (Royalton) finished third with a time of 4:37.00.

First-year R.J. McGinnis (Burnsville) placed second in the 110-meter hurdles with a time of 15.34 and sixth in the long jump going 6.65m/21-10.00.

First-year Gabe Udia (Minneapolis) placed third in the 100-meter with a time of 11.02 and fifth in the 200-meter (22.45).

Senior captain Mike Coonen finished fourth in the 100-meter crossing the line at 11.04.

Sophomore Andy Koch (Madison, WI/LaFollette) finished seventh in the triple jump going 12.52m/41-01.00 and eighth in the javelin with a throw of 48.59m/159-05.

Sophomore Marcus Jenkins (Long Branch, NJ) took third in the 110-meter hurdles with a time of 15.60.

Sophomore Tim Moes (Becker) placed fourth in the 5000-meter run finishing at 17:07.67.

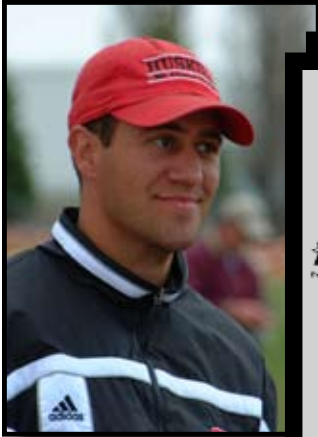
Sophomore Ben Held (Hinton, IA) finished fifth in the 110-meter hurdles with a time fo 15.84.

The SCSU 4x100 relay team of Udia, Coonen, Sam Johnson (Savage), and Jenkins took second with a time of 42.27.



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:	Hatenbeck 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



SETH MISCHKE
2005

MEN'S TRACK & FIELD COACH OF THE YEAR

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 Mikesch	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 Udia	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

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



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BISON RELAYS
FARGO, ND

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COBBER INVITATIONAL
MORRHEAD, MN

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DIVISION II CHALLENGE
APRIL 12-14

Novak, Pierce	100 meter	13th	11.43
	200 meter	15th	22.88
Onken, Shawn	100 meter	15th	11.74
	200 meter	23rd	23.86
Pearson, Bryan	high jump	9th	1.85m/6-00.75
Queck, David	400 meter	16th	51.86
Raivo, Cyrus	hammer	15th	39.18m/128-06
	javelin	19th	44-12m/144-09
	discus	11th	40.87m/134-01
Robertson, Mitch	400 meter	20th	53.19
Stueck, Andrew	hammer	14th	39.25m/128-09
	javelin	17th	46.16m/151-05
Udia, Gabe	100 meter	5th	11.10
	200 meter	10th	22.64
Team	4x100	2nd	42.77

WOMEN		9TH	29.33 POINTS
Borden, Andrea	3000 meter	6th	11:16.65
Eggebrecht, Amanda	200 meter	18th	27.87
Faulkner, Amanda	high jump	11th	1.55m/5-01.00
Fuchs, Valerie	long jump	14th	4.93m/16-02.25
	400 meter	21st	28.15
Horner, Kimberley	100 meter	14th	14.36
	400 meter	23rd	29.45
Krippner, Bobbi	400 meter	16th	1:08.83
	400 meter	24th	30.53
Krueger, Lindsey	heptathlon	7th	4048 points
	high jump	8th	1.55m/5-01.00
	100 hurdles	4th	15.55
Kunkel, Amanda	hammer	7th	43.49m/142-08
Miller, Heather	long jump	11th	5.02m/16-05.75
Sanders, Libbie	3000 meter	8th	12:06.42
Schueler, Amber	long jump	17th	4.64m/15-02.75
	100 meter	12th	13.39
Tan, Mikah	long jump	10th	5.09m/16-08.50
	100 meter	11th	13.28
Todnem, Kayla	heptathlon	5th	4079 points
	long jump	9th	5.15m/16-10.75
	triple jump	8th	10.52m/34-06.25
	100 hurdles	3rd	15.16
Wilson, Mary	javelin	12th	36.25m/118-11
Team	4x400	7th	4:09.55

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MISSOURI RELAYS
MARCH 30-31

MEN		8TH	28 POINTS
Bruzik, Mitch	hammer	17th	35.74m/117-03
	discus	20th	35.13m/115-03
	shot put	17th	12.92m/42-04.75
Coonen, Mike	100 meter	9th	11.21
Graham, Mike	100 meter	12th	11.39
Harris, Mekos	400 meter	54.19	
Jenkins, Marcus	100 hurdles	6th	15.46
Jirele, Cris	400 meter	23rd	56.76
Johnson, Sam	400 meter	14th	51.27
	200 meter	16th	23.01
Kershaw, Adam	hammer	18th	30.84m/101-02
	discus	22nd	32.06m/105-02
	shot put	14th	13.27m/43-06.50
Lazer, Jared	100 hurdles	8th	15.57
	400 hurdles	2nd	54.50
McGinnis, R.J.	decathlon	5th	6155 points
	javelin	14th	49.97m/163-11
	100 hurdles	12th	16.19
Moes, Tim	1500 meter	21st	4:31.64