



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. 16-17 | Super 8 Meet | Bemidji, 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. 27, 2009



Next Up: The St. Cloud State men's and women's track and field teams will compete at the St. Olaf Invitational on Friday, Jan. 30 in Northfield, Minn. Augsburg College, UW-River Falls, St. Thomas (women) and the University of Minnesota (women) will compete in the invitational.

Start Times: The running and field events will begin at 5:00 p.m. with the last event scheduled for 10:00 p.m. at the Tostrud Center on the St. Olaf 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.

DMR Sets School Record: The St. Cloud State women's distance medley relay set a school record Friday evening at the Iowa State Open in Lied Recreation Center on the Iowa State campus. The relay team of first year Brittney Moffatt (Coon Rapids), sophomore Kelsey King (Lakeville), first year Nish Rulash (New Lisbon, WI), and first year Andrea Neugebauer (Mitchell, SD) ran the race in 12:44.92 and place seventh. The Huskies broke the old record of 12:54.04 set last season.

Miller Wins Again: St. Cloud State junior Heather Miller (Sun Prairie, WI) won the triple jump at the Iowa State Open on Saturday. She won the triple jump and bettered her provisional qualifying mark in the event with a mark of 38'5 1/2". This marks the second straight week that Miller has won the triple jump as she claimed the title at the Super 8 Meet in Bemidji on Jan. 17.

4x400 Relay Sets School Record: The women's 4x400 relay of senior Amber Schueler (Glencoe), sophomore Kelsey King (Lakeville), junior Amanda Eggebrecht (St. Cloud), and Heather Miller set a school record in the event with a time of 3:58.24 at the Iowa State Open on Saturday. The old mark of 4:01.08 was set in 2001.

Luhmann Meets Provisional Mark: Sophomore Danielle Luhmann (Rushford) tied for second in the high jump at Iowa State and met the NCAA provisional qualifying mark with a leap of 5'6".

Personal Bests: First year runner Kyle Neumann (Andover) and sophomore Hady Cherif (Minneapolis) had personal best performances in the 5000 meters at the Iowa State Open. Neumann finished third in the race in a time of 15:06.33 and Cherif finished 17th in 15:42.32.

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



Head Coach Seth Mischke



Head Coach Seth Mischke is in his tenth season with the men's and women's track & field teams in 2008-09. 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 nine 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 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 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 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
- Pentathlon - Heather Miller
3,553, Super 8 Meet, 1/17/09
- 60 Meter Dash - Gabe Udia
6.82, Minnesota Open, 1/17/09
- High Jump - Danielle Luhmann
5'6", Iowa State Open, 1/24/09

School Records:

- Distance Medley Relay** - Brittney Moffatt, Kelsey King, Nish Rulash, Andrea Neugebauer, 12:44.92, Iowa State Open, Jan. 16, 2009
- Pentathlon** - Heather Miller, 3553 points, Super 8 Meet, Bemidji, Minn., Jan. 17, 2009
- 4x400 Relay** - Amber Schueler, Kelsey King, Amanda Eggebrecht, Heather Miller, 3:58.24, Jan. 17, 2009

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) |
| Alyssa Brandt | SO | Sprints/Relays | Winona, Minn. (Winona State transfer) |
| 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.) |
| Kendra Karstens | FY | Pole Vault | Mankato, Minn. |
| Casey Kedrowski | SO | Pole Vault | Sauk Rapids, Minn. |
| Kelsey King | SO | Hurdles/Multi | Lakeville, Minn. (Burnsville) |
| Rebecca Kitzman | SO | Throws | Verona, Wis. (Verona Area) |
| Danielle Luhmann | SO | Jumps/Relays | Rushford, Minn. (Univ. of Iowa transfer) |
| 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

Table with columns: Name, Yr., Event, Hometown (High School). Lists 50 athletes including Rob Aderman, Hassan Ali, Dan Allen, etc.

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
Men-Weight Throw
Women-Shot Put
Men-Shot Put
Women-Long Jump
Men-Long Jump
Women-Triple Jump
Men-Triple Jump
Women-Pole Vault
Men-Pole Vault
Women-60 Meter Dash
Men-60 Meter Dash
Women-60 Meter Hurdles
Men-60 Meter Hurdles
Women-4x400 Meter Relay
Men-4x400 Meter Relay



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

Iowa State Open, Jan. 23-24

Ames, Iowa

Women's Results....

Weight Throw:

- 29. Rebecca Kitzman, 38-10.25;

Long Jump:

- 16. Amber Schueler, 16-05.25;
- 20. Mikha Tan, 16-02.50;

Shot Put:

- 14. Rebecca Kitzman, 38-01.50;

200 Meter Dash:

- 34. Amber Schueler, 26.82,
- 58. Megan Quistorff, 28.11;

5000 Meter Run:

- 12. Keely Rubash, 19:00.06;

1 Mile Run:

- 19. Keely Rubash, 5:21.94;
- 27. Keely Rubash, 5:27.52;
- 29. Jana Prow, 5:28.58;
- 30. Andrea Neugebauer, 5:28.72;

High Jump:

- T2. Danielle Luhmann, 5-06.00*

Triple Jump:

- 1. Heather Miller, 38-05.50;

Distance Medley Relay:

- 7. Brittney Moffatt, Kelsey King, Keely Rubash, Andrea Neugebauer, 12:44.92;

800 Meter Run:

- 8. Brittney Moffatt, 2:23.31,
- 15. Nish Rubash, 2:24.60;

4x400 Meter Relay:

- 6. Amber Schueler, Kelsey King, Amanda Eggebrecht, Heather Miller, 3:58.24.

Men's Results....

Weight Throw:

- 9. Adam Kershaw, 50-10.25;
- 17. Mitch Bruzik, 47-02.75;

200 Meter Dash:

- 19. Gabe Udia, 22.58,
- 87. Chris Lefler, 23.78;

5000 Meter Run:

- 3. Kyle Neumann, 15:06.33;
- 17. Hady Cherif, 15:42.32;

60 Meter Hurdles:

- 13. Jeremy Davis, 8.61;

1 Mile Run:

- 3. Dan Allen, 4:14.92;
- 20. Kyle Neumann, 4:24.87;
- 35. Hady Cherif, 4:32.30;

Pole Vault:

- 12. William Brenny, 14-0,
- 7th (non-seeded) Brett Farniok, 13-00.25;

Shot Put:

- 5. Adam Kershaw, 50.04.00,
- 15. Mitch Bruzik, 45-11.75;

800 Meter Run:

- 28. Luke Windholz, 1:59.02,
- 45. Dan Allen, 2:03.49

Jack Johnson Classic Results, University of Minnesota, Jan. 24, 2009

Men's Results.....

Pole Vault:

- 15. Shawn Paschke, 13-03.50;

Shot Put:

- 19. Nick Nellis, 35-04.50,
- 20. Christian Berg, 28-11.25;

Weight Throw:

- 18. Cyrus Raivo, 40-10.50,
- 19. Christian Berg, 35-08.50;

Long Jump:

- 12. Adam Luckey, 19-03.50,
- 13. Cris Jirele, 17-08.25,
- 14. Nick Nellis, 16-11.25;

600 Meter Run:

- 8. Matt Main, 1:29.80,
- 9. David Pieper, 1:30.58;

400 Meter Dash:

- 11. Brock Veth, 57.02;

800 Meter Run:

- 10. Kevin Andersen, 2:04.11;

200 Meter Dash:

- 12. Nick Trisko, 23.82,
- 15. Shawn Onken, 24.58.

Women's Results.....

Pole Vault:

- 14. Simone Whipper, 8-00.75;

Shot Put:

- 11. Lindsay Conroy, 34-03.50;

Weight Throw:

- 12. Lindsay Conroy, 35-03.75; High

Jump:

- 6. Angela Walhovd, 5-00.50;

60 Meter Hurdles:

- 8. Angela Walhovd, 9.47;

600 Meter Run:

- 15. Cheryl Hundt, 1:43.74;

800 Meter Run:

- 16. Ne'Angela Scott, 28.40,
- 18. Lynette Raichle, 29.61;

3000 Meter Run:

- 23. Jackie Rich, 11:46.77.

*Provisional Qualifier

**Automatic Qualifier