



Home of the Huskies

St. Cloud State University

HUSKY ATHLETICS

Athletic Media Relations - Track & Field

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Winter 2010 SCHEDULE

Indoor Schedule

Jan. 9	Northwest Open	Minneapolis, MN
Jan. 15-16	Bemidji State Multi	Bemidji, MN
Jan. 16	Minnesota Open	Minneapolis, MN
Jan. 22-23	Iowa State Open	Ames, Iowa
Jan. 29-30	MSU Open/Pentathlon	Mankato, MN
Feb. 6	Ted Nelson Classic	Mankato, MN
Feb. 13	Bison Open	Fargo, ND
Feb. 14-15	NSIC Multi Championship	Aberdeen, SD
Feb. 20	ST. CLOUD STATE OPEN	St. Cloud, MN
Feb. 26-27	NSIC Championships	W-4th/M-7th
Mar. 12-13	NCAA DII Indoor Championship	W-9th Albuquerque, New Mexico

Outdoor Schedule

Apr. 3	Northern State Open	Aberdeen, SD
Apr. 9-10	Jim Duncan Invite	Des Moines, Iowa
Apr. 14-17	Kansas Relays	Lawrence, KS
Apr. 21-24	Drake Relays	Des Moines, Iowa
Apr. 24	Drake Alternative	St. Peter, MN
Apr. 25-26	NSIC Multi Championships	Aberdeen, SD
May 1	Ron Manzan Invite	Moorhead Minn.
May 7-8	NSIC Championships	Moorhead, Minn.
May 15	Last Chance Meet	TBA
May 27-29	NCAA DII Outdoor Championships	Charlotte, NC

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 Coach: Seth Mischke (LJ, TJ, PV, Multis)
 Year at SCSU: 11th season
 Alma Mater: University of Minnesota, 1997
 Assistant Coaches: Mohamed Aden (XC/Mid Distance), Travis Zins (Throws), Brian Sebera (Sprints/Relays/Hurdles), Sam Johnson (Sprints/Relays), Travis Hoover (XC/Distance), Kevin Babcock (High Jump)
 Athletic Media Relations Director/Track & Field
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www.StCloudState.edu/athletics

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

2010 St. Cloud State Indoor Track and Field FINAL



■ NATIONAL CHAMPION HEATHER MILLER:

The St. Cloud State senior from Sun Prairie, Wis., capped an outstanding indoor season by winning the 2010 NCAA Division II National Pentathlon Championship, March 13 in Albuquerque, New Mexico. Miller scored a **national and school record 3,993 points** to win the title and earn All-American honors. She was ranked #1 in the nation in the event heading into the national competition. The second place competitor,

Lindsay Lettow of Central Missouri State University tallied 3,924 points. Miller was in fourth place heading into the final two events, and moved into first following the long jump. Her mark of 19-4 ¾ was the best jump of the day by any of the competitors and vaulted her into first place. In addition to setting a national and school record, Miller set a school record in the 60 meter hurdles with her time of 8.70. She also ran a personal record 2:18.74 in the 800 meters.

■ **THIRD NATIONAL CHAMP IN SCHOOL HISTORY:** Miller became the third female track star in St. Cloud State history to win a national title, following in the footsteps of GiGi DesLauriers (indoor high jump, 1992) and Marie Sherwood (outdoor javelin, 1982).

■ **THREE ALL-AMERICAN HONORS:** Miller also earned All-American honors in the long jump and triple jump. She placed fourth in the long jump with a mark of 19'1 ¼". After winning the title in the pentathlon, Miller competed in the triple jump where she earned her third All-American Honor of the meet. Miller placed fifth with a mark of 39-10.50.

■ **HIGHEST NCAA FINISH FOR WOMEN:** Miller and sophomore Danielle Luhmann (Rushford) combined for 24 points in the team totals to give St. Cloud State a ninth place finish. It is the highest the Huskies have finished in the indoor nationals.

■ **ALL-AMERICAN DANIELLE LUHMANN:** Danielle Luhmann captured her first All-American honor on March 13 in the high jump as she placed sixth in the event with a jump of 5'7 ¼".

■ **NATIONAL QUALIFIER GABE UDIA:** Senior sprinter Gabe Udia (Inver Grove Heights) qualified for the NCAA Championships in the 200 meters. He ran 22.08 in the preliminaries but did not advance to the finals. This was his first NCAA Championship appearance.

■ **MILLER CRUSHES TRIPLE JUMP RECORD:** St. Cloud State senior Heather Miller (Sun Prairie, Wis.) broke a 20-year old record in the triple jump at the annual SCSU Open. Miller broke the triple jump record with a leap of 40'9", breaking the old record of 39'9" held by Becky Anderson and set during the 1990 indoor season.

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



Head Coach Seth Mischke



Head Coach Seth Mischke is in his 11th season with the men's and women's track & field teams in 2009-10. 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 ten seasons at St. Cloud State, Mischke has coached nine indoor All-American's and 15 outdoor All-American's. In the Huskies first year as a member of the NSIC, St. Cloud State won eight individual titles in indoor and outdoor track conference competition. SCSU won 19 North Central Conference individual titles under Mischke, and he was named the 2005 NCC men's outdoor track and field coach of the year.

Last season, the SCSU women placed third in the NSIC indoor championships and fifth outdoors. The men's squad

placed seventh indoors and fifth outdoors. Heather Miller earned All-American honors four times and was the national outdoor championships runner-up in the triple jump.

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 Micah, and reside in St. Cloud.

Records/NSIC Honors/Top Marks

■NSIC Athlete of the Week:

Jan. 12: Heather Miller
Jan. 26: Danielle Luhmann, high jump
Feb. 16: Heather Miller, NSIC Pentathlon Champion

■School Records: Women

Pentathlon- Heather Miller, 3,993, Mar. 13 at NCAA Championships breaking own mark of 3,910 points, Feb. 14, 2010
Long Jump-Heather Miller, 19'8 1/4", Feb. 14 at NSIC Multi
Triple Jump-Heather Miller, 40'9", Feb. 20 at SCSU Open
200 meter dash-Heather Miller, 25.23, at NSIC Championship
60 meter hurdles-Heather Miller, 8.70 at NCAA Championship, Mar. 13, 2010
4x400 relay- Kelsey King, Amanda Eggebrecht, Danielle Luhmann, Heather Miller, 3:54.21, Feb. 6, 2010

■School Records: Men

Distance Medley Relay- Kyle Neumann, Abdi Mohamed, Luke Windholz, Dan Allen, 10:14.91, Jan. 29, 2010

■NCAA Provisional Qualifying Marks: Women

Heather Miller

Pentathlon- 3,910, Feb. 14 - Automatic Mark
Long jump- 19'8 1/4", Feb. 14 - Automatic Mark
55 meter hurdles- 8.35, Jan. 8
Triple Jump- 40'9", Feb. 20 - Automatic Mark
60 meter hurdles-8.88

4x400 Meter Relay, Jan. 23, 2010

Danielle Luhmann

High jump, 5'7"

Rebecca Kitzman

Shot Put, 44'06.25", Jan. 30, 2010

■NCAA Provisional Qualifying Marks: Men

Dusty McColley

Heptathlon, 4702, Jan. 30, 2010
High Jump, 6'10.25", Jan. 29, 2010

Gabe Udia

60 meter dash, 6.86

200 meter run

Kyle Neumann

5000 meters, 14:46.74, Feb. 12, 2010

■2010 NSIC INDOOR CHAMPIONS

Heather Miller:

Pentathlon: 3,910
Long jump:18-9.25
60 Meter Hurdles: 8.73
Triple Jump: 39-07.25

Danielle Luhmann:

High Jump: 5-5.25

Gabe Udia:

60 meter dash: 6.86
200 meter dash: 21.93

Kyle Neumann:

5000 meter run: 14:89.98

■NSIC ALL-CONFERENCE

Heather Miller (Four-time)
Gabe Udia (Two-time)
Kyle Neumann (Two-time)
Danielle Luhmann

2010 Women's Team Roster

Name	Yr.	Event	Hometown (High School)
Auri'al Bates	FY	Mid-Distance	St. Paul, MN
Andrea Borden	SR	Distance	Merrifield, Minn. (Crosby-Ironton)
Alyssa Brandt	SO	Mid- Distance	Winona, Minn. (Winona State transfer)
Lindsay Conroy	SO	Throws	Clearwater, Minn. (St. Cloud Tech)
Emily Doty	SO	Distance	Minneapolis, Minn.
Amanda Eggebrecht	SR	Sprints	St. Cloud, Minn. (Tech)
Mandy Heinen	FY	Sprints	Cold Spring, MN (Riccori H.S.)
Andrea Hubbell	SO	Throws	Isle, MN (Minnesota -Crookston)
Stacey Kern	FY	Mid- Distance	Osakis, MN (Osakis H.S.)
Kelsey King	JR	Hurdles/Multi	Lakeville, Minn. (Burnsville)
Rebecca Kitzman	JR	Throws	Verona, Wis. (Verona Area)
Danielle Luhmann	SO	Jumps/Relays	Rushford, Minn. (University of Iowa transfer)
Siobhan Lyons	FY	PV	Northfield, MN (Northfield H.S.)
Paula Marozas	JR	Distance	Rochester, Minn.
Heather Miller	SR	Multi	Sun Prairie, Wis. (Columbus)
Brittney Moffatt	SO	Mid-Distance	Coon Rapids, Minn. (St. Francis)
Andrea Neugebauer	SO	Distance	Mitchell, SD (Mitchell H.S.)
Andrea Pfaff	SO	Hurdles	Oakdale, Minn. (North St. Paul High)
Megan Quistorff	JR/SO	Sprints	Sauk Centre, Minn. (H.S.)
Lynette Raichle	JR	Sprints	Owatonna, Minn.
Rebecca Reinsma	JR	Distance	Walnut, CA (Mt. SAC. C.C.)
Jacquelyn Rich	SO	Distance	Rogers, Minn.
Keely Rubash	SO	Distance/Pole Vault	New Lisbon, Wis.
Nish Rubash	SO	Distance/Jumps	New Lisbon, Wis.
Amanda Schilling	SO	Distance	White Bear Lake, Minn.
Ne'Angela Scott	FY	Sprints	St. Paul, Minn.
Kayla Simon	FY	Jumps	Chippewa Falls, WI (Regis H.S.)
Jessica Wagner	FY	Hurdles	(Hastings H.S.)
Melissa Walden	Jr.	Distance	Deep River, Ontario (Macken H.S.)
Angela Walhovd	JR/SO	Multi	Mauston, Wis. (H.S.)



Men's Team Roster

Men's Name	Yr.	Event	Hometown (High School)
Abasher Abasher	FY	Distance	Rosemount MN (Rosemount H.S.)
Dan Allen	JR	Mid- Distance	Waite Park, MN (St. Cloud Cathedral H.S.)
Patrick Amoako	FY	Jumps	Brooklyn Park (Osseo H.S.)
Michael Amofah	FY	Jumps	Farmington, MN (Farmington H.S.)
Kevin Andresen	SO	Mid-Distance	Crystal, Minn.
Derek Barrett	FY	Hurdles	Andover, MN (Andover H.S.)
David Braaten	SO	Pole Vault	Cedar, MN (St. Francis H.S.)
William Brenny	SO	Pole Vault	Clear Lake, Minn.
Tendeh Brownell	FY	Sprints	Brooklyn Park, MN (Osseo H.S.)
Mitch Bruzik	SR/JR	Throws	Alexandria, Minn. (Jefferson)
Hady Cherif	JR	Distance	Minneapolis, Minn. (St. Louis Park)
Jeremy Davis	SO	Hurdles	Champlin Park, Minn. (H.S.)
Brett Farniok	SR	Pole Vault	Buffalo, Minn.
John Fitzgerald	FY	Sprints	Pine City, MN (Pine City HS.)
Sean Gaskell	SO	Mid-Distance	Esko, Minn. (Lake Superior C.C. transfer)
Ben Held	SR	Hurdles	Hinton, Iowa (H.S.)
Travis Heuer	R- FY	Multi	Brooklyn Park, MN (Park Center H.S.)
Jared Hicks	FY	Distance	Spearfish, SD (Spearfish H.S.)
Marcus Jenkins	SR	Hurdles	Long Branch, N.J. (H.S.)
Luke Jordan	FY	Distance	Maple Plain, Minn.
Abdul- Malik Kassim	FY	Sprints	Rochester, MN (John Marshal H.S.)
George Kawalawu	FY	Sprints	Brooklyn Park, MN (Osseo H.S.)
Adam Kershaw	SR/JR	Throws	Foley, Minn. (H.S.)
Chad Lahr			
Chris Lefler	JR	Sprints	Foley, Minn.
Diego Lucar	JR	Distance	Schuyler, ME (Iowa Western C.C.)
Adam Luckey	SR	Sprints/Jumps	Murietta, Calif.
Blake Macalus	FY	Distance	White Bear Lake, MN (White Bear H.S.)
Matt Main	SR	Mid-Distance	Webster, Wis. (H.S.)
Jon Marks	SO/RFY	Distance	Albertville, Minn.
Kyle Mason	FY	Jumps	Brooklyn Park, MN (Osseo H.S.)
Lucas Mathe	R-FY	Pole Vault	Plover, WI (Stevens Point H.S.)
Dusty McColley	SO	Multi/Jumps	Franklin, Minn.
Nick Nellis	SO	Multi	Waupaca, Wis.
Kyle Neumann	SO	Distance	Andover, Minn.
Shamus O'Grady	SO	Distance	Coon Rapids, Minn.
Dave Pieper	SO	Mid-Distance	Plover, Wis
David Queck	SR	Sprints	Annandale, Minn. (H.S.)
Cyrus Raivo	SR/JR	Throws	Brook Park , Minn. (Mora)
John Roettger	FY	Throws	Stillwater, MN (Stillwater H.S.)
Adam Scepaniak	SR	Multi	Holdingford, MN (Holdingford H.S.)
David Townsel	JR	Distance	Gaum (Iowa Western C.C)
Nick Trisko	JR	Sprints	Melrose, MN (Melrose H.S.)
Gabe Udia	SR	Sprints	Inver Grove Heights, Minn. (Simley)
Fred Williams	JR	Jumps/Sprints	Milwaukee, Wis. (South Division)
Luke Windholz	SO	Mid-Distance	South St. Paul, Minn.

Records/NSIC Honors/Top Marks

■Miller's Marks in winning the NCAA Pentathlon:

3,993 total points (National and School Record)
 60 meter hurdles: 8.70 (School Record)
 High jump: 5-4 ½
 Shot put: 35-0 ¼
 Long jump: 19-4 ¾
 800 meters: 2:18.74 (Personal Record)

■Pentathlon Final Standings:

1. Heather Miller, St. Cloud State: 3,993
2. Lindsay Lettow, Central Missouri State: 3,924
3. Shannon Moore, Nebraska-Omaha: 3,923
4. Lisa Roth, Ashland: 3,726
5. Emily Churchman, Northwest Missouri State: 3,704
6. Jessica Withrow, Abilene Christian: 3,677
7. Angella Graham, New Mexico Highlands: 3,674
8. Amanda Doyle, Adams State: 3,551
9. Anne Carlson, Central Missouri State: 3,526
10. Trina Carito, East Stroudsburg: 3,337
11. Okine Codlyn, Lincoln (Mo.): 3,270

■Miller's Indoor Honors:

-NSIC Preseason Field Athlete of the Year
 -Two-Time NSIC Athlete of the Week
 -Four-Time NSIC All-Conference
 -NSIC High Point Performer (indoor meet)
 -NSIC Field Athlete of the Year
 -Academic All-NSIC
 -NSIC Pentathlon Record Holder - 3,910 points
 -Four-Time NSIC Champion (Pentathlon, 60 meter hurdles, triple jump, long jump)
 -USTFCCA Central Region Female Field Athlete of the Year
 -USTFCCA All-American
 -Three-Time Indoor All-American (Pentathlon, long jump, triple jump)
 -USTFCCA National Female Field Athlete of the Year
 -2010 NCAA Pentathlon National Champion

■Luhmann's Indoor Honors:

NCAA All-American
 USTFCCA All-American
 NSIC Champion: High jump
 NSIC Field Athlete of the Week
 NSIC All-Conference

■2010 Academic All-NSIC

Dan Allen
 Kevin Andresen
 Sean Gaskell
 Nick Nellis

Assistant Coaches

Mohamed Aden- XC, Middle Distance
 Travis Zins- Throws
 Brian Sebera- Sprints, Relays, Hurdles
 Sam Johnson- Sprints, Relays
 Travis Hoover- XC, Distance
 Kevin Babcock- High Jump



Rebecca Kitzman
 Paula Marozas
 Heather Miller
 Andrea Neugebauer
 Megan Quistorff
 Amanda Schilling

NSIC HIGHLIGHTS:

NSIC CHAMPIONS: Heather Miller (Sun Prairie, Wisc.) won her second straight Northern Sun Intercollegiate Conference (NSIC) indoor pentathlon title Feb. 14 at Northern State University in Aberdeen, S.D. In doing so she set school and NSIC records in the pentathlon and long jump, as well as a facility record in the long jump at Northern State.

Miller tallied a school and NSIC record 3,910 points in the pentathlon to break her old mark of 3,686 set at last year's championship. In process, she led a trio of NSIC athletes who automatically qualified for the NCAA Division II Indoor Track and Field Championships in the pentathlon. Miller's 19-08.25 mark in the long jump also broke a school record (her own) and NSIC record. She also gained an automatic berth to the NCAA indoor championships with her mark.

Miller ran the 60 meter hurdles in 9.00, went 5-04.5 in the high jump, threw the shot put 34-10.5, had a long jump mark of 19-08.25 and ran the 800 in 2:22.06 to top the field.

Miller won a total of four NSIC individual titles in 2010. Her other wins included the 60 meter hurdles in 8.73, the triple jump with a mark of 39-07.25, and the long jump in 18-9.25.

Senior **Gabe Udia (Inver Grove Heights)** was a double winner on the final day of the men's competition winning the 60 meter dash in 6.86 and the 200 meter run in 21.93. Udia has won three NSIC individual titles in the last two years.

Sophomore **Kyle Neumann (Andover)** won his first NSIC title, finishing first in the 5,000 meter race with a time of 14:89.98.

Sophomore **Danielle Luhmann (Rushford)** won her first NSIC indoor title in the high jump with a mark of 5-5.25.

NATIONAL FEMALE FIELD ATHLETE OF THE YEAR:

Mar. 17, 2010 - The USTFCCA recognizes the nation's best male and female athletes from track events and the field events as chosen by the nation's coaches.

New Orleans - St. Cloud State senior track and field athlete Heather Miller (Sun Prairie, Wis.) has been named the U.S. Track and Field and Cross Country Coaches Association (USTFCCA) National Female Field Athlete of the Year. Miller won the women's pentathlon NCAA national title with a NSIC conference record, St. Cloud State record, and meet record of 3,993 points. Miller also earned All-America honors in two other events, placing fourth at the NCAA meet in the long jump and fifth in the triple jump. Earlier in the season, Miller also claimed NSIC titles in four events, including the 60-meter hurdles, to score a total of 51½ points at the conference meet.

2010 TRACK AND FIELD INDOOR SEASON OUTLOOK

Tuesday, January 5, 2010

St. Cloud, Minn. – The St. Cloud State University men's and women's indoor track and field teams will open the 2010 indoor season on Saturday, Jan. 9 at the Northwest Open hosted by the University of Minnesota. The Open gets underway at 12 noon with the field events, followed by the running events at 1:30 p.m.

Last year, the Huskies, in their first season competing in the Northern Sun Intercollegiate Conference (NSIC) placed third among the women's team in the conference indoor championships and seventh in the men's indoor championships.

"The goal this year is to finish better than last year at the conference championships," said head coach Seth Mischke who is in his 12th season at the

helm of the Huskies.

"On the men's side, we should be much improved with more depth. We will see the bulk of our depth help us during the outdoor season as we will redshirt our throwers during the indoor season."

Among the returning athletes are All-Conference performer and senior sprinter Gabe Udia (Inver Grove Heights). Udia set an NSIC record on the way to the men's 55 meter title with a winning time of 6.37 which broke the old record of 6.39. He won four 55 meter races during the 2009 indoor season.

Junior Nick Trisko (Melrose) joins Udia in the sprints department. Senior hurdler Ben Held (Hinton, Iowa) is back after a redshirt season last year and will finish up his career this spring.

Junior Dan Allen (Waite Park) and sophomore Kyle Neumann (Andover) are among the top returners in the distance events.

Senior Marcus Jenkins (Long Branch, N.J.) returns in the hurdle events. Jenkins had a solid season last year with eight top-five finishes and placed third in the 55 meter hurdles at the NSIC indoor championships.

After an injury riddled 2009 season, senior David Queck (Annandale) looks to return to competitive times in the relays and 400 meter events.

Among the throwers, Cyrus Raivo (Brook Park) returns in the javelin for the outdoor season. Mitch Bruzik (Alexandria) and Adam Kershaw (Foley) will redshirt the indoor season and return to competition for the outdoor season this spring.

The 2010 women's squad boasts the NSIC Preseason Field Athlete of the Year in senior Heather Miller (Sun Prairie, Wisc.). Miller won three NSIC indoor titles in 2009 earning championships in the pentathlon, triple jump and 55 meter hurdles. She was named High Point Performer of the Championships with 44 points and led the Huskies to a third place finish. She qualified for the NCAA Division II Indoor championships in four events and brought home All-American honors in the long jump with an eighth place finish and was fifth in the triple jump. Miller is the current school record holder in the outdoor triple jump, indoor pentathlon, indoor long jump and the indoor 4x400 relay.

Junior Kelsey King (Lakeville) is coming off a solid year in 2009 and will give the Huskies points in the hurdles and multi events. She ran on two school record setting relays last season. Junior Angela Wahlvold (Mauston, Wisc.), another multi athlete will redshirt the indoor season and compete in the outdoor season.

Sophomore Danielle Luhmann (Rushford) joined the Huskies midway through the season last year after transferring from the University of Iowa. This will be her first full year of training in the Huskies program. She was a second team All-Conference performer and national qualifier in the indoor high jump last season.

Junior Rebecca Kitzman (Verona, Wisc.) is the Huskies mainstay in throws. She had 11 top-ten finishes in the shot put and weight throw, and placed 14th in the shot put at the NSIC Indoor Championships.

Junior Paula Marozas (Rochester) and sophomore Brittney Moffatt (Coon Rapids), a couple of athletes who will be counted on to gain points for the Huskies in the distance and middle distance events, will also get help from sophomore Keely Rubash (New Lisbon, Wisc.).

Last season, the women's team placed third at the NSIC Indoor championships and fifth in the outdoor championships. According to Mischke, the goal this year will be to improve individual point totals which can equate to a better team finish.