



Home of the Huskies

St. Cloud State University

# HUSKY ATHLETICS

Athletic Media Relations - Track & Field

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## Winter 2009 SCHEDULE

### Indoor Schedule

Jan. 10	MSU Alumni Open	Mankato, MN
Jan. 17	U of Minnesota Open	Minneapolis, MN
Jan. 23-24	Jack Johnson Invite	Minneapolis, MN
Jan. 23-24	Iowa State Open	Ames, Iowa
Jan. 30	St. Olaf Invite	Northfield, MN
Feb. 7	Beaver Classic	Bemidji, MN
<b>Feb. 14</b>	<b>Husky Open</b>	<b>St. Cloud, MN</b>
Feb. 15-16	NSIC Multi Championships	Aberdeen, SD
<b>Feb. 21</b>	<b>St. Cloud State Parent Open</b>	<b>St. Cloud, MN</b>
Feb. 27-28	NSIC Championships	Bemidji, Minn.
Mar. 14-15	NCAA DII Indoor Championships	Houston, Texas

### Outdoor Schedule

Apr. 4	Falcon Invite (w/Multi)	River Falls, WI
Apr. 9-11	DII Challenge (w/Multi)	Emporia, KS
Apr. 12-13	St. John's Multi	Collegeville, MN
Apr. 18	UMD Open	Duluth, MN
Apr. 23-25	Drake Relays	Des Moines, IA
Apr. 25	Drake Alternative (Gustavus)	St. Peter, MN
Apr. 26-27	NSIC Multi Championships	Aberdeen, SD
Apr. 29	Tommie Twilight (Women)	St. Paul, MN
May 2	St. Thomas Invite	St. Paul, MN
May 8-9	NSIC Championships	Wayne, NE
May 21-23	NCAA DII Championships	San Angelo, TX

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

FOR RELEASE: Jan. 13, 2009



**Next Up:** The St. Cloud State men's and women's indoor track and field teams will compete at the University of Minnesota Open on Saturday, Jan. 17.

**Start Times:** The competition will get underway at 11:00 a.m. at the University Fieldhouse on the University of Minnesota campus.

**New Year, New Conference:** With the 2009 indoor season, the Huskies will compete for indoor and outdoor championships in the Northern Sun Intercollegiate Conference (NSIC). The indoor championships will be held Feb. 27-28 at Bemidji State University. Northern State will host the indoor multi championships on Feb. 15-16 in Aberdeen, SD.

### MILLER WINS TWICE TO LEAD HUSKIES AT MSU ALUMNI OPEN Saturday, January 10, 2009

Mankato, Minn. – The St. Cloud State men's and women's track & field teams opened the indoor portion of their schedule at the Minnesota State University Alumni Open. No team scores were kept, but the Huskies did come away with five wins on the day led by Heather Miller (Sun Prairie, Wis.) with two to her credit.

Miller started her day with a second place tally in the long jump with a 17-foot-8-inch mark which was just a quarter inch behind the winner. In her next event, Miller bested the field with a 37-foot-10.50-inch tally in the triple jump for her first win of the season. The mark was a national provisional qualifying standard. She then closed her day with a win on the track when she paced the field in the 60-meter hurdles with a 9.14.

In the men's 60-meter hurdles, Marcus Jenkins (Long Branch, N.J.) made it a sweep for the Huskies. Jenkins ran an 8.74, which narrowly beat teammate Jeremy Davis (Champlin Park, Minn.) who finished in second with an 8.76.

In the men's 60-meter dash, Gabe Udia (Inver Grove Heights, Minn.) got his season started with a win as he crossed the line in 6.91, just two hundredths of a second ahead of second place. Udia also garnered a second place tally on the day when he ran the 200-meter dash in 23.00.

The final Husky victory on the afternoon came from Kyle Neuman (Andover, Minn.) in the one-mile run. Neumann finished in 4:24.68, nearly 10 seconds ahead of his closest competitor. Also in the distance events, Dan Allen (Waite Park, Minn.) finished in second place in the 1000-meter run.

## 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 Track & Field Coach: Seth Mischke  
 Year at SCSU: 10th season  
 Alma Mater: University of Minnesota, 1997  
 Assistant Coaches: Travis Zins (Throws); Mohamed Aden (Distance); Brian Sebera (Sprints & Relays)  
 Travis Hoover; Ryan Koch; Kevin Babcock; Sam Johnson; Becky Hoover.  
  
 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

[www.StCloudState.edu/athletics/sports/track/default.asp](http://www.StCloudState.edu/athletics/sports/track/default.asp)



## Head Coach Seth Mischke



Head Coach Seth Mischke begins his tenth season at the helm of the men's and women's track & field teams at St. Cloud State in 2008-09. Mischke was hired as head coach of the Husky programs in 1999 after serving two years as an assistant to outgoing coach Tracy Dill.

In his nine seasons at St. Cloud State, Mischke has coached eight indoor All-American's and 14 outdoor All-American's as well as 19 total North Central Conference individual champions. The 2007 edition of Husky track & field included a pair of All-American's as R.J. McGinnis took second place in the decathlon at the national meet and Amanda Kunkel recorded a third place finish in the shot put.

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.

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 name 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 two children, a daughter Brooklyn, and a son Tanner and reside in St. Cloud.

## Team Notes

### Provisional Qualifiers:

Triple Jump - Heather Miller  
37' 10.50", MSU Alumni Open, 1/10/09

## Women's Team Roster

### Women's

Name	Yr.	Event	Hometown (High School)
Amanda Allen	SO	Distance	Lacona, N.Y.
Andrea Borden	JR	Distance	Merrifield, Minn. (Crosby-Ironton)
Lindsay Conroy	SO	Throws	Clearwater, Minn. (St. Cloud Tech)
Emily Doty	FY	Distance	Minneapolis, Minn.
Amanda Eggebrecht	JR	Sprints	St. Cloud, Minn. (Tech)
Sarah Ewald	SO	Sprints	Watertown, Minn. (Watertown-Mayer)
Lehleih Garyu	FY	Sprints	Inver Grove Heights, Minn.
Cheryl Hundt	SO	Mid-Distance	Bangor, Wis. (H.S.)
Kelsey King	SO	Hurdles/Multi	Lakeville, Minn. (Burnsville)
Rebecca Kitzman	SO	Throws	Verona, Wis. (Verona Area)
Paula Marozas	SO	Distance	Rochester, Minn.
Heather Miller	JR	Jumps/Sprints	Sun Prairie, Wis. (Columbus)
Brittney Moffatt	FY	Mid-Distance	Coon Rapids, Minn. (St. Francis)
Crystal Moor	SR	Hurdles/Sprints	Minneapolis, Minn. (Washburn)
Kelley Nelson	SR	Mid-Distance	Westbrook, Minn. (Westbrook-Walnut Grove)
Andrea Neugebauer	FY	Mid-Distance	Mitchell, SD
Andrea Pfaff	FY	Hurdles	Oakdale, Minn. (North St. Paul High)
Jana Prow	FY	Distance	Sauk Rapids, Minn.
Megan Quistorff	SO	Sprints	Sauk Centre, Minn. (H.S.)
Lynette Raichle	FY	Sprints	Owatonna, Minn.
Jacquelyn Rich	FY	Distance	Rogers, Minn.
Keely Rubash	FY	Distance/Pole Vault	New Lisbon, Wis.
Nish Rubash	FY	Distance/Jumps	New Lisbon, Wis.
Andraya Rollins	SO	Throws	Grand Rapids, Minn. (H.S.)
Libbie Sanders	SR	Distance	Coon Rapids, Minn. (H.S.)
Amanda Schilling	FY	Distance	White Bear Lake, Minn.
Amber Schueler	SR	Jumps/Hurdles	Glencoe, Minn.
Ne'Angela Scott	FY	Sprints	St. Paul, Minn.
Simone Whipper	FY	Pole Vault	Foley, Minn.
Mikha Tan	SR	Jumps/Sprints	Sioux City, Iowa (Sergeant Bluff-Luton)
Angela Walhovd	SO	Hurdles/Multi	Mauston, Wis. (H.S.)



Men's Team Roster

Men's Name	Yr.	Event	Hometown (High School)
Rob Aderman	FY	Distance	St. Cloud, Minn.
Dan Allen	SO	Jumps/Mid-distance	Waite Park, Minn. (Cathedral)
Kevin Andersen	FY	Distance	Crystal, Minn.
Christian Berg	JR	Throws	Foley, Minn.
Tim Bernard	FY	Pole Vault	East Bethel, Minn.
William Brenny	FY	Pole Vault	Clear Lake, Minn.
Mitch Bruzik	SO	Throws	Alexandria, Minn. (Jefferson)
Bryan Chavers	SO	Sprints	Plymouth, Minn. (Robbinsdale Armstrong)
Hady Cherif	SO	Distance	Minneapolis, Minn. (St. Louis Park)
Jeremy Davis	SO	Hurdles	Champlin Park, Minn. (H.S.)
Brett Farnoik	SO	Pole Vault	Buffalo, Minn.
Andrew Fuller	FY	Pole Vault	Faribault, Minn (H.S.)
Isaiah Fuller	SR	Pole Vault	Faribault, Minn. (H.S.)
Michael Graham	SR	Sprints	Oakdale, Minn. (Tartan)
Joel Gregory	FY	Mid-Distance	Richmond, Minn.
Ben Held	SR	Hurdles	Hinton, Iowa (H.S.)
Marcus Jenkins	JR	Hurdles	Long Branch, N.J. (H.S.)
Cris Jirele	JR	Multi	Medford, Minn. (El Shaddi/Medford)
Luke Jordan	FY	Distance	Maple Plain, Minn.
Adam Kershaw	JR	Throws	Foley, Minn. (H.S.)
Chris Lefler	SO	Sprints	Foley, Minn.
Adam Luckey	SO	Sprints/Jumps	Murietta, Calif.
Matt Main	SO	Mid-Distance	Webster, Wis. (H.S.)
Jon Marks	FY	Distance	Albertville, Minn.
Marvin Matthews	FY	Sprints/Hurdles	Roseville, Minn.
Dusty McColley	FY	Multi/Jumps	Franklin, Minn.
Tim Moes	JR	Mid-Distance	Becker, Minn. (H.S.)
Nick Nellis	FY	Multi	Waupaca, Wis.
Kyle Neumann	FY	Distance	Andover, Minn.
Pierce Novak	JR	Sprints	Coon Rapids, Minn. (H.S.)
Shamus O'Grady	FY	Distance	Coon Rapids, Minn.
Yasin Omar	JR	Sprints	Minneapolis, Minn.
Shawn Onken	SR	Sprints	Eagle Bend, Minn. (Parkers Prairie)
Shawn Paschke	JR	Pole Vault	Moorhead, Minn. (H.S.)
Lucas Pedersen	SR	Mid-Distance	Richfield, Minn. (H.S.)
Dave Pieper	FY	Mid-Distance	Plover, Wis
David Queck	JR	Sprints	Annandale, Minn. (H.S.)
Cyrus Raivo	JR	Throws	Brook Park, Minn. (Mora)
Mitchell Robertson	JE	Sprints	Rice, Minn. (Sauk Rapids-Rice)
Bobby Scepaniak	SR	Pole Vault	Avon, Minn. (Holdingford)
Ben Sheely	FY	Sprints	Plymouth, Minn. (Robbinsdale-Armstrong H.S.)
Andrew Stueck	JR	Throws	Madison, Wis. (LaFollette)
Zachary Tang	SO	Mid-Distance	Fairbanks, Alaska
Gabe Udia	JR	Sprints	Inver Grove Heights, Minn. (Simley)
Brock Veth	JR	Sprints	Ham Lake, Minn.
Fred Williams	SO	Jumps/Sprints	Milwaukee, Wis. (South Division)
Luke Windholz	FY	Mid-Distance	South St. Paul, Minn.
Brandon Wren	SO	Distance	Waverly, Minn
Dan Weihrauch	FY	Throws	Sartell, Minn.
Fred Williams	FY	Jumps/Sprints	Milwaukee, Wis. (South Division)

Assistant Coaches

Mohamed Aden - Distance  
Kevin Babcock  
Becky Hoover  
Travis Hoover  
Sam Johnson  
Ryan Koch - Multi events  
Brian Sebera - Sprints and relays  
Travis Zins - Throws



2009 Results

MSU Alumni Open - 1/10/09, Mankato, Minn.

Women- Weight Throw

- 5. Rebecca Kitzman, 40'11"
- 6. Lindsay Conroy, 36'6.25"

Men-Weight Throw

- 4. Adam Kershaw, 54'1.25"
- 5. Mitch Bruzik, 48'
- 9. Christian Berg, 35'11.50"

Women-Shot Put

- 5. Rebecca Kitzman, 35'4"
- 7. Lindsay Conroy, 33'7.50"
- 8. Angie Walhovd, 33'1.25"

Men-Shot Put

- 3. Mitch Bruzik, 45'11.75"
- 8. Andrew Stueck, 41'4.25"
- 9. Christian Berg, 29'4.50"

Women-Long Jump

- 2. Heather Miller, 17'8"
- 3. Mikha Tan, 17'4.75"
- 4. Amber Schueler, 17'1.50"
- 6. Kelsey King, 16'7.25"
- 8. Angela Walhovd, 15'9.50"

Men-Long Jump

- 8. Dusty McColley, 18'8"
- 9. Andrew Stueck, 18'2.25"

Men-Pole Vault

- 6. Shawn Paschke, 13'7.75"
- 8. William Brenny, 13'1.75"

Women-Triple Jump

- 1. Heather Miller, 27'10.50" \*

Men-High Jump

Dusty McColley, 5'10.75"

Women-60 Meter Dash

- 3. Ne'Angela Scott, 8.51
- 4. Mikha Tan, 8.51
- 6. Amanda Eggebrecht, 8.59

Men-60 Meter Dash

- 1. Gabe Udia, 6.91

Women-60 Meter Hurdles

- 1. Heather Miller, 9.14
- 3. Kelsey King, 9.45
- 4. Angela Walhovd, 9.82
- 5. Amber Schueler, 9.85

Men-60 Meter Hurdles

- 1. Marcus Jenkins, 8.74
- 2. Jeremy Davis, 8.76
- 6. Dusty McColley, 9.61

Men-1Mile Run

- 1. Kyle Neumann, 4:24.68
- 3. Luke Windholz, 4:37.78
- 4. Hady Cherif, 4:38.27
- 5. Jon Marks, 5:13.99

Men-200 Meter Dash

- 2. Gabe Udia, 23.00
- 6. Chris Lefler, 23.99



**MSU Alumni Open - 1/10/09,  
Mankato, Minn.-continued  
Women-4x400 Meter Relay**

2. 4:02.94

**Men-4x400 Relay**

2. 3:30.27

**Men-1000 Meter Run**

2. Dan Allen, 2:33.56

4. Kyle Neumann, 2:47.74

5. Hady Cherif, 2:47.80

8. Jon Marks, 3:09.03

**Women-1000 Meter Run**

5. Kelley Nelson, 3:19.93

\*Provisional Qualifier

\*\*Automatic Qualifier