



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 ::



May 11-12, 2007
NCC CHAMPIONSHIPS
Duluth, 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 PREPARE FOR 2007 NCC CHAMPIONSHIP IN DULUTH: This weekend the Husky track and field teams will pack up their gear and head to the North Central Conference Outdoor Track and Field Championships in Duluth on Friday and Saturday May 11-12 for a chance to compete in the NCAA Division II Championships to be held in Charlotte, NC May 24-26.

Last year the Huskies brought home four championship titles, three of those title winners are back for another shot. Katie Wilson (Grand Forks/Red River) took first in the javelin by tossing a provisional mark of 44.17m/144'11". SCSU's top female thrower Amanda Kunkel (Eden Prairie) won the shot put with a provisional qualifying mark of 13.35m/43'9 1/4" and Jared Lazer (Sauk Rapids) finished first in the 400 hurdles with a provisional time of 52.53.

HUSKIES BRING HOME 13 FIRSTS FROM ST. THOMAS: It was a golden Saturday for the Huskies as members of the St. Cloud State University track and field teams brought home 13 first-place finishes from the St. Thomas Invite in St. Paul.

First-year Gabe Udia (Minneapolis) brought home two first-place finishes. He won the 100-meter with a time of 11.04 and crossed the line at 22.80 in the 200-meter to win. Junior Sam Johnson (Savage) took first in the 400-meter with a time of 52.19. Sophomore David Queck (Annandale) was close behind for second at 52.50.



R.J. McGinnis

The Huskies went 1,2 in the 110 hurdles as first-year R.J. McGinnis (Burnsville) took first with a time of 15.27 and sophomore Ben Held (Hinton, IA) placed second coming in at 15.62. McGinnis went on the eighth in the hammer throw (35.14m/115'3") and third in the javelin (45.88m/150'6"). Senior Jared Lazer (Sauk Rapids) won the 400 hurdles with a time of 54.67, over two seconds faster than the closest finisher.

The men's 'A' 4x100 relay team placed first with a combined time of 41.99.



Lindsey Krueger

Senior Lindsey Krueger (Rochester/ John Marshall) won the 100 hurdles with a time of 15.69 and the high jump with a mark of 1.65m/5'5" and then went on the finish sixth in the 400 hurdles (1:18.77) and third in the shot put with a throw of 12.26m/40'2 3/4". Sophomore Emily Winans (Fergus Falls) won the 1500-meter with a time of 5:09.57.

Sophomore Heather Miller (Sun Prairie, WI/Columbus) took first in the long jump with a distance of 5.27m/17'3 1/2". Close behind was fellow teammate sophomore Mikah Tan (Sioux City) with a jump of 5.12m/16'9 3/4". Miller also won the triple jump with a jump of 10.92m/35'10".

Junior Amanda Kunkel (Eden Prairie) took first in the shot put with a throw of 13.65m/44'9 1/2". She also placed eighth in the hammer throw with a mark of 42.44m/139'3". First-year Mary Wilson won the javelin with a toss of 38.64m/126'9".



Amanda Kunkel

KUNKEL BREAKS RECORD AT TOMMIE TWILIGHT: Junior thrower Amanda Kunkel didn't just take first in the shot put at the Tommie Twilight with a mark of 14.58m/47'10", she did much more. The Eden Prairie native also broke the previous SCSU women's shot put record of 46'8 1/2" set by Julia Karst in 1997 and bettered her previous National Provisional

Qualifying Mark. She now holds the record in the indoor weight throw and the outdoor hammer throw and shot put.

SCSU WOMEN COMPETE AT TOMMIE TWILIGHT: On Wednesday May 2, the SCSU women's track and field team was in St. Paul for the Tommie Twilight hosted by the University of St. Thomas. Three SCSU female athletes brought home individual titles.

Junior Amanda Kunkel (Eden Prairie) won the shot put with a throw of 14.58m/47'10" for a National Provisional Qualifying Mark and setting a new school record. Kunkel also took third in the hammer throw with a toss of 43.19m/141'8".

Senior Kayla Todnem took first in the 100 hurdles with a time of 15.34. She was also part of a 1, 2, 3 finish in the long jump. Todnem won with a mark of 5.33m/17'6" with sophomore Mikah Tan (Sioux City) in second (5.31m/17'5") and sophomore Heather Miller (Sun Prairie, WI/Columbus) in third (5.24m/17'2 1/4").

First-year Mary Wilson (Grand Forks, ND/Red River) won the javelin with a toss of 37.10m/121'8 3/4".

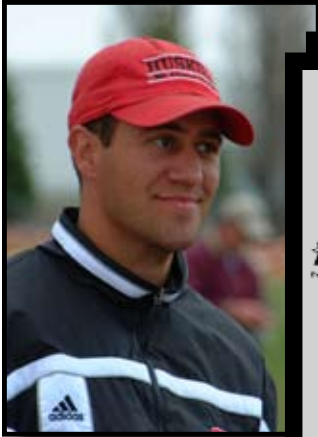
Tan also finished third in the 100-meter (12.99), first-year Valerie Fuchs (Royalton) finished fifth in the 200-meter (27.69) and 15th in the long jump with a mark of 4.59m/15' 3/4", and first year Andrea Borden (Merrifield) placed 22nd in the 800-meter with a time of 2:30.37 and 20th in the 1500-meter coming in at 5:07.70.

NCAA DIVISION II OUTDOOR TRACK AND FIELD CHAMPIONSHIPS SET FOR END OF MAY: The 2007 NCAA Division II Outdoor Track and Field Championships are scheduled for May 24-26 in Charlotte, NC. This weekend's meet in Duluth will help to determine who will have the chance to represent the St. Cloud State University Track and Field teams later this month.



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 |
| Amanda Faulkner | SR | High Jump | Sandstone (East Central) |
| Valerie Fuchs | FY | Sprints/Jumps | Royalton |
| Kala Halverson | SO | Distance | Alexandria |
| Kimberly Horner | FY | Sprints | Oakdale |
| Kjersten Johansson | FY | Mid-Distance | St. Cloud |
| Bobbi Krippner | JR | Mid-Distance | Mankato (East) |
| Lindsey Krueger* | SR | Multi-Events | Rochester (John Marshall) |
| Amanda Kunkel | JR | Throws | Eden Prairie |
| Heather Miller | SO | Jumps/Sprints | Sun Prairie, WI (Columbus) |
| Kelly Nelson | SO | Mid-Distance | Westbrook |
| Sierrah Poole | SO | Distance | Blue Earth |
| Libbie Sanders | SO | Distance | Coon Rapids |
| Amber Schueler | JR | 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 | SO | Distance | Fergus Falls |

Men's

| Name | Year | Event | Hometown |
|--------------------|------|---------------|------------------------------|
| Kevin Blake | FY | Hurdles | Big Lake |
| Mitch Bruzik | FY | Throws | Alexandria |
| Bob Colwell | SO | Hurdles | Altoona, WI |
| Mike Coonen* | SR | Sprints | Appleton, WI |
| Mike Duncan | FY | Sprints | |
| Isaiah Fuller | JR | Pole Vault | Faribault |
| Michael Graham | JR | Sprints | Oakdale (Tartan) |
| Nick Hamm | FY | Distance | Menomonie, WI |
| Mekos Harris | FY | Sprints | Gary, IN |
| Ben Held | SO | Hurdles | Hinton, IA |
| Marcus Jenkins | SO | Hurdles | Long Branch, NJ |
| Cris Jirele | FY | 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 | FY | 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 | FY | Distance | Webster |
| Shawn Onken | SO | Sprints | Eagle Bend (Parkers Prairie) |
| Bryan Pearson | SR | 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 | JR | Weight Throw | Jan. 13th |
| Amanda Kunkel | JR | Shot Put | May 1st |

* Denotes team captain

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