



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	W-3rd; M-7th
Mar. 14-15	NCAA DII Indoor Championships	Houston, Texas W-30th

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

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: Celest Stang
 Graduate Assistants: Matt Marek & Pat McCabe

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

FOR RELEASE: March 18, 2009

HEATHER MILLER CLOSSES INDOOR SEASON WITH ALL-AMERICAN HONORS:



The 2009 St. Cloud State University indoor track and field season came to an end at the NCAA National Indoor Track and Field Championships March 13-14 in Houston Texas. Junior Heather Miller (Sun Prairie, WI) brought home All-American honors in two events after qualifying in four events. In addition, sophomore Danielle Luhmann (Rushford) competed in one event at the Championships.

MILLER RESULTS: Miller won her first All-American honor in the long jump with a mark of 18 feet five inches. She collected her second All-American finish placing fifth in the triple jump with a mark of 38'5 1/2". She placed tenth in the Pentathlon with a score of 3,299 points. In the Pentathlon, she ran a 9.08 in the 60 meter hurdles, had a mark of 4'8 1/4" in the high jump, marked 30'5 3/4" in the shot put, had a long jump of 18 feet six inches, and ran the 800 meters in 2:34.49. In her other event, Miller placed 13th in the prelims of the 60 meter hurdles in 8.92 and did not advance to the finals.



LUHMANN RESULTS: Luhmann was a no height in the high jump at the National Championships.

THREE-TIME NSIC 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. Miller went on to lead the Huskies to third place at the NSIC Indoor Track and Field Championships winning three individual titles and taking home the award for High Point Performer of the Championships with 44 points. She won the pentathlon with a school record 3,686 points, the 55 meter hurdles in 8.25, and the triple jump with a mark of 39' 1/2".

NSIC CHAMPION GABE UDIA: Junior sprinter Gabe Udia (Inver Grove Heights) set an NSIC record on the way to the men's 55 meter title. Udia ran the race in 6.37 breaking the record of 6.39 set in 2000.

OTHER HUSKY TRACK AND FIELD NOTES: The St. Cloud State women's indoor track field earned All-Academic team honors from the USTFCCCA with a 3.162 team grade point average. The women were ranked 12th in the final Division II power rankings of the indoor season. The men's team was ranked 20th in the final indoor power rankings.

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 three children, a daughter Brooklyn, and sons Tanner and Mich, 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
- 60 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, 3719 points, NSIC Multi Championship, Aberdeen, SD, Feb. 16.
- 4x400 Relay** - Amber Schueler, Kelsey King, Amanda Eggebrecht, Heather Miller, 3:58.24, Jan. 17, 2009
- Long Jump** - Heather Miller, 19'2"

NSIC Indoor Track & Field All-Conference:

- Gabe Udia (200 Meter Dash), Second Team
- Heather Miller (Long Jump), Second Team
- Danielle Luhmann (High Jump), Second Team

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.

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.

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"

Iowa State Classic

Feb. 14, 2009

Men's Results...

5000 Meter Run

8. Kyle Neumann, 15:12.53

1 Mile Run

26. Dan Allen, 4:23.05

NSIC Pentathlon, Feb. 15

Aberdeen, SD

1. Heather Miller, 3719

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

SCSU Open

Feb. 21, 2009

Women's Results....

60 Meter Dash

3. Amber Schueler, 8.13

4. Ne'Angela Scott, 8.33

5. Megan Quistorff, 8.55

7. Lynette Raichle, 8.70

200 Meter Dash

2. Kelsey King, 26.75

4. Ne'Angela Scott, 27.45

5. Amanda Eggebrecht, 27.73

9. Lynette Raichle, 29.13

11. Heather Miller, 31.04

400 Meter Dash

1. Megan Quistorff, 62.36

600 Meter Dash

1. Cheryl Hundt, 1:43.33

800 Meter Run

4. Amanda Schilling, 2:49.80

1000 Meter Run

1. Nish Rubash, 3:16.66

2. Kelley Nelson, 3:32.06

Mile Run

1. Jackie Rich, 5:31.76

2. Andrea Neugebauer, 5:32.23

5. Amanda Schilling, 6:13.42

3000 Meter Run

1. Emily Doty, 12:07.09

60 Meter Hurdles

1. Heather Miller, 9.15

2. Kelsey King, 9.20

3. Angela Walhovd, 9.36

4. Amber Schueler, 9.53

6. Andrea Pfaff, 11.10

7. Crystal Moor, 11.21

4x400 Meter Relay

1. St. Cloud State, 4:12.41

Distance Medley Relay

1. St. Cloud State, 12:48.60

Long Jump

1. Heather Miller, 19'2"***

2. Mikha Tan, 17'10 3/4"*

Triple Jump

1. Heather Miller, 38'5 1/2"*

Shot Put

2. Rebecca Kitzman, 41'9 3/4"

5. Lindsay Conroy, 37'6 3/4"

Weight Throw

2. Rebecca Kitzman, 42'9 1/2"

6. Lindsay Conroy, 37' 5 3/4"

High Jump

1. Danielle Luhmann, 5'7 3/4"*

2. Angela Walhovd, 5'3 3/4"

4. Nish Rubash, 4'11 3/4"

SCSU Open

Feb. 21, 2009

Men's Results....

60 Meter Dash

1. Gabe Udia, 6.91

3. Nick Trisko, 7.10

4. Marcus Jenkins, 7.22

200 Meter Dash

1. Nick Trisko, 22.34

2. Gabe Udia, 22.53

4. David Queck, 23.25

5. Chris Lefler, 23.69

7. Shawn Onken, 24.13

400 Meter Dash

5. Brock Veth, 56.71

800 Meter Run

4. Kevin Andersen, 2:05.80

6. Jon Marks, 2:22.84

1000 Meter Run

1. Hady Cherif, 2:45.06

Mile Run

2. Jon Marks, 5:06.55

60 Meter Hurdles

1. Marcus Jenkins, 8.56

4. Jeremy Davis, 8.85

5. Cris Jirele, 9.33

6. Nick Nellis, 9.53

4x400 Meter Relay

3. St. Cloud State, 3:46.02

Distance Medley Relay

2. St. Cloud State, 10:33.15

Long Jump

6. Adam Luckey, 20'8 1/2"

Triple Jump

5. Dusty McColley, 41'8 3/4"



2009 Results

Shot Put

- 2. Mitch Bruzik, 49'2 1/2"
- 6. Adam Kershaw, 47'4 1/2"

Weight Throw

- 1. Adam Kershaw, 55'3"
- 3. Mitch Bruzik, 51'1 3/4"
- 9. Cyrus Raivo, 44'6 1/4"

High Jump

- 2. Dusty McColley, 6' 0 3/4"
- 3. Cris Jirele, 5'8 3/4"

Pole Vault

- 2. Shawn Paschke, 14'71/4"
- 5. Brett Farniok, 12'7 1/2"
- 5. Nick Nellis, 12'7 1/2"
- 8. Bobby Scepaniak, 12'7 1/2"

NSIC Championships

Feb. 27-28, 2009

Bemidji State University

Women's Results....

Team Scores: 1. Minnesota State 150, 2. Minnesota Duluth 127, 3. St. Cloud State 93, 4. Mary 80.5, 5. Augustana 76, 6. MSU Moorhead 63.5, 7. Wayne State 50, 8. Winona State 43, 9. Northern State 32, 10 Bemidji State 15, 11. Concordia, St. Paul 10.

1 Mile Run

- 9. Keely Rubash, 5:19.88
- 11. Andrea Neugebauer, 5:37.57

55 Meter Hurdles

1. Heather Miller, 8.25*

- 5. Amber Schueler, 8.56
- 6. Kelsey King, 8.60

400 Meter Dash

- 3. Heather Miller, 58.12

55 Meter Dash

- 7. Amber Schueler, 7.42

800 Meter Run

- 4. Brittney Moffatt, 2:20.37

1000 Meter Run

- 5. Paula Marozas, 3:05.40

5000 Meter Run

- 12. Paula Marozas, 19:38.15
- 14. Jackie Rich, 19:57.18

4x400 Meter Relay

- 5. St. Cloud State (Schueler, King, Quistorff, Miller), 4:01.94

Distance Medley Relay

- 5. St. Cloud State (Moffatt, N.Rubash, Neugebauer, ???), 13:01.99

High Jump

- 2. Danielle Luhmann, 5'5 3/4"*
- 14. Angela Walhovd, 5'1 3/4"
- 15. Nish Rubash, 4'11 3/4"

Pole Vault

- 8. Keely Rubash, 10'11 3/4"

Long Jump

- 2. Heather Miller, 18'10 1/2"*
- 4. Amber Schueler, 18' 1/4"

- 5. Mikha Tan, 17'11 3/4"

Triple Jump

1. Heather Miller, 39' 1/2"*

Weight Throw

- 24. Rebecca Kitzman, 40'2 3/4"
- 26. Lindsay Conroy, 36'9 3/4"

Shot Put

- 14. Rebecca Kitzman, 37'3 3/4"
- 20. Lindsay Conroy, 34'9"
- 3000 Meter Run
- 5. Keely Rubash, 10:41.83

Men's Results....

Team Scores: 1. Minnesota State 144.5, 2. Minnesota Duluth 95, 3. Concordia, St. Paul 89, 4. Mary 76, 5. Northern State 75.5, 6. Wayne State 67.5, 7. St. Cloud State 61.5, 8. MSU Moorhead 59, 9. Augustana 45, 10. Bemidji State 25

1 Mile Run

- 3. Dan Allen, 4:27.23

55 Meter Hurdles

- 3. Marcus Jenkins, 7.88
- 4. Jeremy Davis, 7.89

55 Meter Dash

1. Gabe Udia, 6.37*

1000 Meter Run

- 3. Kyle Neumann, 2:34.99

200 Meter Dash

- 2. Gabe Udia, 22.13
- 5. Nick Trisko, 22.60

5000 Meter Run

- 15. Hady Cherif, 15:56.24

4x400 Meter Relay

- 8. St. Cloud State (Davis, Lefler, Quick, Windholz), 3:28.26

Distance Medley Relay

- 7. St. Cloud State (Andersen, Lefler, Windholz, Cherif), 11:07.15

High Jump

- 6. Dusty McColley, 6'3 1/2"

Pole Vault

- 12. Shawn Paschke, 14'6 1/4"
- 15. William Brenny, 13'6 1/2"
- 18. Brett Farniok, 13'6 1/2"

Long Jump

- 8. Adam Luckey, 21'5 1/2"
- 25. Dusty McColley, 19'

Triple Jump

- 18. Dusty McColley, 41' 11/2"

Weight Throw

- 10. Mitch Bruzik, 49'5"
- 14. Adam Kershaw, 48'4 1/2"
- 21. Cyrus Raivo, 42'9"

Shot Put

- 7. Mitch Bruzik, 50'2 1/2"
- 16. Adam Kershaw, 45'6 1/2"
- 27. Andrew Stueck, 38'2 1/4"
- 3000 Meter Run
- 3. Dan Allen, 8:47.99

- 15. Dave Pieper, 9:55.33

2009 NCAA Indoor Track and Field Championships

March 13-14

Houston, Texas.

Team Score: SCSU Women (30th, 5 pts)

Heather Miller

- 8. Long Jump, 18'5"***
- 10. Pentathlon, 3299
- 5. Triple Jump, 38'5 1/2"
- Did not advance out of the 60 meter hurdle prelims

Danielle Luhmann,

no height in the high jump

*Provisional Qualifier

**Automatic Qualifier

***All-American

NSIC Indoor Track & Field All-Conference

Gabe Udia (200 Meter Dash),
Second Team
Heather Miller (Long Jump),
Second Team
Danielle Luhmann (High Jump),
Second Team