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St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Track and Field Update

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2005-06 SCSU TRACK AND FIELD NEWS



Final Release: June 20, 2006



2006 Season in Review:

2006 All-Americans

Sarah Getty, 6th, 10K
Ryan Koch, 2nd, Decathlon
Katie Wilson, 4th, Javelin

Team Scores

Men: 33rd Place
Women: Tied for 26th Place

2006 SCSU Outdoor Schedule

Date	Opponent	Time/Result
Mar. 26-27	Northwest Multi	1 p.m.
April 8	Falcon Invitational	TBA
	River Falls, Wisc.	
April 13-14	Emporia Multi	All Day
	Emporia, Kansas	
April 15	Division II Challenge	All Day
	Emporia, Kansas	
April 22	Bison Classic	All Day
April 27-29	Drake Relays	All Day
	Des Moines, Iowa	
April 29	Drake Alternative	All Day
	St. Peter, Minn.	
May 1-2	NCC Multi Championships	All Day
	Yankton, SD (USD)	
May 6	St. Thomas Open	All Day
May 12-13	NCC Outdoor Championships	All Day
	Sioux Falls, SD	
May 25-27	NCAA DII Outdoor Championships	All Day
	Emporia, Kansas	

ACADEMIC ALL-NCC: SCSU's senior tracksters Ryan Koch (Madison, Wis.) and Steven Bader (Fargo, N.D.) were both named to the 2006 Men's Academic All-NCC Track & Field/Cross Country Team. Koch is a four-time selection and this year marks the first time that Bader has earned the honor. Koch, who sports a 4.00 GPA in computer science, becomes just the second male and sixth track & field/cross country student-athlete overall to be named to an Academic All-NCC team four times. A mass communications major, Bader has posted a 3.64 GPA.

SCSU's senior trackster Katie Wilson (Grand Forks, N.D.) was named to the 2006 Women's Academic All-North Central Conference Track & Field/Cross Country Team for the first time in her career. Wilson earned a 3.52 GPA in elementary education.



HUSKIES COMPLETE OUTDOOR SEASON AT NCAA DII CHAMPIONSHIPS:

St. Cloud State sent five tracksters to the NCAA DII Track and Field Outdoor Championships held in Emporia, Kansas on May 25-27. Competing for SCSU was senior Katie Wilson (Grand Forks, N.D.), senior Ryan Koch (Madison, Wis.), junior Amanda Kunkel (Eden Prairie), senior Sarah Getty (Remer) and junior Jared Lazer (Sauk Rapids).



Ryan Koch

KOCH COMPLETES STANDOUT CAREER SECOND IN NATION: Senior Ryan Koch, who was named the SCSU Male Senior Athlete of the Year, made his fourth consecutive trip to the NCAA Outdoor Championships in the decathlon, and went to the 2006 national competition ranked fourth on the overall list with 6834 points earned at the Northwest Multi on March 26. Bettering his 2005 NCAA finish of fourth place in the decathlon, Koch brought home a second place finish from the 2006 NCAA's and became a three-time All-American for the Huskies.

Koch trailed the victor, Chris Randolph of Seattle Pacific, by 774 points, tallying 7,098 points after scoring 3,684 points in the first day of competition. He was also seven points shy of breaking the school record that was set in 1981 by Dan Neubauer (7,105). The second place finish marks his top finish of the four consecutive trips at the NCAA's.

Koch's scores from the two-day competition were as follows: DAY ONE: 100 meter dash/11th/11.38; Long Jump/6th/22-05.25; Shot Put/4th/12.49m; High Jump/4th/1.92m; and 400 meter dash/6th/51.14...DAY TWO: 1500m run/3rd/4:45.06; Pole vault/2nd/4.40m; Javelin throw/2nd/58.34m; Discuss throw/3rd/127-05; 110m hurdles/10th/16.21.



Sarah Getty



Katie Wilson

RESULTS FROM 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 has been leading the NCC in the 10K by over a minute this entire 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 this spring was junior Jared Lazer, who ran a 52.06 in the 400m hurdles at the St. Thomas Open on May 6.

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. Earlier this 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.





2005-06 SCSU Women's Track and Field Roster

Name	Yr.	Event	Hometown
Berit Amundson	FY	Pole Vault	Blue Earth
Kelly Brathol	SO	Sprints	Hudson, Wis.
Gia Dickinson	FY	Mid-Distance	Sauk Rapids
Amanda Faulkner	JR	High Jump	Sandstone (East Central)
Sarah Getty	SR	Distance	Remer
Angela Knoblach	SO	Jumps	Beresford, SD
Bobbie Krippner	SO	Mid-Distance	Mankato (East)
Lindsey Krueger	JR	Mult-Events	Rochester (John Marshall)
Amanda Kunkel	SO	Throws	Eden Prairie
Rachel Lander	FR	Distance	Brainerd
Danielle Larson	JR	Sprints/Pole Vault	Superior, Wis.
Nikki McGowan	FY	Sprints	St. Cloud (Tech)
Heather Miller	FY	Jumps/Sprints	Sun Prairie, Wis.
Cassandra Moe	SO	Jumps	Dassel
Kelly Nelson	FY	Mid-Distance	Westbrook
Heather Olheiser	FY	Mid-Distance	Coon Rapids (Blaine)
Kristin Otterson	JR	Throws	Big Lake
Sierrah Poole	FY	Distance	Blue Earth
Jodi Rosborough	SR	Pole Vault	Bismarck, ND
Libbie Sanders	FY	Distance	Coon Rapids
Amber Schueler	SO	Jumps/Hurdles	Glencoe
Amy Seyer	FY	High Jump	Aberdeen, SD (Central)
Mikha Tan	SO	Jumps/Sprints	Sioux City, Iowa
Kayla Todnem	JR/SR	Multi-Events	St. James
Katie Wilson	SR	Javelin	Grand Forks, ND (Red River)
Emily Winans	FY	Distance	Fergus Falls

2005-06 SCSU Men's Track and Field Roster

Name	Yr.	Event	Hometown
Teddy Ayele	SO	Distance	Eagan
Steve Bader	SR	Sprints	Fargo, ND (South)
Aaron Bendt	SO	Sprints	Worthington
Bob Colwell	FY	Hurdles	Altoona, Wis.
Mike Coonen	JR	Sprints	Appleton, Wis.
Kevin Darby	FY	Jumps	New York
Kyle Ewing	SO	Jumps	Richland Centre, Wis.
Elakie Fale	FY	Sprints	St. Cloud (St. John's Prep)
Isaiah Fuller	SO	Pole Vault	Fairbault
Kelly Gilchrist	Jr	Sprints	Minneapolis
Michael Graham	SO	Sprints	Oakdale (Tartan)
Ben Held	FY	Hurdles	Hinton, Iowa
Marcus Jenkins	FY	Hurdles	Long Branch, NJ
Sam Johnson	SO	Sprints, Jumps	Savage
Ted Johnson	FY	Distance	Neenah, Wis.
Andy Koch	SO	Jumps	Madison, Wis. (LaFollette)
Ryan Koch	SR	Multi-Events	Madison, Wis. (LaFollette)
Matt Koetter	SO	Mid-Distance	Ashburn, VA
Jared Lazer	JR	Hurdles/Jumps	Sauk Rapids
David Manly	SO	Distance	Minneapolis (Washburn)
Tim Moes	FY	Mid-Distance	Becker
Pierce Novak	FY	Sprints	Coon Rapids
Matt Olsen	FY	Throws	Cambridge
Shawn Onken	FY	Sprints	Eagle Bend (Parkers Prairie)
Bobby Osborn	FY	Jumps	Rochester
Derek Pawlitzke	FY	Throws	Two Rivers, Wis.
Bryan Pearson	JR	Jumps	Anoka
Lucas Pedersen	FY	Pole Vault, Sprints	
David Queck	FY	Sprints	Annandale
Bobby Scepaniak	SO	Pole Vault	Avon
Adam Schmitt	SO	Sprints	Plymouth
Keith Stenzel	SR	Distance	Mankato (West)
Andrew Stueck	SO	Throws	Madison, Wis. (LaFollette)
Aaron Wolfram	JR	Throws	Maplewood



Coach Mischke

SCSU HEAD COACH SETH MISCHKE: Seth Mischke (University of Minnesota, 1997) completed his sixth year as head coach of the SCSU men's and women's track and cross country programs. Prior to becoming the SCSU head coach, Mischke was a Husky assistant for a year. Mischke is a 1997 graduate of the University of Minnesota where he was a member of the Golden Gophers men's track and field team and was a consistent top eight finisher in the Big Ten Championships. He is a native of Worland, Wyoming and was a standout athlete at Worland High School - located in scenic north central Wyoming. Mischke and his wife Colleen Mischke reside in St. Cloud, with their daughter Brooklyn and son Tanner.

KOCH NAMED 2006 NCC STAN MARSHALL AWARD WINNER: Sioux Falls, S.D. - Ryan Koch of St. Cloud State and Lindsey Dietz of Minnesota Duluth were named recipients of the 2006 Stan Marshall Award. Koch is only the third SCSU student-athlete to gain this elite NCC award. The award is given annually to one male and one female senior student-athlete who distinguish themselves through academic performance, athletic ability and community activities. The award is named in memory of longtime South Dakota State athletic director Stan Marshall, who passed away in 1980. Marshall was a leader at the conference and national levels of intercollegiate athletics. The recipients of the Stan Marshall Award are selected by the league's institutional representatives from the NCC Honor Athletes announced earlier this month. Each school selects one male and one female student-athlete for the Honor Athlete recognition.

KOCH NAMED NCC HONOR ATHLETE FOR 2005-06: Seven outstanding male student-athletes were honored by the NCC as the league's Honor Athletes for the 2005-06 academic year. Each school selected its top student-athlete on the basis of academic performance, athletic ability and performance and leadership in campus and community activities. In addition, each student-athlete must have graduated this spring or be within 12 credit hours of graduation. The select group was honored at the NCC Honor Awards Dinner May 22 in Sioux Falls, S.D. The honored student-athletes with the schools they represent are: Patrick Allibone, Nebraska-Omaha; Scott Fiksdal, Minnesota State; Danny Gagner, North Dakota; Ryan King, Augustana; **Ryan Koch, St. Cloud State**; Nate Taran, Minnesota Duluth; Turner Trofholz, South Dakota.

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 are taking place on June 21-25 in Indianapolis, Indiana. Wilson chose not to partake in the USA Championships.

NCC COMMISSIONER'S ACADEMIC HONOR ROLL: SCSU had twelve athletes named to the inaugural NCC Commissioner's academic honor roll for indoor track and field. The Husky women had seven names on the honor roll. Senior Katie Wilson (Grand Forks, N.D.) and juniors Amanda Faulkner (Sandstone, Minn.), Lindsey Krueger (Rochester, Minn.) and Kayla Todnem (St. James, Minn.) were among the upperclassmen on the list. Sophomores Bobbi Krippner (Mankato, Minn.) and Cassandra Moe (Dassel, Minn.) and freshman Rachel Lander (Brainerd, Minn.) completed the list for the SCSU women. Five men from SCSU earned spots on the NCC Honor Roll. Steven Bader (Fargo, N.D.), Ryan Koch (Madison, Wis.) and Keith Stenzel (Mankato, Minn.) were the three seniors who led the way for the Huskies. Sophomores Samuel Johnson (Savage, Minn.) and Adam Schmitt (Plymouth, Minn.) rounded out the list for the Huskies. This year marked the first year in NCC history that there has been a Commissioner's Academic Honor Roll. In order to qualify for the award, the student-athletes must have a minimum 3.20 grade point average, have completed at least two semesters at their current school and have competed against outside competition.

WEB SITE: 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 NCC, please check out the league website at www.northcentralconference.org