



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 24-26, 2007
NCAA CHAMPIONSHIPS
Charlotte, NC**

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.



Jared Lazer



Amanda Kunkel



R.J. McGinnis

LAZER, KUNKEL, MCGINNIS HEAD TO NCAAS IN CHARLOTTE, NC: The St. Cloud State University track and field teams will have just a little over a week and a half to prepare for the NCAA Outdoor Track and Field Championships in Charlotte, NC May 24-26. Representing the Huskies at this year's meet will be senior captain Jared Lazer of Sauk Rapids in the 400-meter hurdles, junior Amanda Kunkel of Eden Prairie in the shot put, and first-year R.J. McGinnis in the decathlon. The athletes, along with Head Coach Seth Mischke will leave for North Carolina on Tuesday to prepare for competition Thursday, Friday, and Saturday.



Jared Lazer

LAZER WINS THIRD STRAIGHT TITLE AT NCC CHAMPIONSHIPS: Senior captain Jared Lazer of Sauk Rapids won his third straight North Central Conference 400-meter hurdle title at the NCC Outdoor Track and Field Championships this past Saturday in Duluth. Lazer won the race with a finish of 53.31, less than one second away from a provisional qualifying time.



Kayla Todnem



R.J. McGinnis

TODNEM, MCGINNIS NAMED NCC ATHLETES OF THE WEEK: Last Tuesday the North Central Conference named senior captain Kayla Todnem of St. James and first-year R.J. McGinnis as Outdoor Track and Field Athletes of the Week.

Both athletes made their mark on the NCC at the North Central Conference Multi-Event Championships in St. Peter April 30 - May 10. The Huskies swept the top spots as Todnem won the women's heptathlon with a point total of 4,593 and McGinnis won the men's decathlon scoring 6,741.

Todnem is the second female track and field athlete



from SCSU to win the heptathlon and her score was enough for a provisional qualifying mark. McGinnis' score also surpassed the provisional mark and he is honored as being the first male SCSU track and field athlete to win the decathlon.

WOMEN SIXTH, MEN FIFTH AT NCC CHAMPIONSHIPS:

At the North Central Conference Outdoor Track and Field Championships this weekend in Duluth, women's team collected a sixth-place finish with 74 points while the men brought home fifth with 92.50. This is the highest the women's team has finished under the command of Head Coach Seth Mischke. Last year the women finished seventh and the men fifth.

TOP FINISHES AT THE NCCS: Along with Lazer's hurdle title, the Huskies brought home a few other top finishes from the North Central Conference Outdoor Track and Field Championships in Duluth this past weekend.

Senior Kayla Todnem (St. James) finished second in the 100-meter hurdles with a time of national provisional qualifying time of 14.59.

Sophomore Heather Miller (Sun Prairie, WI/Columbus) took second in the triple jump with a mark of 11.52m/37'9 1/2" and second in the long jump at 5.38m/17'8".

Senior captain Lindsey Krueger (Rochester/John Marshall) finished second in the high jump with a mark of 1.67m/5'5 3/4", seventh in the 100-meter hurdles with a time of 15.68, eighth in the shot put with a distance of 12.14m/39'10"

Junior Amanda Kunkel (Eden Prairie) finished second in the shot put with a throw of 13.85m/45'5 1/4" and fourth in the hammer throw with a toss of 45.68m/149'10".

Sophomore Emily Winans (Fergus Falls) finished tenth in the 1500-meter with a time of 5:08.85, first-year Andrea Borden (Merrifield) took ninth in the 3000-meter with a finish of 11:18.75, sophomore Mikah Tan (Sioux City, IA) placed tenth in the long jump clearing 5.06m/16'7 1/2", and first-year Mary Wilson (Grand Forks, ND/Red River) finished fourth in the javelin with a throw of 38.13m/125'1".

The SCSU 4x100 relay team finished fourth (49.48) and the 4x400 team sixth (4:03.58).

On the men's side, first-year R.J. McGinnis (Burnsville) placed third in the javelin with a toss of 54.29m/178'1", fourth in the 110-meter hurdles with a time of 15.17, sixth in the long jump with a mark of 6.35m/20'10", and seventh in the shot put with a mark of 13.75m/45'1 1/2".

Senior Bryan Pearson (Anoka) took fifth in the high

jump with a mark of 189m/6'2 1/4", sophomore Marcus Jenkins (Long Branch, NJ) placed fifth in the 110-meter hurdles with a time of 15.55 and eighth in the 100-meter at 11.18, senior captain Mike Coonen (Appleton, WI) took third in the 100-meter with a finish of 10.81, and first-year Gabe Udia (Minneapolis) finished fifth in the 100-meter at 10.90 and fifth in the 200-meter with a time of 22.47.

Junior Sam Johnson (Savage) placed seventh in the 400-meter with a time of 51.03, sophomore Ben Held (Hinton, IA) took seventh in the 110-meter hurdles with a finish of 16.01, junior Adam Schmitt (Plymouth) finished tied for sixth in the high jump with a mark of 1.84m/6' 1/2" and seventh in the jump clearing 6.25m/20'6 1/4", first-year Mitch Bruzik (Alexandria) took sixth in the shot put with a mark of 13.85m/45'5 1/4", first-year Adam Kershaw (Foley) placed seventh in the discus with a toss of 42.10m/138'1", first-year Cyrus Raivo (Mora) placed eighth in the discus with a mark of 41.29m/135'1/2" and sixth in the javelin with a toss of 51.92m/170'4", and sophomore Andrew Stueck (Madison, WI/LaFollette) finished tenth in the javelin with a throw of 47.43m/155'7".

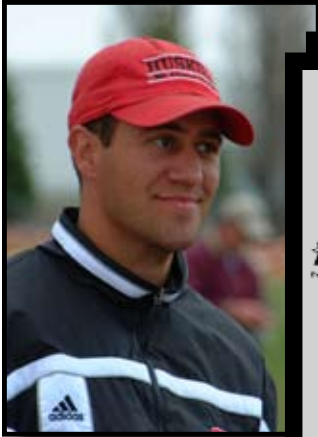
The SCSU 4x100 relay team took second (42.18) and the 4x400 team placed fourth (3:21.21) just :00.01 behind the third place team, Minnesota Duluth.

NATIONAL PROVISIONAL QUALIFIERS: The following is a list of SCSU student-athletes that have surpassed national qualifying marks so far this season:

NAME	EVENT	RESULT
Jared Lazer	400 hurdles	52.72
Kayla Todnem	heptathlon	4,548 points
R.J. McGinnis	decathlon	6,741 points
Amanda Kunkel	shot put	14.32m/47'10"
Kayla Todnem	100 hurdles	14.59

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 IN HIS 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