



Home of the Huskies

St. Cloud State University

HUSKY ATHLETICS

Athletic Media Relations - Track & Field

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

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
Feb. 14	Husky Open	St. Cloud, MN
Feb. 15-16	NSIC Multi Championships	Aberdeen, SD
Feb. 21	St. Cloud State Parent Open	St. Cloud, MN
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	DesMoines, 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

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

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

FOR RELEASE: Jan. 23, 2009



Next Up: The St. Cloud State men's and women's track and field team will split up and compete at two different invites this weekend. A partial roster will compete at the Iowa State Open in Iowa City on Friday and Saturday. The other portion of the roster will competed at the Jack Johnson Invite hosted by the University of Minnesota, also being held on Friday and Saturday.

Start Times: The Iowa State Open gets underway at 3:00 p.m. on Friday and again at 10:25 a.m. on Saturday, and is held in the Lied Recreation Center on the Iowa State campus. The Jack Johnson Invite starts at 3:00 p.m. Friday and 9:00 a.m. Saturday and is held in the University Fieldhouse.

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 Sets School Record in Pentathlon: St. Cloud State junior Heather Miller (Sun Prairie, WI) was a triple winner at the Super 8 Meet hosted by Bemidji State University. Miller won the women's pentathlon and in the process set a school record and met the NCAA Division II provisional qualifying mark. Miller tallied 3,553 points in the event and broke the record previously held by Lindsey Krueger with a mark of 3,321 points. Miller ran 8.44 in the 55 meter hurdles, jumped 4'11 3/4" in the high jump, threw the shot put 33'1 3/4", went 18' 1/4" in the long jump, and ran the 800 meter dash in 2:25.41. Later she won the long jump with a mark of 17'11 1/2" and the triple jump with a jump of 36'11". Joining Miller in the pentathlon were sophomores Angela Walhovd (Mauston, WI) and Kelsey King (Lakeville). Walhovd finished fourth with a score of 3,197 points and also met the provisional qualifying standard. King finished fifth with a score of 3,057.

In the men's heptathlon at the Super 8 Meet, first-year Dusty McColley (Franklin) placed second with 4,021 points. He ran a 7.20 in the 55 meters, went 20'5" in the long jump, threw the shot put 30', went 6'2" in the high jump, ran a 9.24 in the 55 meter hurdles, hit 11'1 3/4" in the pole vault, and ran the 1,000 meters in 3:06.98. Junior Andrew Stueck (Madison, WI) placed fourth in the heptathlon with 3,794 points and junior Cris Jirele (Medford) placed fifth with 3,621 points.

Huskies Fare Well at Minnesota Open: At the Minnesota Open hosted by the University of Minnesota, the Huskies were well represented. Leading the way was junior Gabe Udia (Inver Grove Heights) who placed fourth in the 60 meter dash with an NCAA Division II provisional qualifying time of 6.82. In other men's running events, sophomore Jeremy Davis (Champlin Park) was third in the 60 meter hurdles 8.58 and junior Marcus Jenkins (Long Branch, NJ) was fourth in 8.63. First year Kevin Andresen (Crystal) was sixth in the mile run in 4:54.0. Sophomore Matt Main (Webster, WI) was fifth in the 800 meter run in 2:07.74 and first-year David Pieper (Plover) was sixth in 2:08.50. In the field events, junior Adam Kershaw (Foley) placed third in the weight throw with a mark of 53'3' and sophomore Mitch Bruzik (Alexandria) was seventh with a mark of 51'1 1/2". Bruzik placed eighth in the shot put with a toss of 47'10 1/2".

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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

On the women's side at the Minnesota Open, Danielle Luhmann and first year Nish Rubash (New Lisbon, WI) placed first and second in the high jump. Luhmann jumped 5'3 1/4" and rubash 5'1 1/4". Sophomore Rebecca Kitzman (Verona, WI) placed sixth in both the weight throw (41'6 1/2") and the shot put (36'10 1/2"). Senior Amber Schueler (Glencoe) placed second in the long jump with a leap of 17' 4 3/4". Schueler also finished fourth in the 60 meter hurdles in 9.89 behind second place sophomore Sarah Ewald (Watertown) who ran it in 9.80. Sophomore Megan Quistorff (Sauk Centre) placed third in the 60 meter dash in 8.42 and first year Ne'Angela Scott placed fourth in 8.55. Scott also placed third in the 200 meter dash in 28.15. Junior Amanda Eggebrecht (St. Cloud) ran a 28.49 to placed fourth in the 200 meter dash. First year Lynette Raichle (Owatonna) ran the 400 meter dash in 1:12.42 to place third.

Provisional Qualifiers:

- Triple Jump - Heather Miller
37' 10.50", MSU Alumni Open, 1/10/09
- Pentathlon - Heather Miller
3,553, Super 8 Meet, 1/17/09
- 60 Meter Dash - Gabe Udia
6.82, Minnesota Open, 1/17/09

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 - HJ & Sprints
Becky Hoover (Volunteer Asst)-Distance
Travis Hoover (Graduate Asst)-Distance
Sam Johnson (Volunteer Asst)-Sprints/
Jumps
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

Super 8 Meet - Jan. 16-17, 2009

Bemidji, Minn.

Pentathlon

1. Heather Miller, 3553*

4. Angela Walhovd, 3197

5. Kelsey King, 3057

Women-Long Jump

1. Heather Millerl, 17-11.50

Women-Triple Jump

1. Heather Miller, 36-11.0

Heptathlon

2. Dusty McColley, 4021

4. Andrew Stueck, 3794

5. Cris Jirele, 3621

Minnesota Open, Jan. 17, 2009

Minneapolis, Minn.

Men's Results.....

Pole Vault

10. William Brenny, 14-01.25

14. Brett Farniok, 12-07.50

Weight Throw

3. Adam Kershaw, 53-03.00

7. Mitch Bruzik, 51-01.50

11. Cyrus Raivo, 46-00.00

17. Christian Berg, 35-05.25

Shot Put

8. Mitch Bruzik, 47-10.50

11. Adam Kershaw, 44-02.50

15. Nick Nellis, 38-08.25

16. Christian Berg, 31-06.50

60 Meter Hurdles

3. Jeremy Davis, 8.58

4. Marcus Jenkins, 8.63

60 Meter Dash

4. Gabe Udia, 6.82*

1 Mile Run

6. Kevin Andresen, 4:54.03

800 Meter Run

5. Matt Main, 2:07.74

6. David Pieper, 2:08.50

200 Meter Dash

13. Chris Lefler, 23.84

14. Marcus Jenkins, 23.87

16. Nick Trisko, 24.11

17. Shawn Onken, 24.31

4x400 Relay

7. 3:32.62

Women's Results.....

Weight Throw

6. Rebecca Kitzman, 41-06.50

9. Lindsay Conroy, 33-01.75

Shot Put

6. Rebecca Kitzman, 36-10.50

8. Lindsay Conroy, 32-10.50

Long Jump

2. Amber Schueler, 17-04.75

High Jump

1. Danielle Luhmann, 5-03.25

2. Nish Rubash, 5-01.25

60 Meter Hurdles

3. Sarah Ewald, 9.80

4. Amber Schueler, 9.89

6. Andrea Pfaff, 11.11

7. Crystal Moor, 12.80

60 Meter Dash

3. Megan Quistorff, 8.42

4. Ne'Angela Scott, 8.55

1 Mile Run

8. Andrea Neugebauer, 5:40.00

10. Kelley Nelson, 5:56.96

11. Cheryl Hundt, 5:58.97

12. Emily Doty, 6:10.17

13. Amanda Schilling, 6:12.09

400 Meter Dash

3. Lynette Raichle, 1:12.42

800 Meter Run

8. Brittany Moffatt, 2:30.83

11. Emily Doty, 2:50.37

200 Meter Dash

3. Ne'Angela Scott, 28.15

4. Amanda Eggebrecht, 28.49

4x400 Relay

4. 4:12.92

*Provisional Qualifier

**Automatic Qualifier