



# ST. CLOUD STATE UNIVERSITY

## Athletic Media Relations

Home of the Huskies  
www.StCloudState.edu/athletics

Team Contact: Anne Abicht (aabicht@stcloudstate.edu)  
Ph: (320) 308-2141 • Fax: (320) 308-2099



### SPRING SCHEDULE:

**May 26-28**

**Katie Wilson, Jason Koch, Ryan Koch at NCAA Division II Track and Field National Championship Abilene, Texas**



### 2005 SCSU Outdoor Schedule

|            |                             |                 |
|------------|-----------------------------|-----------------|
| Mar. 25-26 | at Missouri Southern Multi  | Joplin, MO      |
| Apr. 1-2   | at Univ. of Missouri        | Columbia, MO    |
| Apr. 9     | at UW-River Falls           |                 |
| Apr. 14-15 | at Emporia Multi            | Emporia, KS     |
| Apr. 16    | at Jim Duncan Open          | Des Moines, IA  |
| Apr. 22-23 | at Carleton/St. Olaf Relays | Northfield, MN  |
| Apr. 29-30 | at Drake Relays             | Des Moines, IA  |
| Apr. 30    | at Gustavus                 | St. Peter, MN   |
| May 2-3    | at NCC Multi Championships  | Grand Forks, ND |
| May 7      | at St. Thomas Invite        | St. Paul, MN    |
| May 13-14  | at NCC Championships        | Omaha, NE       |
| May 26-28  | at NCAA Division II Outdoor | Abilene, TX     |

NCC Title for Lazer: SCSU sophomore Jared Lazer (Sauk Rapids) captured a 2005 NCC outdoor title in the 400 meter hurdles, winning in a time of 53.55.

NCC Title for Wolfram: SCSU sophomore Aaron Wolfram (Maplewood) won the NCC title in the shot put with a throw of 50 feet and 3/4 inch. He also gave the Huskies points with his fifth place finish in the weight throw (53-7). He is the first NCC indoor champion for the Huskies since the 2002 season.

## 2005 ST. CLOUD STATE UNIVERSITY TRACK & FIELD TEAM NEWS



Release Date: May 18, 2005

NCAA Championships on Tap: St. Cloud State junior Katie Wilson (Grand Forks, ND), junior Ryan Koch (Madison, WI), and senior Jason Koch (Madison, WI) have qualified to compete at the NCAA Division II Track and Field Championships in Abilene, Texas, May 26-28.

Wilson and Jason Koch will compete in the javelin on Saturday, May 28. This is the second straight NCAA Championship for both javelin throwers. Last year, Wilson placed 14th in the javelin, while Koch finished in 13th place. Wilson placed second in the javelin at last week's North Central Conference championships with a toss of 139'. Jason also placed second in the men's javelin at the conference championships with a throw of 204'4".

Ryan Koch will compete in the decathlon and is making his third NCAA Championship appearance. Last year Koch earned All-American honors with a fourth place finish in the decathlon, garnering 6,719 points. He will compete on Thursday, May 26. Ryan placed second at the NCC Championships in the decathlon, posting 6,540 points.

School Records: SCSU sophomore Beth Sandoval (Rice) has set a new school record in the 3000 meter steeplechase during the spring season with her time of 11:17.04 on April 23. Senior Kari Turkowski (Cold Spring) set a school record in the hammer throw on April 30. Turkowski's mark of 142'10" surpassed the old record of 141'8" held by Sandy Fuchs and set during the 1997 season.

2005 NCC Results: The SCSU men's track and field team placed fifth with a team score of 85 and the women's squad placed seventh with a score of 28 at the 2005 North Central Conference Outdoor Championships in Omaha, Nebraska. Minnesota State University, Mankato won the men's team title and the University of South Dakota won the women's title for the second straight year.....The final day results included an NCC title for sophomore Jared Lazer (Sauk Rapids). Lazer won the 400 meter hurdles in a time of 53.55. Lazer also placed seventh in the 110 meter hurdles in a time of 15.60.....Junior Katie Wilson (Grand Forks, ND) placed second in the javelin with a throw of 139'. Sophomore Beth Sandoval (Rice) placed third in the 3000 meter steeple chase in a time of 11:18.55. She also placed sixth in the 800 meter run in 2:20.94. Sophomore Kayla Todnem (St. James) placed sixth in the 100 meter hurdles in 14.92, and eighth in the 400 meter hurdles and the triple jump (35' 3 1/4").....Senior Jason Koch (Madison, WI) placed second in the javelin with a throw of 204'4" and junior Ryan Koch placed seventh with a toss of 170'4". Jason also placed sixth in the 110 meter hurdles in 15.52 meter hurdles in 15.52.



2005 Women's Roster

| NAME             | YR     | EVENTS        | HOMETOWN        |
|------------------|--------|---------------|-----------------|
| Melissa Bachman  | JR     | Pole Vault    | Paynesville     |
| Kelly Brathol    | FY     | Sprints       | River Falls, WI |
| Ashley Duggan    | SO     | Jumps         | Blaine          |
| Amanda Faulkner  | SO     | High Jump     | Sandstone       |
| Angela Knobloch  | FY     | Jumps         | Beresford, SD   |
| Bobbi Krippner   | FY     | Mid-Distance  | Mankato         |
| Lindsey Krueger  | SO     | Multi-Events  | Rochester       |
| Amanda Kunkel    | FY     | Throws        | Eden Prairie    |
| Danielle Larson  | SO     | Multi-Events  | Superior, WI    |
| Cassandra Moe    | FY     | Jumps         | Dassel          |
| Kristin Otterson | JR     | Throws        | Big Lake        |
| Anna Sandoval*   | JR     | Sprints       | Rice            |
| Beth Sandoval    | SO     | Mid-Distance  | Rice            |
| Amber Schueler   | FY     | Jumps/Hurdles | Glencoe         |
| Sara Steffen     | SO     | Pole Vault    | Farmington      |
| Kayla Todnem     | JR/SOM | Multi-Events  | St. James       |
| Kari Turkowski   | SR     | Javelin       | Cold Spring     |
| Katie Wilson*    | JR     | Javelin       | Grand Forks, ND |

2005 Men's Roster

|                 |    |                |                 |
|-----------------|----|----------------|-----------------|
| Mike Aulwes*    | SR | Pole Vault     | Brooklyn Center |
| Steve Bader     | JR | Sprints        | Fargo, ND       |
| Arron Bendt     | FY | Sprints        | Worthington     |
| Mike Coonen     | SO | Sprints        | Appleton, WI    |
| Michael Graham  | FY | Sprints        | Oakdale         |
| Kevin Grose     | FY | Distance       | Sauk Rapids     |
| Nick Hirsch     | JR | Distance       | Waucoma, IA     |
| Kevin Holubar*  | SR | Throws         | Duluth          |
| Greg Jamison    | FY | Distance       | Burnsville      |
| Sam Johnson     | FY | Sprints, Jumps | Savage          |
| Andy Koch       | FY | Jumps          | Madison, WI     |
| Jason Koch*     | SR | Multi-Events   | Madison, WI     |
| Ryan Koch       | JR | Multi-Events   | Madison, WI     |
| Matt Koetter    | FY | Mid-Distance   | Ashburn, VA     |
| Jared Lazer     | SO | Hurdles/Jumps  | Sauk Rapids     |
| David Manly     | FY | Mid-Distance   | Minneapolis     |
| Bowie McClaskie | FY | Pole Vault     | North Branch    |
| Tim Moes        | FY | Mid-Distance   | Becker          |
| Darren Muenchow | FY | Pole Vault     | Horicon, WI     |
| Bryan Pearson   | SO | Jumps          | Anoka           |
| Bobby Scepaniak | FY | Pole Vault     | Avon            |
| Adam Schmitt    | FY | Sprints        | Plymouth        |
| Andrew Stueck   | FY | Throws         | Madison, WI     |
| Aaron Wolfram   | SO | Throws         | Maplewood       |

\*Team Captains

Mischke Honored: St. Cloud State head coach Seth Mischke was named the 2005 North Central Conference Men's Indoor Coach of the Year. Mischke led the Huskies to a third place indoor finish, their best since a third place finish in 1999. It was also an improvement over the Huskies fifth place finish in 2004.

Husky Open Results: Results of the Husky Open which ran Feb. 12 are posted on the SCSU Athletics Web Site. Go to <http://www.stcloud-state.edu/athletics/sports/track>. Click on Team News on the left side of the page.

Senior Kevin Holubar (Duluth) placed second in the shot put with a throw of 48' 11 1/2" and sophomore Aaron Wolfram (Maplewood) finished fifth in the shot with a mark of 46' 2 1/2". Sophomore Mike Coonen (Appleton, WI) placed seventh in the 100 meter dash in 11.17 and junior Steve Bader (Fargo, ND) finished eighth in 11.35. Bader also had a fourth place finish in the 200 meter dash in 22.44. SCSU's 4x100 meter relay of Sam Johnson, Coonen, Lazer and Bader placed third in 43.58. The 4x400 meter relay of Bader, Johnson, Adam Schmitt and Lazer placed fifth in 3:27.10.....A first day results re-cap: Senior Kari Turkowski (Cold Spring) bettered her school record in the hammer with a throw of 146'5" and placed sixth in the event. Earlier this year, she set the new mark at 142'10". Junior Kristin Otterson (Big Lake) placed tenth in the hammer with a throw of 131'5". The SCSU men were led by sophomore Aaron Wolfram's (Maplewood) fourth place finish in the hammer with a mark of 158'8". Senior Kevin Holubar (Duluth) placed seventh in the hammer with a toss of 142'7". Holubar also placed eighth in the discus with a mark of 140'5". Senior Mike Aulwes (Brooklyn Center) and junior Ryan Koch (Madison, WI) placed fourth and seventh, respectively in the pole vault with a height of 14'6".

NCC Multi Results: The Huskies have already gained points for the team score following the NCC decathlon and heptathlon competitions which took place last week. Junior Ryan Koch (Madison, WI) and senior Jason Koch (Madison, WI) placed second and third in the Decathlon at the NCC multi event held in Grand Forks, ND. Ryan Koch scored 6,540 points while Jason finished the event with 6,234. Teammate Mike Aulwes finished tenth with 4,915 points. In the women's heptathlon, also held in Grand Forks, SCSU sophomore Kayla Todnem (St. James) placed sixth with 4,385 points and sophomore Lindsey Krueger (Rochester) placed tenth with 3,706 points.

Provisional Marks: Four SCSU athletes met NCAA Division II provisional qualifying marks. Junior Katie Wilson (Grand Forks, ND) is a provisional qualifier in the javelin. Sophomore Beth Sandoval (Rice) is a provisional qualifier in the 3000 meter steeplechase. Senior Jason Koch (Madison, WI) met the provisional mark in the javelin and junior Ryan Koch (Madison, WI) has a provisional mark in the decathlon.

Head Coach: Seth Mischke (Minnesota, 1997) is in his sixth year as head coach of the St. Cloud State track and field program and fourth year as cross country coach. During Mischke's short head coaching career, he has already coached 11 NCAA Division II All-Americans and several North Central Conference champions. A native of Worland, Wyoming, Mischke is married to assistant coach Colleen McKinney Mischke; the couple reside in St. Cloud with daughter, Brooklyn. He is Level I and Level II USATF Jumps and Throws Certified.