



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. 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. 17, 2009

Huskies Host: St. Cloud State will host the annual St. Cloud State Parents Open on Saturday, Feb. 21 at the Halenbeck South Fieldhouse. The St. Cloud State men's and women's track and field teams will compete against teams from the University of Minnesota-Morris, Augsburg College, Gustavus Adolphus College and Concordia, St. Paul.



Results: Complete results of the St. Cloud State Parents Open will be available immediately following the meet at <http://www.stcloudstate.edu/athletics/sports/track/schedule.asp>

Start Times: The field events will get underway at 12:30 p.m. (Weight throw W-M; Shot put to follow W-M, High Jump W-M; Pole Vault W-M; Long jump M-W; Triple jump to follow M-W). The running events will begin at 1:30 p.m. (all events women followed by the men). Distance Medley Relay; Mile; 60m hurdles; 60m dash; 400m dash; 600m dash; 60m hurdles final; 60m dash final; 800m; 1000m; 200m; 3000m; 4x400 relay.

NSIC PENTATHLON CHAMPION HEATHER MILLER:

Junior Heather Miller (Sun Prairie, WI) bested the field of 18 competing for the 2009 Northern Sun Intercollegiate Conference (NSIC) pentathlon title Sunday, Feb. 15 on the campus of Northern State University in Aberdeen, SD. Miller won the pentathlon, the first NSIC individual title (or team title) for the Huskies, with a school record score of 3686, beating her previous record of 3553 points set on Jan. 17 in Bemidji. In addition to setting the school record, Miller bettered her NCAA Division II provisional qualifying marks in the pentathlon, the 55 meter hurdles (8.31) and the long jump (5.76 meters). For the record, Miller's marks in the five events were: 55 meter hurdles (8.31), high jump (5'1 1/4"), shot put (32' 4 3/4"), long jump (18' 10 3/4") and 800 meter run (2:23.49). Miller was the best in a very competitive field of 18 athletes winning the pentathlon by one point as Kaycie Merrihew of Minnesota State University, Mankato placed second with 3685 points



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.

Huskies Win Six Titles at Coca Cola Classic: Six Huskies won individual titles at the UW-River Falls Coca Cola Classic on Feb. 14. Junior Marcus Jenkins (Long Branch, NJ) won the 55 meter hurdles in 7.90, junior Adam Kershaw (Foley) won the shot put with a throw of 51' 4 1/4", first year Keely Rubash (New Lisbon, WI) won the 800 meter run in 2:20.60, first year Nish Rubash (New Lisbon, WI) won the 1000 meter run in 3:16.09, senior Amber Schueler (Glencoe) won the long jump with a mark of 17' 3 1/4", and sophomore Danielle Luhman (Rushford) won the high jump in 5'5".

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
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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



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

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.

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.

Provisional Qualifiers:

- Triple Jump - Heather Miller
37' 10.50", MSU Alumni Open, 1/10/09
- Pentathlon - Heather Miller
3,686, NSIC Multi, 2/15/09
3,271 Angela Walhovd, NSIC Multi, 2/15/09
3,139 Kelsey King, MSU Open, 1/30/09
- Long Jump - Heather Miller
18' 10 3/4", NSIC Multi, 2/15/09
- 55 meter hurdles- Heather Miller
8.31, NSIC Multi, 2/15/09
8.43 Kelsey King, NSIC Multi, 2/15/09
- 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
Heptathlon
Minnesota Open, Jan. 17, 2009
Men's Results.....
Pole Vault
Weight Throw
Shot Put
60 Meter Hurdles
60 Meter Dash
1 Mile Run
800 Meter Run
200 Meter Dash
4x400 Relay
Men-4x400 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.

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).

Iowa State Classic, Feb. 14, 2009

Ames, Iowa

Men's 5000 Meters

8. Kyle Neumann, 15:12.53

Mile Run

26. Dan Allen, 4:23.05

UW-River Falls Coca Cola Classic, Feb. 14, 2009

Women's Results....

55 Meter Dash

2. Amber Schueler, 7.42

200 Meter Dash

2. Amber Schueler, 26.14
38. Lynette Raichle, 29.59

44. Andrea Pfaff, 31.34

600 Meter Dash

10. Megan Quistorff, 1:47.10

800 Meter Run

1. Keely Rubash, 2:20.60
2. Brittany Moffatt, 2:21.01
10. Cheryl Hundt, 2:25.46

1000 Meter Run

1. Nish Rubash, 3:16.09

Mile Run

8. Paula Marozas, 5:22.64
13. Andrea Neugebauer, 5:32.17

5000 Meter Run

5. Jackie Rich, 19:04.99
11. Emily Doty, 21:00.56
12. Amanda Schilling, 21:00.70

55 Meter Hurdles

2. Amber Schueler, 8.76

4x400 Relay

4. SCSU, 4:15.50

Long Jump

1. Amber Schueler, 17'3 1/4"
2. Mikha Tan, 17' 3/4"

Shot Put

5. Rebecca Kitzman, 40' 9 1/2"

High Jump

1. Danielle Luhmann, 5'5"
4. Nish Rubash, 5'1"

Pole Vault

18. Keely Rubash, 9'1"

Men's Results.....

55 Meter Dash

4. Nick Trisko, 6.60

200 Meter Dash

2. Nick Trisko, 22.77
10. Chris Lefler, 23.82
14. David Queck, 24.10
22. Shawn Onken, 24.42

400 Meter Dash

10. David Queck, 52.95

600 Meter Dash

8. Matt Main, 1:28.47

800 Meter Run

6. Luke Windholz, 1:58.56
14. Kevin Andresen, 2:02.20

Mile Run

9. Hady Cherif, 4:30.57

500 Meter Run

8. Jon Marks, 18:02.75

50 Meter Hurdles

1. Marcus Jenkins, 7.90

Long Jump

7. Adam Luckey, 10'5"

Shot Put

1. Adam Kershaw, 51'4 1/4"

2. Mitch Bruzik, 50' 2 1/2"

Weight Throw

5. Adam Kershaw, 53' 1/4"

Pole Vault

7. William Brenny, 14' 1 /34"

NSIC Pentathlon, Feb. 15

Aberdeen, SD

1. Heather Miller, 3686
8. Angela Walhovd, 3271
14. Kelsey King, 3038

NSIC Heptathlon, Feb. 15-16

Aberdeen, SD

7. Andrew Stueck, 4207
10. Dusty McColley, 4091
13. Cris Jirele, 3895

*Provisional Qualifier

**Automatic Qualifier