



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. 13-14	Coca Cola Classic	River Falls, WI
Feb. 13-14	Iowa State Classic	Ames, IA
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	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: Feb. 9, 2009



Next Up: The St. Cloud State men's and women's track and field teams will compete in two different events next weekend. Some team members will compete at the Iowa State Classic in Ames, Iowa Feb. 12-14. Other team members will compete at the Coca Cola Classic hosted by the University of Wisconsin-River Falls on Friday and Saturday, Feb. 13-14.

Start Times: Iowa State - The pentathlon and heptathlon at Iowa State will take place on Thursday and Friday beginning at 12:30 p.m. and 9:00 a.m. The field events get underway on Friday at 1:30 followed by the running events at 3:05. UWRF Coca Cola Classic - The women's and men's pentathlon will begin at 3:00 and 3:15 p.m. on Friday. Saturday the field events get underway at 11:00 a.m. followed by the running events at 12:00 noon.

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 Jan. 23 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.

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.

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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 Jan. 24. The old mark of 4:01.08 was set in 2001.

Miller and Luhmann Set Provisional Marks: Junior Heather Miller (Sun Prairie, WI) won the long jump and sophomore Danielle Luhmann (Rushford) won the high jump Saturday afternoon at the Beaver Classic on the campus of Bemidji State University. Both Miller and Luhmann met NCAA Division II provisional qualifying marks with their wins. Miller also won the 55 meter hurdles. Miller's mark of 18-03.75 was the long jump and her time of 8.57 won the hurdles. Luhmann jumped 5'7" in the high jump.

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
Angela Walhovd
Kelsey King, 3,139, MSU Open, 1/30/09
- Long Jump - Heather Miller
18' 3 3/4", Beaver Classic, 2/7/09
- High Jump - Danielle Luhmann
5'7", Beaver Classic, 2/7/09
- 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.

MSU Open, Mankato, Minn., Jan. 30-31, 2009

Pentathlon

- 3. Angela Walhovd, 3186
- 4. Kelsey King, 3139

Heptathlon

- 4. Andrew Stueck, 3850
- 5. Cris Jirele, 3672
- 7. Nick Nellis 3491

St. Olaf Invitational, Jan. 30, 2009

Men's Results.....

55 Meter Hurdles

- 1. Jeremy Davis, 7.97

55 Meter Dash

- 2. Michael Graham, 6.69
- 5. Nick Trisko, 6.73
- 8. Adam Luckey, 6.87

600 Meter Run

- 3. David Queck, 1:18.59
- 1000 Meter Run
- 6. Kevin Andersen, 2:45.89

200 Meter Dash

- 3. Nick Trisko, 23.29
- 7. Marcus Jenkins, 23.87
- 8. Shawn Onken, 24.16

3000 Meter Run

- 14. John Marks, 10:46.30

Pole Vault

- 1. Shawn Paschke, 14-03.25
- 2. William Brenny, 13-03.50
- 3. Brett Barniok, 13-13.50

Long Jump

- 4. Adam Luckey, 19-06.25

Shot Put

- 1. Mitch Bruzik, 49-05.00
- 2. Adam Kershaw, 48-09.50

Weight Throw

- 2. Adam Kershaw, 52-06.50
- 5. Mitch Bruzik, 50-11.00

- 6. Cyrus Raivo, 46-03.50
- 10. Christian Berg, 38-07.50

Women's Results.....

55 Meter Hurdles

- 2. Sarah Ewald, 8.81
- 3. Amber Scheuler, 8.83

55 Meter Dash

- 7. Megan Quistorff, 7.90

400 Meter Dash

- 2. Megan Quistorff, 1:02.67

600 Meter Run

- 1. Amanda Eggebrecht, 1:46.27

800 Meter Run

- 1. Keely Rubash, 2:25.30

1000 Meter Run

- 4. Cheryl Hundt, 3:16.75

200 Meter Dash

- 19. Lynette Raichle, 29.38

3000 Meter Run

- 7. Emily Doty, 11:29.35
- 8. Amanda Schilling, 11:35.10
- 9. Jackie Rich, 11:59.12

4x400 Relay

- 3. 4:10.46

High Jump

- 1. Danielle Luhmann, 5-03.75

Pole Vault

- 3. Keely Rubash, 10-03.50
- 11. Simone Whipper, 7-10.00

Long Jump

- 2. Amber Scheuler, 17-05.50
- 3. Mikha Tan, 17-02.25

Shot Put

- 2. Rebecca Kitzman, 40-07.00

Weight Throw

- 9. Lindsay Conroy, 38-10.25
- 10. Rebecca Kitzman, 38-08.75

Beaver Classic, Feb. 7, 2009 Bemidji, Minn.

Women's Results.....

55 Meter Dash

- 4. Scott, Ne'Angela, 7.98.
- 5. Quistorff, Megan, 7.99.
- 6. Eggebrecht, Amanda, 8.05.

200 Meter Dash

- 3. Scott, Ne'Angela, 27.81.
- 4. Raichle, Lynette, 29.29. 5,
- 7. Pfaff, Andrea, 31.37.

400 Meter Dash

- 2. Quistorff, Megan, 1:02.83

800 Meter Run

- 1. Hundt, Cheryl, 2:28.07
- 4. Nelson, Kelley, 2:36.70

55 Meter Hurdles

- 1. Miller, Heather, 8.57
- 2. King, Kelsey, 8.63.
- 3. Walhovd, Angela, 8.86.
- 4. Schueler, Amber, 8.97
- 6. Ewald, Sarah, 10.62.



2009 Results

4x400 Meter Relay

1. St. Cloud State 'A' 4:11.88.

*Provisional Qualifier

**Automatic Qualifier

High Jump

1. Luhmann, Danielle, 5-7
2. Ewald, Sarah, 5-1
4. Rubash, Nish, 4-11
7. King, Kelsey, 4-7

Pole Vault

1. Rubash, Keely, 10-2

Long Jump

1. Miller, Heather, (18-03.75).
2. Schueler, Amber, (17-11).
3. Tan, Mikha, (17-09).
5. Walhovd, Angela, (15-11.75)

Shot Put

2. Kitzman, Rebecca, (39-05.25).
3. Conroy, Lindsay, (37-08.50).

Weight Throw

2. Kitzman, Rebecca, (44-11.50).
4. Conroy, Lindsay, (37-11.50).

Men's Results.....

55 Meter Dash

1. Udia, Gabe, 6.51.
2. Lester,
3. Graham, Michael, 6.64.
4. Jenkins, Marcus, 6.77

200 Meter Dash

2. Trisko, Nick, 23.22
6. Lefler, Chris, 23.56
12. Onken, Shawn, 24.25.

400 Meter Dash

2. Queck, David, 52.12
8. Veth, Brock, 57.69

1 Mile Run

6. Main, Matt, 4:54.97

3000 Meter Run

7. Pieper, Dave, 9:56.94.
8. Andresen, Kevin, 10:06.80

55 Meter Hurdles

1. Davis, Jeremy, 7.93.
3. Jenkins, Marcus, 7.98

4x400 Relay

3. St. Cloud State 'A' 3:37.98

Pole Vault

1. Paschke, Shawn, (13-11.25).
3. Brenny, William, (13-11.25).
8. Farniok, Brett, (12-11.50).
9. Nellis, Nick, (12-05.50)

Long Jump

1. Luckey, Adam, (21-08)
7. Stueck, Andrew, (18-01.75)

Triple Jump

2. McColley, Dusty, (41-04.25)

Shot Put

2. Bruzik, Mitch, (49-07.25).
3. Kershaw, Adam, (49-05.50)
9. Stueck, Andrew, (39-03.75)
12. Berg, Christian, (31-03.75)

Weight Throw

1. Bruzik, Mitch, (50-04.75).
2. Kershaw, Adam, (50-04).
3. Raivo, Cyrus, (45-05.25).