



Home of the Huskies

St. Cloud State University

HUSKY ATHLETICS

Athletic Media Relations - Track & Field

Contact: Anne Abicht 320-308-2141 / aabicht@stcloudstate.edu

07/08 SCHEDULE

2007-08 INDOOR SCHEDULE

DATE	MEET LOCATION TIME / RESULT
Dec. 8	Minnesota State Pre-Season Open
Jan. 12	Northwest Open, Minneapolis
Jan. 19	Minnesota Open, Minneapolis
Jan. 26	Minnesota Open, Minneapolis
Feb. 1-2	UNI Invitational, Cedar Falls, IA
Feb. 9	Husky Open, St. Cloud, Minn., 12:30 pm
Feb. 16	St. Cloud State Open, 12:30 pm
Feb. 22	Snowshoe Open (Men), Minneapolis
Feb. 23	Parent Day Open (Women) Minneapolis
Feb. 29-Mar. 1	NCC Indoor Championships, Mankato, MN
Mar. 14-15	NCAA DII Indoor Championships, Mankato

2008 OUTDOOR SCHEDULE - TBA

Apr. 28-29	NCC Multi Championships at St. Cloud, MN
May 9-10	NCC Outdoor Championships, at Sioux Falls, S.D.
May 22-24	NCAA DII Outdoor Championships at Walnut, Calif.

SCSU Quick Facts

Founded: 1869
 Enrollment: 16,500
 Team Colors: Cardinal and Black
 Team Nickname: Huskies
 Home Track: Halenbeck South Fieldhouse
 National Affiliation: NCAA Division II
 Conference Affiliation: North Central
 President: Dr. Earl H. Potter III
 Athletics Director: Dr. Morris Kurtz

Head Track & Field Coach: Seth Mischke
 Year at SCSU: 9th season
 Alma Mater: University of Minnesota, 1997
 Assistant Coaches: Travis Zins (Throws); Tracy Mirznowski (Distance); Jason Koch (Multi-Events & Hurdles); Terra Foster (Sprints); Brian Sebera
 Graduate Assistant Coach (Sprints & Relays)

Athletic Media Relations Director/Track & Field
 Contact: Anne Abicht; 320-308-2141/aabicht@stcloudstate.edu
 Assistant Media Relations Director: Tom Nelson
 Assistant Media Relations Director: Celest Stang
 Graduate Assistants: Matt Marek & Pat McCabe

St. Cloud State Probable Starters

FOR RELEASE: Feb. 26, 2008



Huskies Prepare for North Central Conference Indoor Champion-

ships: The St. Cloud State University men's and women's track and field teams will compete in the 2008 North Central Conference Indoor Track and Field Championships on Friday and Saturday, February 29 and March 1. Minnesota State University, Mankato will host the championship at the Myers Field House on the MSU campus.

Schedule of Events: On Friday, the competition will get underway at 11:00 a.m. with the women's and men's pentathlon. Field events will begin at 1:30 p.m., and running events (all pre-lims) will begin at 5:00 p.m. On Saturday, the finals will begin at 10:00 a.m. in the field events and 12:15 for the running events. For the complete schedule go to page four of this release.

Final Results: Results of the NCC Indoor Championships will be posted online at the Minnesota State University, Mankato athletics web site. Go to www.msumav-ericks.com for updated results throughout the championship.

School Records Set: St. Cloud State established two new records in the women's indoor track record book on Feb. 9. Kunkel broke her own record in the weight throw with a mark of 51' 10 1/2" at the Husky Open. Her old mark of 50'8 3/4" was set in 2006. The women's distance medley of Paula Marozas, Cheryl Hundt, Holly Dombrovski and Emily Winans set a new mark of 12:54.04. The old mark of 13:15.84 was established in 2006 and Winans was a member of that relay team.

Provisional Qualifiers: Two Huskies have met provisional qualifying marks this season. Sophomore sprinter Gabe Udia (Inver Grove Heights) has met the provisional mark in the 60 meter dash. Senior thrower Amanda Kunkel (Eden Prairie) is a provisional qualifier in the shot put.

National Performance List: Kunkel currently ranks eighth on the NCAA performance list in the shot put with a mark of 46' 5 1/2". Udia ranks 16th on the NCAA 60 meter performance list with his time of 6.85.

Conference Performance List: Kunkel ranks first on the North Central Conference performance list in the shot put this week and is fourth in the weight throw. First years Angela Walhovd (Mauston, WI) and Kelsey King (Lakeville) are fourth and seventh, respectively in the pentathlon. Junior Mikha Tan (Sioux City, IA) is seventh in the long jump. Udia is first in the 60 meters and fifth in the 200 meters on the NCC performance list. First-year Fred Williams (Milwaukee, WI) is second on the conference performance list in the long jump. Sophomores Adam Kershaw (Foley) and Mitch Bruzik (Alexandria) are fourth and fifth in the shot put.

On the Horizon: Upon qualification, members of the SCSU track and field team could make a return trip to Mankato for the 2008 NCAA Division II Indoor Track & Field Championships, March 14-15 at the Myers Field House.



Team Roster

Women's			
Name	Yr.	Event	Hometown (High School)
Andrea Borden	SO	Distance	Merrifield (Crosby-Ironton)
Lindsay Conroy	FY	Throws	Clearwater (St. Cloud Tech)
Holly Dombrowski	SR	Sprints	Sartell
Amanda Eggebretch	SO	Sprints	St. Cloud (Tech)
Sarah Ewald	FY	Sprints	Watertown (Watertown-Mayer)
Valerie Fuchs	SO	Jumps/Sprints	Royalton (H.S.)
Christa Halonen	JR	Distance	Annandale
Christine Henke	FY	Jumps/Sprints	Blue Earth
Kimberly Horner	JR	Sprints	Oakdale (North St. Paul)
Cheryl Hundt	FY	Mid-Distance	Bangor, WI
Kelsey King	FY	Hurdles/Multi	Lakeville (Burnsville)
Rebecca Kitzman	FY	Throws	Verona, WI (Verona Area)
Amanda Kunkel	SR	Throws	Eden Prairie
Paula Marozas	FY	Distance	Rochester (Andover)
Heather Miller	JR	Jumps/Sprints	Sun Prairie, WI (Columbus)
Brittney Moffatt	FY	Mid-Distance	Coon Rapids (St. Francis)
Crystal Moor	JR	Hurdles/Sprints	Minneapolis (Washburn)
Kelley Nelson	JR	Mid-Distance	Westbrook (Westbrook-Walnut Grove)
Sierrah Poole	SO	Distance	Blue Earth (Blue Earth Area)
Megan Quistorff	FY	Sprints	Sauk Centre
Andraya Rollins	FY	Throws	Grand Rapids
Libbie Sanders	JR	Distance	Coon Rapids
Amber Schueler	SR	Hurdles/Jumps	Glencoe (Glencoe-Silver Lake)
Mikha Tan	JR	Jumps/Sprints	Sioux City, IA (Sergeant Bluff-Luton)
Melissa Walden	FY	Mid-Distance	Deep River, Ontario
Angela Walhovd	FY	Hurdles/Multi	Mauston, WI
Mary Wilson	SO	Javelin	Grand Forks, N.D. (Red River)
Emily Winans	JR	Distance	Fergus Falls
Men's			
Dan Allen	FY	Jumps/Mid-Distance	St. Cloud (Cathedral)
Vivian Bambara	SO	Sprints	Big Lake (St. Paul Johnson)
Cyrus Beckwith	FY	Pole Vault	Saginaw
Mitch Bruzik	SO	Throws	Alexandria (Jefferson)
Brian Chavers	FY	Sprints	Plymouth
Hady Cherif	FY	Distance	Minneapolis (St. Louis Park)
Bob Colwell	SO	Hurdles	Altoona, WI
Jeremy Davis	FY	Hurdles	Champlin Park
Isaiah Fuller	JR	Pole Vault	Faribault
Michael Graham	SR	Sprints	Oakdale (Tartan)
Ben Held	JR	Hurdles	Hinton, Iowa
Marcus Jenkins	JR	Hurdles	Long Branch, N.J.
Cris Jirele	SO	Multi	Medford (El Shaddi/Medford)
Sam Johnson	SR	Jumps/Sprints	Savage (Burnsville)
Adam Kershaw	SO	Throws	Foley
Matt Main	FY	Mid-Distance	Webster, WI
Kyle Mikesh	SO	Throws	Eden Prairie
Tim Moes	JR	Mid-Distance	Becker
Pierce Novak	SO	Sprints	Coon Rapids
Shawn Onken	JR	Sprints	Eagle Bend (Parkers Prairie)
Lucas Pedersen	JR	Mid-Distance	Richfield
David Queck	JR	Sprints	Annandale
Cyrus Raivo	SO	Throws	Brook Park (Mora)
Mitchell Robertson	SO	Sprints	Rice (Sauk Rapids-Rice)
Billy Sackett	FY	Mid-Distance	Grand Rapids
Bobby Scepaniak	JR	Pole Vault	Avon (Holdingford)
Shawn Steinkraus	FY	Distance	Brainerd
Andrew Stueck	SO	Throws	Madison, WI (LaFollette)
Gabe Udia	SO	Sprints	Inver Grove Heights (Simley)
Vanlice Washington	FY	Hurdles/Sprints	Coon Rapids
Ben Wagner	SO	Distance	Buffalo (Waconia)
Dan Weihrauch	FY	Throws	Sartell
Fred Williams	FY	Jumps/Sprints	Milwaukee, WI (South Division)

Head Coach Seth Mischke



Head Coach Seth Mischke (Minnesota, 1997) is in his ninth season at the helm of the SCSU men's and women's track & field teams. Mischke was hired in 1999 after serving two years as an assistant to Tracy Dill. In his eight seasons at St. Cloud State, Mischke has coached eight indoor All-American's and 14 outdoor All-American's as well as 19 North Central Conference individual champions.

The best finish for a Mischke coached squad was in the 2005 indoor season when the men's team scored a third place NCC finish. That following spring, in the outdoor season, the men finished in fifth place and coach Mischke was rewarded by being named the 2005 NCC men's track & field coach of the year.

A native of Worland, Wyoming, Mischke is a 1997 graduate of the University of Minnesota where he was a member of the Golden Gophers men's track & field team. A two-time team captain, he was a consistent top-eight finisher at the Big Ten Championships in multi-events.

Assistant Coaches

- Travis Zins - Throws
- Tracy Miranowski - Distance runners
- Jason Koch - Multi Events & Hurdles
- Terra Foster - Sprints
- Brian Sebera (Graduate Assistant Coach)
- Sprints & Relays



St. Cloud State University Track & Field - Page 3

Top Five Finishes: The Huskies have had several top five place finishers this season.

Women's Shot Put

- 4. Amanda Kunkel, 45' 1/2" Parents Open, 2/23
- 1. Amanda Kunkel, 45' 1/2" SCSU Open, 2/16
- 5. Valerie Fuchs, 32' 8 1/2" SCSU Open, 2/16
- 1. Amanda Kunkel, 46' 51/2" Husky Open, 2/9
- 4. Amanda Kunkel, 45'8 1/2" UNI Invitational, 2/2
- 4. Amanda Kunkel, 44'9 3/4" Jack Johnson Minnesota Classic, 1/26

Women's Weight Throw

- 1. Amanda Kunkel, 14.94 SCSU Open, 2/16
- 4. Mary Wilson, 38' 3" SCSU Open, 2/16
- 1. Amanda Kunkel, 51'10 1/2" (school record) Husky Open, 2/9
- 3. Mary Wilson, 11.81m Husky Open, 2/9

Women's 60 Meter Dash

- 3. Megan Quistorff, 8.45 SCSU Open, 2/16
- 2. Mikha Tan, 8.18 Husky Open, 2/9
- 5. Megan Quistorff, 8.37 Husky Open, 2/9
- 4. Megan Quistorff, 8.31 Northwest Open, 1/12

Women's 200 Meters

- 3. Amanda Eggebrecht, 28.25 SCSU Open, 2/16
- 2. Megan Quistorff, 27.32 Husky Open, 2/9
- 3. Megan Quistorff, 27.53 Northwest Open, 1/12

Women's 400 Meters

- 5. Megan Quistorff, 61.26 Parents Open, 2/23
- 2. Amanda Eggebrecht, 1:03.46 Husky Open, 2/9

Women's 500 Meters

- 3. Cheryl Hundt, 1:23.21 SCSU Open, 2/16
- 1. Cheryl Hundt, 1:22.65 Husky Open, 2/9

Women's 800 Meters

- 1. Paula Marozas, 2:31.15 SCSU Open, 2/16
- 4. Kelsey King, 2:34.79 SCSU Open, 2/16
- 5. Kelley Nelson, 2:36.22 SCSU Open, 2/16

Women's Mile Run

- 4. Christa Halonen, 5:48.58 Husky Open, 2/9

Women's 1,000 Meter

- 5. Paula Marozas, 3:09.06 Parents Open, 2/23
- 4. Emily Winans, 3:11.00 SCSU Open, 2/16
- 4. Kelley Nelson, 3:25.12 Husky Open, 2/9

Women's 3000 Meter

- 4. Andrea Borden, 11:36.42 SCSU Open, 2/16

Women's 5000 Meter

- 2. Christa Halonen, 22:09.00 SCSU Open, 2/16
- 3. Libbie Sanders, 23:07.94 SCSU Open, 2/16

Women's 60 Meter Hurdles

- 4. Angela Walhovd, 9.83 Parents Day, 2/23
- 2. Angela Walhovd, 9.34 (PR) SCSU Open, 2/16
- 4. Kelsey King, 9.59 (PR) SCSU Open, 2/16
- 5. Sarah Ewald, 9.82 (PR) SCSU Open, 2/16
- 3. Angela Walhovd, 9.70 Husky Open, 2/9
- 4. Kelsey King, 9.87 Husky Open, 2/9
- 5. Sarah Ewald, 10.12 Husky Open, 2/9

Women's High Jump

- 2. Angela Walhovd, 1.45 m Husky Open, 2/9
- 4. Valerie Fuchs, 1.40m Husky Open, 2/9

Women's Long Jump

- 2. Mikha Tan, 17' 6 1/4" Parents Open, 2/23
- 2. Mikha Tan, 5.28 SCSU Open, 2/16
- 5. Kelsey King, 4.88 SCSU Open, 2/16
- 2. Mikha Tan, 5.28 Husky Open, 2/9

Men's 60 Meter Dash

- 3. Gabe Udia, 6.94 Snowshoe Open, 2/22
- 1. Gabe Udia, 6.98 SCSU Open, 2/16
- 4. Fred Williams, 7.22 SCSU Open, 2/16
- 1. Gabe Udia, 6.96 Husky Open, 2/9
- 3. Sam Johnson, 7.25 Husky Open, 2/9
- 4. Brian Chavers, 7.39 Husky Open, 2/9
- 2. Gabe Udia, 6.95 UNI Invitational, 2/2
- 1. Gabe Udia, 6.90 Jack Johnson Minnesota Classic, 1/26
- 1. Gabe Udia, 6.85 Minnesota Open, 1/19
- 2. Gabe Udia, 6.87 Northwest Open, 1/12

Men's Long Jump

- 4. Fred Williams, 6.49m SCSU Open, 2/16
- 2. Adam Luckey, 6.36m Husky Open, 2/9
- 3. Sam Johnson, 6.27m Husky Open, 2/9
- 5. Fred Williams, 22' 2 1/4" Jack Johnson Minnesota Classic, 1/26

Men's 200 Meters

- 2. Gabe Udia, 23.29 SCSU Open, 2/16
- 5. Fred Williams, 23.75 SCSU Open, 2/16
- 1. Gabe Udia, 22.90 Husky Open, 2/9
- 3. Gabe Udia, 22.83 Northwest Open, 1/12

Men's 400 Meters

- 2. David Queck, 51.91 SCSU Open, 2/16
- 3. Sam Johnson, 52.29 SCSU Open, 2/16
- 2. Mitch Robertson, 53.15 Husky Open, 2/9
- 4. David Queck, 52.03 Northwest Open, 1/12

Men's 500 Meters

- 4. Matt Main, 1:12.55 SCSU Open, 2/16

Men's 600 Meters

- 5. Matt Main, 1:29.67 Snowshoe Open, 2/22

Men's 800 Meters

- 2. Billy Sackett, 2:06.98 Husky Open, 2/9
- 3. Matt Main, 2:08.92 Husky Open, 2/9

Men's 1,000 Meters

- 3. Dan Allen, 2:43.41 SCSU Open, 2/16
- 2. Hady Cherif, 2:48.63 Husky Open, 2/9

Men's Mile Run

- 4. Dan Allen, 4:32.74 SCSU Open, 2/16

Men's 5000 Meters

- 2. Hady Cherif, 16:26.00 SCSU Open, 2/16

Men's 60 Meter Hurdles

- 5. Jeremy Davis, 8.60 Snowshoe Open, 2/22
- 3. Jeremy Davis, 8.66 (PR) SCSU Open, 2/16
- 2. Jeremy Davis, 8.93 Husky Open, 2/9
- 5. Cris Jirele, 9.73 Husky Open, 2/9
- 5. Ben Held, 8.70 Northwest Open, 1/12

Men's High Jump

- 4. Cris Jirele, 1.65m SCSU Open, 2/16
- 5. Andrew Stueck, 1.55m Husky Open, 2/9

Men's Pole Vault

- 2. Brett Farniok, 3.95m Husky Open, 2/9

Men's Shot Put

- 2. Adam Kershaw, 49' 4 1/4" Husky Open, 2/9
- 3. Mitch Bruzik, 13.88m Husky Open, 2/9
- 4. Kyle Mikesch, 13.52m Husky Open, 2/9

Men's Weight Throw

- 5. Mitch Bruzik, 14.79 SCSU Open, 2/16
- 1. Mitch Bruzik, 13.95m Husky Open, 2/9
- 3. Adam Kershaw, 13.71 Husky Open, 2/9



FRIDAY, FEB. 29

TIME.....	EVENT
10:00 AM.....	PENTATHLON (W-M)
1:30 P.M.	MEN'S WEIGHT THROW (F)
.....	WOMEN'S WEIGHT THROW (F)
4:00 P.M.	WOMEN'S HIGH JUMP (F)
.....	MEN'S POLE VAULT (F)
.....	MEN'S LONG JUMP (F)
.....	WOMEN'S LONG JUMP (F)
5:00 P.M.	WOMEN'S 60-M HURDLES (P)
5:15 P.M.	MEN'S 60-M HURDLES (P)
5:30 P.M.	WOMEN'S 60-M DASH (P)
5:40 P.M.	MEN'S 60-M DASH (P)
5:50 P.M.	WOMEN'S 500-M DASH (P)
6:00 P.M.	MEN'S 500-M DASH (P)
6:10 P.M.	WOMEN'S 400-M DASH (P)
6:20 P.M.	MEN'S 400-M DASH (P)
6:30 P.M.	WOMEN'S 800-M DASH (P)
6:40 P.M.	MEN'S 800-M DASH (P)
6:50 P.M.	WOMEN'S 1000-M RUN (P)
7:00 P.M.	MEN'S 1000-M RUN (P)
7:10 P.M.	WOMEN'S 200-M DASH (P)
7:20 P.M.	MEN'S 200-M DASH (P)
7:30 P.M.	WOMEN'S 5000-M RUN (F)
7:55 P.M.	MEN'S 5000-M RUN (F)
8:15 P.M.	WOMEN'S DMR (F)
8:35 P.M.	MEN'S DMR (F)

NOTES:

WEIGHT THROW WILL START AT LEAST 30 MIN. AFTER PENT SHOT PUT
 WOMEN'S WEIGHT THROW WILL START 30 MIN. AFTER MEN'S WEIGHT
 THROW
 WOMEN'S LONG JUMP STARTS AFTER MEN

SATURDAY, MARCH 1

TIME.....	EVENT
10:00 AM.....	MEN'S SHOT (F)
.....	WOMEN'S SHOT (F)
.....	MEN'S TRIPLE JUMP (F)
.....	WOMEN'S TRIPLE JUMP (F)
.....	WOMEN'S POLE VAULT (F)
NOON.....	MEN'S HIGH JUMP (F)
.....	WOMEN'S MILE (F)
12:15 P.M.	MEN'S MILE (F)
12:30 P.M.	WOMEN'S 60-M HURDLES (F)
12:40 P.M.	MEN'S 60-M HURDLES (F)
12:50 P.M.	WOMEN'S 400-M DASH (F)
1:00 P.M.	MEN'S 400-M DASH (F)
1:10 P.M.	WOMEN'S 500-M DASH (F)
1:20 P.M.	MEN'S 500-M DASH (F)
1:30 P.M.	WOMEN'S 60-M DASH (F)
1:35 P.M.	MEN'S 60-M DASH (F)
1:40 P.M.	WOMEN'S 800-M DASH (F)
1:45 P.M.	MEN'S 800-M DASH (F)
1:50 P.M.	WOMEN'S 1000-M RUN (F)
1:55 P.M.	MEN'S 1000-M RUN (F)
2:00 P.M.	WOMEN'S 200-M DASH (F)
2:10 P.M.	MEN'S 200-M DASH (F)
2:20 P.M.	WOMEN'S 3,000-M RUN (F)
2:40 P.M.	MEN'S 3,000-M RUN (F)
3:00 P.M.	WOMEN'S 4x400-M RELAY (F)
3:10 P.M.	MEN'S 4x400-M RELAY (F)

NOTES:

WOMEN'S SHOT PUT STARTS AFTER THE MEN'S
 WOMEN'S TRIPLE JUMP STARTS AFTER THE MEN'S