



Home of the Huskies

St. Cloud State University

HUSKY ATHLETICS

Athletic Media Relations - Track & Field

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Winter 2010 SCHEDULE

Indoor Schedule

Jan. 9	Northwest Open	Minneapolis, MN
Jan. 15-16	Bemidji State Multi	Bemidj, MN-7/1 pm
Jan. 16	Minnesota Open	Minneapolis, MN-11 am
Jan. 22-23	Iowa State Open	Ames, Iowa-3 pm/9:50 am
Jan. 29-30	MSU Open/Pentathlon	Mankato, MN-4 pm
Feb. 6	Ted Nelson Classic	Mankato, MN-10 am
Feb. 13	Bison Open	Fargo, ND-3 pm
Feb. 14-15	NSIC Multi Championship	Aberdeen, SD
Feb. 20	ST. CLOUD STATE OPEN	12:30 p.m.
Feb. 26-27	NSIC Championships	Mankato, MN
Mar. 12-13	NCAA DII Indoor Championships	Albuquerque, New Mexico

Outdoor Schedule

Apr. 3	Northern State Open	Aberdeen, SD
Apr. 9-10	Jim Duncan Invite	DesMoines, Iowa
Apr. 14-17	Kansas Relays	Lawrence, KS
Apr. 21-24	Drake Relays	DesMoines, Iowa
Apr. 24	Drake Alternative	St. Peter, MN
Apr. 25-26	NSIC Multi Championships	Aberdeen, SD
May 1	Ron Manzan Invite	Moorhead Minn.
May 7-8	NSIC Championships	Moorhead, Minn.
May 15	Last Chance Meet	TBA
May 27-29	NCAA DII Outdoor Championships	Charlotte, NC

SCSU Track & Field 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 Coach: Seth Mischke (LJ, TJ, PV, Multis)
 Year at SCSU: 11th season
 Alma Mater: University of Minnesota, 1997
 Assistant Coaches: Mohamed Aden (XC/Mid Distance), Travis Zins (Throws), Brian Sebera (Sprints/Relays/Hurdles), Sam Johnson (Sprints/Relays), Travis Hoover (XC/Distance), Kevin Babcock (High Jump)
 Athletic Media Relations Director/Track & Field
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www.StCloudState.edu/athletics

St. Cloud State Men's and Women's Track & Field

FOR RELEASE: February 23, 2010

2010 St. Cloud State Indoor Track and Field News



■ **NSIC Indoor Championships:** The St. Cloud State University men's and women's track and field teams will compete at the 2010 Northern Sun Intercollegiate Conference (NSIC) Indoor Championships on Friday and Saturday, Feb. 26-27. The Championships are hosted by Minnesota State University, Mankato.

■ **NSIC Schedule:** The field events will get underway at 12 noon on Friday followed by the track events at 3:00 p.m. On Saturday, field events will begin at 10:00 a.m. and the running events at 1:00 p.m. **NSIC Results:** For early results of the NSIC Championships go to: <http://www.msumavericks.com/>

■ **National Ranking:** The SCSU women's track and field team remained at the #11 spot in this week's USTFCCA NCAA Division II Indoor national ranking. St. Cloud State is the highest ranked Northern Sun Intercollegiate Conference (NSIC) team followed by 14. Minnesota State, 16. Winona State, and 23. Wayne State.

■ **Heather Miller Crushes Triple Jump Record:** St. Cloud State senior Heather Miller (Sun Prairie, Wis.) broke a 20-year old record in the triple jump to lead the Huskies at the annual SCSU Open Saturday afternoon at Halenbeck Hall. Miller broke the triple jump record with a leap of 40'9", breaking the old record of 39'9" held by Becky Anderson and set during the 1990 indoor season. Her record setting mark puts her in second place among the national qualifiers for the event. It also capped a day in which she won the 200 meter dash in 25.73.



■ **Reigning NSIC Champions:** Miller and senior sprinter Gabe Udia (Inver Grove Heights) are the reigning NSIC Champions in four events. Miller has won a total of four NSIC Indoor titles (includes this year's pentathlon). This weekend she will defend her 2009 titles in the 55 meter hurdles and the triple jump. She is a two-time NCAA Division II Indoor All-American, having placed fifth in the triple jump and eighth in the long jump in 2009. Udia is the reigning NSIC Champion in the men's 55 meter dash. Last year her set an NSIC record in the event with his time of 6.37.

■ **Last Year in the NSIC:** 2010 marks the Huskies second season of competition in the Northern Sun Intercollegiate Conference (NSIC). Last year, the St. Cloud State women placed third at the NSIC Indoor Championships and the men placed seventh.

■ **Individual National Rankings:** Five Huskies are currently in the top 20 in the on the NCAA Division II Indoor Championships performance list. Miller has the top mark in the nation in the pentathlon and ranks second in the triple jump and long jump. Sophomore Danielle Luhmann (Rushford) is seventh in the nation in the high jump, and junior Rebecca Kitzman (Verona, Wis.) is 20th in the shot put. For the men, sophomore Dusty McColley (Franklin) is 11th in the high jump and 18th in the heptathlon. Gabe Udia is 19th in the 60 meter dash.

www.StCloudState.edu/athletics/sports/track/default.asp



Head Coach Seth Mischke



Head Coach Seth Mischke is in his 11th season with the men's and women's track & field teams in 2009-10. Mischke was hired as head coach of the Husky programs in 1999 after serving two years as an assistant to former coach Tracy Dill.

In his ten seasons at St. Cloud State, Mischke has coached nine indoor All-American's and 15 outdoor All-American's. In the Huskies first year as a member of the NSIC, St. Cloud State won eight individual titles in indoor and outdoor track conference competition. SCSU won 19 North Central Conference individual titles under Mischke, and he was named the 2005 NCC men's outdoor track and field coach of the year.

Last season, the SCSU women placed third in the NSIC indoor championships and fifth outdoors. The men's squad

placed seventh indoors and fifth outdoors. Heather Miller earned All-American honors four times and was the national outdoor championships runner-up in the triple jump.

Mischke is a 1997 graduate of the University of Minnesota where he was a member of the Golden Gophers men's track & field team and was a consistent top-eight finisher at the Big Ten Championships. A two-time team captain, Mischke twice garnered All-Big Ten honors. In the 1997 Big Ten Indoor meet he was a second team honoree in the pole vault, and followed it up being named third team All-Big Ten in the decathlon the following spring at the 1997 Big Ten Outdoor Championships.

A native of Worland, Wyoming, Mischke was a standout athlete at Worland High School, located in scenic north central Wyoming. Mischke and his wife Colleen have three children, a daughter Brooklyn, and sons Tanner and Micah, and reside in St. Cloud.

Records/NSIC Honors/Top Marks

■NSIC Athlete of the Week:

- Jan. 12: Heather Miller
- Jan. 26: Danielle Luhmann, high jump
- Feb. 15: Heather Miller, NSIC Pentathlon Champion

■School Records: Women

Pentathlon- Heather Miller, 3,910, Feb. 14 at NSIC Multi Championships breaking own mark of 3,792 points, Jan. 8, 2010

Long Jump-Heather Miller, 19'8 1/4", Feb. 14 at NSIC Multi

Triple Jump-Heather Miller, 40'9", Feb. 20 at SCSU Open 4x400 relay- Kelsey King, Amanda Eggebrecht, Danielle Luhmann, Heather Miller, 3:54.21, Feb. 6, 2010

■School Records: Men

Distance Medley Relay- Kyle Neumann, Abdi Mohamed, Luke Windholz, Dan Allen, 10:14.91, Jan. 29, 2010

■NCAA Provisional Qualifying Marks: Women

Heather Miller

- Pentathlon- 3,910, Feb. 14 - Automatic Mark
- Long jump- 19'8 1/4", Feb. 14 - Automatic Mark
- 55 meter hurdles- 8.35, Jan. 8
- Triple Jump- 40'9", Feb. 20 - Automatic Mark
- 60 meter hurdles-8.88

4x400 Meter Relay, Jan. 23, 2010

Danielle Luhmann

High jump, 5'7"

Rebecca Kitzman

Shot Put, 44'06.25", Jan. 30, 2010

■NCAA Provisional Qualifying Marks: Men

Dusty McColley

- Heptathlon, 4702, Jan. 30, 2010
- High Jump, 6'10.25", Jan. 29, 2010

Gabe Udia

60 meter dash, 6.86

Kyle Neumann

5000 meters, 14:46.74, Feb. 12, 2010

■USTFCCCA - NCAA Division II

Women's Indoor Track & Field National Team Rankings - 2010 Week #4 - February 23

Rank, School

- 1 Lincoln (Mo.)
- 2 Grand Valley State
- 3 Ashland
- 4 Neb.-Omaha
- 5 Adams State
- 6 Seattle Pacific
- 7 Saint Augustine's
- 8 Shippensburg
- 9 Central Missouri
- 10 Johnson C. Smith
- 11 **St. Cloud State**
- 12 Abilene Christian
- 13 Missouri Southern
- 14 Minnesota State
- 15 Western Washington
- 16 Winona State
- 23 Wayne State (Neb.)

2010 Women's Team Roster

Name	Yr.	Event	Hometown (High School)
Auri'al Bates	FY	Mid-Distance	St. Paul, MN
Andrea Borden	SR	Distance	Merrifield, Minn. (Crosby-Ironton)
Alyssa Brandt	SO	Mid- Distance	Winona, Minn. (Winona State transfer)
Lindsay Conroy	SO	Throws	Clearwater, Minn. (St. Cloud Tech)
Emily Doty	SO	Distance	Minneapolis, Minn.
Amanda Eggebrecht	SR	Sprints	St. Cloud, Minn. (Tech)
Mandy Heinen	FY	Sprints	Cold Spring, MN (Riccori H.S.)
Andrea Hubbell	SO	Throws	Isle, MN (Minnesota -Crookston)
Stacey Kern	FY	Mid- Distance	Osakis, MN (Osakis H.S.)
Kelsey King	JR	Hurdles/Multi	Lakeville, Minn. (Burnsville)
Rebecca Kitzman	JR	Throws	Verona, Wis. (Verona Area)
Danielle Luhmann	SO	Jumps/Relays	Rushford, Minn. (University of Iowa transfer)
Siobhan Lyons	FY	PV	Northfield, MN (Northfield H.S.)
Paula Marozas	JR	Distance	Rochester, Minn.
Heather Miller	SR	Multi	Sun Prairie, Wis. (Columbus)
Brittney Moffatt	SO	Mid-Distance	Coon Rapids, Minn. (St. Francis)
Andrea Neugebauer	SO	Distance	Mitchell, SD (Mitchell H.S.)
Andrea Pfaff	SO	Hurdles	Oakdale, Minn. (North St. Paul High)
Megan Quistorff	JR/SO	Sprints	Sauk Centre, Minn. (H.S.)
Lynette Raichle	JR	Sprints	Owatonna, Minn.
Rebecca Reinsma	JR	Distance	Walnut, CA (Mt. SAC. C.C.)
Jacquelyn Rich	SO	Distance	Rogers, Minn.
Keely Rubash	SO	Distance/Pole Vault	New Lisbon, Wis.
Nish Rubash	SO	Distance/Jumps	New Lisbon, Wis.
Amanda Schilling	SO	Distance	White Bear Lake, Minn.
Ne'Angela Scott	FY	Sprints	St. Paul, Minn.
Kayla Simon	FY	Jumps	Chippewa Falls, WI (Regis H.S.)
Jessica Wagner	FY	Hurdles	(Hastings H.S.)
Melissa Walden	Jr.	Distance	Deep River, Ontario (Macken H.S.)
Angela Walhovd	JR/SO	Multi	Mauston, Wis. (H.S.)



Men's Team Roster

Men's			
Name	Yr.	Event	Hometown (High School)
Abasher Abasher	FY	Distance	Rosemount MN (Rosemount H.S.)
Dan Allen	JR	Mid- Distance	Waite Park, MN (St. Cloud Cathedral H.S.)
Patrick Amoako	FY	Jumps	Brooklyn Park (Osseo H.S.)
Michael Amofah	FY	Jumps	Farmington, MN (Farmington H.S)
Kevin Andresen	SO	Mid-Distance	Crystal, Minn.
Derek Barrett	FY	Hurdles	Andover, MN (Andover H.S.)
David Braaten	SO	Pole Vault	Cedar, MN (St. Francis H.S.)
William Brenny	SO	Pole Vault	Clear Lake, Minn.
Tendeh Brownell	FY	Sprints	Brooklyn Park, MN (Osseo H.S)
Mitch Bruzik	SR/JR	Throws	Alexandria, Minn. (Jefferson)
Hady Cherif	JR	Distance	Minneapolis, Minn. (St. Louis Park)
Jeremy Davis	SO	Hurdles	Champlin Park, Minn. (H.S.)
Brett Farniok	SR	Pole Vault	Buffalo, Minn.
John Fitzgerald	FY	Sprints	Pine City, MN (Pine City HS.)
Sean Gaskell	SO	Mid-Distance	Esko, Minn. (Lake Superior C.C. transfer)
Ben Held	SR	Hurdles	Hinton, Iowa (H.S.)
Travis Heuer	R- FY	Multi	Brooklyn Park, MN (Park Center H.S.)
Jared Hicks	FY	Distance	Spearfish, SD (Spearfish H.S.)
Marcus Jenkins	SR	Hurdles	Long Branch, N.J. (H.S.)
Luke Jordan	FY	Distance	Maple Plain, Minn.
Abdul- Malik Kassim	FY	Sprints	Rochester, MN (John Marshal H.S.)
George Kawalawu	FY	Sprints	Brooklyn Park, MN (Osseo H.S.)
Adam Kershaw	SR/JR	Throws	Foley, Minn. (H.S.)
Chad Lahr			
Chris Lefler	JR	Sprints	Foley, Minn.
Diego Lucar	JR	Distance	Schuyler, ME (Iowa Western C.C.)
Adam Luckey	SR	Sprints/Jumps	Murietta, Calif.
Blake Macalus	FY	Distance	White Bear Lake, MN (White Bear H.S.)
Matt Main	SR	Mid-Distance	Webster, Wis. (H.S.)
Jon Marks	SO/RFY	Distance	Albertville, Minn.
Kyle Mason	FY	Jumps	Brooklyn Park, MN (Osseo H.S.)
Lucas Mathe	R-FY	Pole Vault	Plover, WI (Stevens Point H.S.)
Dusty McColley	SO	Multi/Jumps	Franklin, Minn.
Nick Nellis	SO	Multi	Waupaca, Wis.
Kyle Neumann	SO	Distance	Andover, Minn.
Shamus O'Grady	SO	Distance	Coon Rapids, Minn.
Dave Pieper	SO	Mid-Distance	Plover, Wis
David Queck	SR	Sprints	Annandale, Minn. (H.S.)
Cyrus Raivo	SR/JR	Throws	Brook Park , Minn. (Mora)
John Roettger	FY	Throws	Stillwater, MN (Stillwater H.S.)
Adam Scepaniak	SR	Multi	Holdingford, MN (Holdingford H.S.)
David Townsel	JR	Distance	Gaum (Iowa Western C.C)
Nick Trisko	JR	Sprints	Melrose, MN (Melrose H.S.)
Gabe Udia	SR	Sprints	Inver Grove Heights, Minn. (Simley)
Fred Williams	JR	Jumps/Sprints	Milwaukee, Wis. (South Division)
Luke Windholz	SO	Mid-Distance	South St. Paul, Minn.

Assistant Coaches

Mohamed Aden- XC, Middle Distance
 Travis Zins- Throws
 Brian Sebera- Sprints, Relays, Hurdles
 Sam Johnson- Sprints, Relays
 Travis Hoover- XC, Distance
 Kevin Babcock- High Jump



Results

■SCSU Open Men's Results, Feb. 20, 2019

60 Meter Dash: 1 Gabe Udia, 7.00, 5 Freddy Williams, 7.16; 6 Chris Lefler, 7.28, 7 Adam Luckey, 7.31
200 Meter Dash: 1 Nick Trisko, 22.51, 2 David Queck, 22.77, 3 Chris Lefler, 23.31, 5 Malik Kassim, 23.92
800 Meter Run: 1 Dan Allen, 2:02.00, 3 Kevin Andresen, 2:04.98, 4 David Townsel, 2:05.85
1000 Meter Run: 4 Adam Scepaniak, 3:08.24
Mile Run: 1 Luke Windholz, 4:39.89, 5 Dave Pieper, 4:49.35
3000 Meter Run: 2 Hady Cherif, 9:22.82, 5 Blake Macalus, 9:28.02, 7 Luke Jordan, 9:35.18, 9 Dave Pieper, 9:56.70
60 Meter Hurdles: 1 Ben Held, 8.54, 2 Derek Barrett, 8.71, 7 Nick Nellis, 10.30
4x400 Meter Relay: 1 St. Cloud State, 3:32.79
Long Jump: 2 Mike Amofah, 21-2 1/2 (6.46m), 3 Adam Luckey, 20-4 1/2 (6.21m) , 4 Patrick Amoako 19-9 (6.02m) , 6 Freddy Williams, 15-10 1/4 (4.83m)
Triple Jump: 2 Patrick Amoako, 43-9 3/4 (13.35m)
Shot Put: 3 John Roettger, 43-11 1/4 (13.39m), 9 David Braaten, 34-7 1/2 (10.55m)
Weight Throw: 6 John Roettger, 38-11 1/2 (11.87m)
High Jump: 2 David Braaten, 5-5 3/4 (1.67m), 3 Adam Scepaniak, 5-1 3/4 (1.57m)
Pole Vault: 3 David Braaten, 13-3 1/2 (4.05m) , 4 Nick Nellis, 12-9 1/2 (3.90m) , 6 Chad Lahr, 11-11 3/4 (3.65m) , 7 Lucas Mathe 11-5 3/4 (3.50m)

■SCSU Open Women's Results

60 Meter Dash: 2 Ne'angela Scott, 8.34, 6 Megan Quistorff, 8.61
200 Meter Dash: 1 Heather Miller, 25.73, 2 Amanda Eggebrecht, 27.14, 4 Ne'angela Scott, 27.79, 6 Jessica Wagner, 30.02
400 Meter Dash: 1 Danielle Luhmann, 60.76, 3 Amanda Eggebrecht, 62.20, 4 Megan Quistorff, 63.31, 5 Mandy Heinen, 67.87
1000 Meter Run: 1 Amanda Schilling, 3:27.02
Mile Run: 2 Paula Marozas, 5:20.56, 3 Jackie Rich, 5:57.93
3000 Meter Run: 1 Brittney Moffatt, 11:17.78
60 Meter Hurdles: 2 Jessica Wagner, 10.73
Triple Jump: 1 Heather Miller, 40-9 (12.42m)
Shot Put: 2 Rebecca Kitzman, 40-10 1/2 (12.46m), 3 Heather Miller, 36-6 1/4 (11.13m), 4 Andrea Hubbell, 36-2 1/4 (11.03m), 6 Lindsay Conroy, 35-1 3/4 (10.71m), 10 Kelsey King, 25-11 (7.90m)
Weight Throw: 2 Andrea Hubbell, 42-7 1/2 (12.99m), 3 Lindsay Conroy, 41-9 1/4 (12.73m), 4 Rebecca Kitzman, 39-0 1/2 (11.90m)
High Jump: 1 Danielle Luhmann, 5-6 1/2 (1.69m)