



Home of the Huskies

St. Cloud State University

HUSKY ATHLETICS

Athletic Media Relations - Track & Field

Contact: Anne Abicht 320-308-2141 / aabicht@stcloudstate.edu

07/08 SCHEDULE

2007-08 INDOOR SCHEDULE

DATE	MEET LOCATION TIME / RESULT
Dec. 8	Minnesota State Pre-Season Open
Jan. 12	Northwest Open, Minneapolis
Jan. 19	Minnesota Open, Minneapolis
Jan. 26	Minnesota Open, Minneapolis
Feb. 1-2	UNI Invitational, Cedar Falls, IA
Feb. 9	Husky Open, St. Cloud, Minn., 12:30 pm
Feb. 16	St. Cloud State Open, 12:30 pm
Feb. 22	Snowshoe Open (Men), Minneapolis
Feb. 23	Parent Day Open (Women) Minneapolis
Feb. 29-Mar. 1	NCC Indoor Championships, Mankato, MN Women - 7th; Men - 5th
Mar. 14-15	NCAA DII Indoor Championships, Mankato

2008 OUTDOOR SCHEDULE

Mar. 30-31	Northwest Missouri Multi, Maryville, MO
Apr. 4-5	UW-River Falls Invite
Apr. 13	Bison Open, Fargo, ND
Apr. 18	Tommie Twilight, St. Paul, MN
Apr. 21	Minnesota Morris
Apr. 25	Kip Janvrin Open, Simpson (IA) College
Apr. 24-26	Drake Relays, Des Moines, IA
Apr. 28-29	NCC Multi Championships at St. Cloud
Apr. 30	Tommie Twilight (women), St. Paul
May 4	St. Thomas Invite, Northfield
May 9-10	NCC Outdoor Championships, Men-5th; Women-7th
May 22-24	NCAA DII Outdoor Championships at Walnut, Calif.

SCSU 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: 9th season
 Alma Mater: University of Minnesota, 1997
 Assistant Coaches: Travis Zins (Throws); Tracy Miranowski (Distance); Ryan Koch (Multi-Events & Hurdles); Terra Foster (Sprints); Brian Sebera Graduate Assistant Coach (Sprints & Relays)
Athletic Media Relations Director/Track & Field
 Contact: Anne Abicht; 320-308-2141/aabicht@stcloudstate.edu
 Assistant Media Relations Director: Tom Nelson
 Assistant Media Relations Director: Celest Stang
 Graduate Assistants: Matt Marek & Pat McCabe

St. Cloud State Probable Starters

FOR RELEASE: Outdoor Final - May, 2008



Amanda Kunkel Places 8th in Shot Put at 2008 NCAA Division II

Outdoor Track and Field Championships: St. Cloud State senior Amanda Kunkel (Eden Prairie) gained the fourth All-American honor of her collegiate career with an eighth place finish in the shot put at the 2008 NCAA Division II Outdoor Track and Field Championships Friday night at Hilmer Lodge Stadium in Walnut, California.

Kunkel recorded a throw of 45' 10 3/4" to finish in the eighth spot. Katie Wilson of Wayne State won the national title with a throw of 51' 11 3/4".

The national championship is the final collegiate competition for Kunkel who holds three St. Cloud State records. She set the shot put record of 48'6" at last year's NCAA Championships. She also holds the hammer throw record with a mark of 150'7" and the indoor weight throw record with a mark of 51' 10 1/2".

About Amanda Kunkel: For the third straight year Kunkel qualified and participated in the NCAA outdoor championships in the shot put. In 2007, she earned All-American status with a third place finish. She is a two-time indoor track and field All-American and a two-time outdoor All-American. Kunkel won the 2006 North Central Conference outdoor shot put title.

2008 NCC Results: The St. Cloud State men placed fifth and the women seventh at the NCC Outdoor Championships held May 9-10 at Howard Wood Field in Sioux Falls, SD. Minnesota State University, Mankato won the men's title and the University of South Dakota won the women's title with a record 255 points. Here are the final standings. MEN - 1. Minnesota State University, Mankato 283.5; 2. South Dakota 167; 3. Minnesota Duluth 115.5; 4. North Dakota 112; 5. St. Cloud State 73.5; 6. Augustana College 61.5. WOMEN - 1. South Dakota 255; 2. Minnesota State University, Mankato 154; 3. Augustana College 143; 4. Minnesota Duluth 105.5; 5. North Dakota 77; 6. Nebraska-Omaha 65.5; 7. St. Cloud State 44.

Individual Top NCC Finishes: The Huskies had several top five individual finishes at the North Central Conference Championships. For the women Amanda Kunkel placed second in the shot put and fifth in the hammer throw. Mary Wilson placed second in the javelin. Kelsey King was third in the heptathlon and fourth in the 400 intermediate hurdles and Angel Walhovd placed fifth in the heptathlon. For the men Ben Held placed second in the 100 meter hurdles. Gabe Udia placed second in the 100 meter dash and fourth in the 200 meter dash. David Queck was fourth in the 400 meter dash, Jeremay Davis was fourth in the 400 meter hurdles and Mitch Bruzik was fourth in the shot put. Fifth place finishes included Jeremy Davis in the 110 meter hurdles and Sam Johnson in the 400 meter hurdles.

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



Team Roster

Women's			
Name	Yr.	Event	Hometown (High School)
Andrea Borden	SO	Distance	Merrifield (Crosby-Ironton)
Lindsay Conroy	FY	Throws	Clearwater (St. Cloud Tech)
Holly Dombrovski	SR	Sprints	Sartell
Amanda Eggebretch	SO	Sprints	St. Cloud (Tech)
Sarah Ewald	FY	Sprints	Watertown (Watertown-Mayer)
Valerie Fuchs	SO	Jumps/Sprints	Royalton (H.S.)
Christa Halonen	JR	Distance	Annandale
Christine Henke	FY	Jumps/Sprints	Blue Earth
Kimberly Horner	JR	Sprints	Oakdale (North St. Paul)
Cheryl Hundt	FY	Mid-Distance	Bangor, WI
Kelsey King	FY	Hurdles/Multi	Lakeville (Burnsville)
Rebecca Kitzman	FY	Throws	Verona, WI (Verona Area)
Amanda Kunkel	SR	Throws	Eden Prairie
Paula Marozas	FY	Distance	Rochester (Andover)
Heather Miller	JR	Jumps/Sprints	Sun Prairie, WI (Columbus)
Brittney Moffatt	FY	Mid-Distance	Coon Rapids (St. Francis)
Crystal Moor	JR	Hurdles/Sprints	Minneapolis (Washburn)
Kelley Nelson	JR	Mid-Distance	Westbrook (Westbrook-Walnut Grove)
Sierrah Poole	SO	Distance	Blue Earth (Blue Earth Area)
Megan Quistorff	FY	Sprints	Sauk Centre
Andraya Rollins	FY	Throws	Grand Rapids
Libbie Sanders	JR	Distance	Coon Rapids
Amber Schueler	SR	Hurdles/Jumps	Glencoe (Glencoe-Silver Lake)
Mikha Tan	JR	Jumps/Sprints	Sioux City, IA (Sergeant Bluff-Luton)
Melissa Walden	FY	Mid-Distance	Deep River, Ontario
Angela Walhovd	FY	Hurdles/Multi	Mauston, WI
Mary Wilson	SO	Javelin	Grand Forks, N.D. (Red River)
Emily Winans	JR	Distance	Fergus Falls
Men's			
Dan Allen	FY	Jumps/Mid-Distance	St. Cloud (Cathedral)
Vivian Bambara	SO	Sprints	Big Lake (St. Paul Johnson)
Cyrus Beckwith	FY	Pole Vault	Saginaw
Mitch Bruzik	SO	Throws	Alexandria (Jefferson)
Brian Chavers	FY	Sprints	Plymouth
Hady Cherif	FY	Distance	Minneapolis (St. Louis Park)
Bob Colwell	SO	Hurdles	Altoona, WI
Jeremy Davis	FY	Hurdles	Champlin Park
Isaiah Fuller	JR	Pole Vault	Faribault
Michael Graham	SR	Sprints	Oakdale (Tartan)
Ben Held	JR	Hurdles	Hinton, Iowa
Marcus Jenkins	JR	Hurdles	Long Branch, N.J.
Cris Jirele	SO	Multi	Medford (El Shaddi/Medford)
Sam Johnson	SR	Jumps/Sprints	Savage (Burnsville)
Adam Kershaw	SO	Throws	Foley
Matt Main	FY	Mid-Distance	Webster, WI
Kyle Mikesh	SO	Throws	Eden Prairie
Tim Moes	JR	Mid-Distance	Becker
Pierce Novak	SO	Sprints	Coon Rapids
Shawn Onken	JR	Sprints	Eagle Bend (Parkers Prairie)
Lucas Pedersen	JR	Mid-Distance	Richfield
David Queck	JR	Sprints	Annandale
Cyrus Raivo	SO	Throws	Brook Park (Mora)
Mitchell Robertson	SO	Sprints	Rice (Sauk Rapids-Rice)
Billy Sackett	FY	Mid-Distance	Grand Rapids
Bobby Scepaniak	JR	Pole Vault	Avon (Holdingford)
Shawn Steinkraus	FY	Distance	Brainerd
Andrew Stueck	SO	Throws	Madison, WI (LaFollette)
Gabe Udia	SO	Sprints	Inver Grove Heights (Simley)
Vanlice Washington	FY	Hurdles/Sprints	Coon Rapids
Ben Wagner	SO	Distance	Buffalo (Waconia)
Dan Weihrauch	FY	Throws	Sartell
Fred Williams	FY	Jumps/Sprints	Milwaukee, WI (South Division)

Head Coach Seth Mischke



Head Coach Seth Mischke (Minnesota, 1997) has completed his ninth season at the helm of the SCSU men's and women's track & field teams. Mischke was hired in 1999 after serving two years as an assistant to Tracy Dill. In his eight 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 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.

A native of Worland, Wyoming, Mischke is a 1997 graduate of the University of Minnesota where he was a member of the Golden Gophers men's track & field team. A two-time team captain, he was a consistent top-eight finisher at the Big Ten Championships in multi-events.

Assistant Coaches

- Travis Zins - Throws
- Tracy Miranowski - Distance runners
- Ryan Koch - Multi Events & Hurdles
- Terra Foster - Sprints
- Brian Sebera (Graduate Assistant Coach)
- Sprints & Relays



Ten Named to Academic Outdoor Track and Field Honor Roll:

Sioux Falls, SD -- Six women and four men represent St. Cloud State University on the 2008 North Central Conference Commissioner's Academic Outdoor Track & Field Honor Roll released May 8 by the league office.

To earn this recognition, student-athletes must have a minimum 3.20 grade point average, have completed at least two semesters at their current school and have competed against outside competition.

Named to the women's academic honor roll were sophomore Valerie Fuchs (Royalton), a pre-recreation/sports management major, juniors Christa Halonen (Annandale), a management major, Heather Miller (Sun Prairie, WI) a nursing major, Crystal Moor (Minneapolis), a Spanish major, Kelley Nelson (Westbrook), a pre-nursing major and senior Amber Schueler (Glencoe), a marketing major.

Sophomores Micheal Duncan (Benson), a pre-recreation/sports management major, Pierce Novak (Coon Rapids), a mass communications major, and Cyrus Raivo (Brook Park), a pre-physical education major, and senior graduate student Sam Johnson (Savage), an exercise science major represent the men.

NCAA Division II Outdoor Track and Field Championships Results

Women's Shot Put:

8. Amanda Kunkel, Shot Put, 45' 10 3/4"

2008 Outdoor Season Results

Herschel Neil Decathlon/Ashley Nally Heptathlon, Mar 2008

NW Missouri

Women's Results

Heptathlon

3. Kelsey King, 3,770
3. 100 M Hurdles, 16.02 (712)
6. High Jump, 1.41m (523)
5. Shot Put, 7.6m (374)
2. 200 M Dash, 27.24 (692)
4. Long Jump, 4.87m (524)
6. Javelin, 22.09m (328)
3. 800 M Run, 2:36.61 (617)
4. Angela Walhovd, 3,750
4. 100 M Hurdles, 16.37 (670)
5. High Jump, 1.47m (588)
2. Shot Put, 9.7m (510)

5. 200 M Dash, 29.06 (550)
6. Long Jump, 4.55m (441)
2. Javelin, 27.45m (428)
6. 800 M Run, 2:40.96 (563)

Men's Results

Decathlon

3. Andrew Stueck, 4,924
4. 100 M Dash, 12.09 (633)
4. Long Jump, 5.40m (461)
2. Shot Put, 12.36m (629)
4. High Jump, 1.58m (449)
3. 400 M Dash, 55.33 (586)
4. 110 M Hurdles, 21.03 (272)
2. Discus, 34.02m (544)
3. Pole Vault, 2.65m (275)
1. Javelin, 51.23m (607)
2. 1500 M Run, 5:16.64 (565)
4. Cris Jerere, 4,791
3. 100 M Dash, 12.04 (643)
3. Long Jump, 5.78m (540)
4. Shot Put, 9.96m (483)
3. High Jump, 1.58m (449)
3. 400 M Dash, 55.33 (586)
3. 110 M Hurdles, 19.48 (391)
4. Discus, 25.55m (397)
3. Pole Vault, 2.65m (275)
3. Javelin, 36.82m (396)
1. 1500 M Run, 5:16.44 (470)

Bison Open Results

Apr 13, 2008

North Dakota State Univ

Women's Results

400 Meter Dash

9. Amanda Eggebrecht, 1:01.40
11. Cheryl Hundt, 1:01.71

3000 Meter Run

12. Andrea Borden, 11:21.94
19. Libbie Sanders, 12:50.64

Javelin Throw

2. Mary Wilson, 40.06m
20. Angela Walhovd, 23.34m
22. Valerie Fuchs, 20.50m

Discus Throw

13. Rebecca Kitzman, 36.25m

Shot Put

1. Amanda Kunkel, 14.68m
26. Valerie Fuchs, 9.90m
27. Rebecca Kitzman, 9.56m

Hammer Throw

26. Mary Wilson, 28.50m
27. Rebecca Kitzman, 28.36m

Men's Results

4x100 Meter Relay

2. St Cloud State A, 42.70
- Sam Johnson, David Queck, Bryan Chavers, Gabe Udia

110 Meter Hurdles

5. Jeremy Davis, 16.23

400 Meter Dash

3. David Queck, 50.60
5. Mitchell Robertson, 51.50
15. Matt Main, 54.68

100 Meter Dash

2. Gabe Udia, 10.90
8. Chris Lefler, 11.60
12. Shawn Onken, 11.72

400 Meter Hurdles

6. Jeremy Davis, 1:00.23

200 Meter Dash

1. Gabe Udia, 22.55
12. Chris Lefler, 23.54
21. Shawn Onken, 24.03

4x400 Meter Relay

2. St Cloud State A, 3:28.19
- Mitchell Robertson, David Queck, Sam Johnson, Matt Main

Pole Vault

4. Shawn Paschke, 14' 0"
 13. Cyrus Beckwith, 13' 0"
 14. Brett Farniack, 13' 0"
- Bobby Scepaniak, Fail

Shot Put

2. Adam Kershaw, 14.28m
6. Mitch Bruzik, 13.88m
7. Dan Weihrauch, 13.17m

Discus Throw

5. Adam Kershaw, 43.50m
10. Cyrus Raivo, 42.30m
15. Mitch Bruzik, 38.64m
19. Dan Weihrauch, 37.56m
21. Kyle Mikesh, 37.02m

Hammer Throw

7. Mitch Bruzik, 45.36m
14. Adam Kershaw, 37.70m
15. Cyrus Raivo, 36.92m
20. Dan Weihrauch, 32.32m
21. Kyle Mikesh, 32.15m

Javelin Throw

4. Cyrus Raivo, 174' 9.5"



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2008 Outdoor Season Results

UM of Morris Results

Apr 19, 2008

Morris, MN

Women's Results

100 Meter Dash

3. Megan Quistorff, 12.98
7. Lynette Raichle, 13.76

200 Meter Dash

3. Amanda Eggebrecht, 27.05
7. Lynette Raichle, 28.46

800 Meter Run

1. Holly Drombrovski, 2:23.56
2. Cheryl Hundt, 2:27.88

1500 Meter Run

1. Emily Winans, 5:08.21

5000 Meter Run

2. Andrea Borden, 20:13.75
3. Paula Marozas, 21:17.80

100 Meter Hurdles

1. Angela Walhovd, 16.14
2. Kelsey King, 16.23
3. Sarah Ewald, 16.51

3000 Meter Steeplechase

2. Christa Halonen, 14:12.16

4x100 Meter Relay

2. SCSU 'A', 51.75

4x400 Meter Relay

1. SCSU 'A', 4:06.52
3. SCSU 'B', 4:19.61

High Jump

4. Angela Walhovd, 1.48m
5. Sarah Ewald, 1.43m
9. Kelsey King, 1.38m

Shot Put

1. Amanda Kunkel, 13.58m
5. Rebecca Kitzman, 10.61m

Discus Throw

10. Rebecca Kitzman, 30.01m

Hammer Throw

1. Amanda Kunkel, 45.82m
18. Rebecca Kitzman, 25.75m

Javelin Throw

2. Mary Wilson, 36.47m
8. Kelsey King, 28.93m
9. Angela Walhovd, 28.33m

Men's Results

100 Meter Dash

1. Gabe Udia, 10.88
9. Chris Lefler, 11.48
13. Shawn Onken, 11.65
16. Bryan Chavers, 11.76

200 Meter Dash

9. Chris Lefler, 23.32
13. Shawn Onken, 23.47

400 Meter Dash

7. David Queck, 51.06
14. Mitchell Robertson, 52.28
20. Andy Smith, 56.08

800 Meter Run

7. Dan Allen, 2:01.06
13. Matt Main, 2:07.85

1500 Meter Run

9. Dan Allen, 4:11.87

5000 Meter Run

4. Hady Cherif, 16:15.33
7. Lucas Pederson, 17:07.85

110 Meter Hurdles

3. Ben Held, 15.71
8. Jeremy Davis, 16.91

400 Meter Hurdles

4. Jeremy Davis, 58.22

4x100 Meter Relay

2. SCSU 'A', 42.60

Pole Vault

3. Shawn Paschke, 4.41m
5. Cyrus Beckwith, 4.11m
12. Brett Farniok, 3.96m

Shot Put

7. Adam Kershaw, 14.59m
8. Mitch Bruzik, 13.32m
9. Dan Weihrauch, 12.80m
10. Matt Schwartz, 12.73m
11. Kyle Mikesh, 12.34m

Discus Throw

4. Adam Kershaw, 45.47m
6. Cyrus Raivo, 41.47m
7. Mitch Bruzik, 40.22m
8. Matt Schwartz, 39.89m
11. Kyle Mikesh, 38.77m
12. Dan Weihrauch, 38.36m

Hammer Throw

6. Adam Kershaw, 41.15m
9. Mitch Bruzik, 39.02m
13. Kyle Mikesh, 33.76m
14. Matt Schwartz, 31.73m

17. Dan Weihrauch, 28.52m

19. Cyrus Raivo, 3.66m

Javelin Throw

1. Cyrus Raivo, 52.70m
4. Andrew Stueck, 42.52m
5. Cris Jirele, 38.80m

Kip Janvrin Open

April 25, 2008

Indianola, IA

Women's Results

100 Meter Dash

32. Lynette Raichle, 14.09

200 Meter Dash

31. Lynette Raichle, 29.98

800 Meter Run

13. Cheryl Hundt, 2:27.01

1500 Meter Run

45. Paula Marozas, 5:19.44

Discus Throw

40. Rebecca Kitzman, 29.61m

Hammer Throw

5. Amanda Kunkel, 46.68m
41. Rebecca Kitzman, 33.47m

Javelin Throw

6. Mary Wilson, 34.14m

Men's Results

100 Meter Dash

4. Gabe Udia, 11.10
36. Adam Lucky, 11.96

1500 Meter Run

12. Dan Allen, 4:11.44

110 Meter Hurdles

17. Ben Held, 15.82
34. Cris Jirele, 17.65

Pole Vault

11. Shawn Paschke, 4.26m

Long Jump

19. Adam Lucky, 6.06m

Shot Put

9. Adam Kershaw, 14.07m
18. Kyle Mikesh, 13.41m
26. Dan Weihrauch, 12.35m

Discus Throw

10. Cyrus Raivo, 42.77m
17. Adam Kershaw, 40.45m



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David Queck, Mitchell
Robertson, Jeremy Davis, Chris
Lefler

1600 Sprint Medley
19. SCSU, 3:33.23
Gabe Udia, Sam John-
son, David Queck, Dan Allen

Tommie Twilight April 30, 2008 St. Paul, MN

Women's Results

200 Meter Dash
12. Megan Quistorff, 27.71
16. Amanda Eggebrecht, 27.79
32. Lynette Raichle, 29.60

400 Meter Dash
7. Amanda Eggebrecht, 1:00.88
13. Megan Quistorff, 1:01.72

800 Meter Run
12. Cheryl Hundt, 2:25.19
27. Emily Winans, 2:34.17
28. Kelley Nelson, 2:35.35

1500 Meter Run
23. Emily Winans, 5:14.58
30. Andrea Borden, 5:22.01

400 Meter Hurdles
9. Kelsey King, 1:05.43

Shot Put
3. Amanda Kunkel, 13.86 m
9. Rebecca Kitzman, 11.59 m

Discus
20. Rebecca Kitzman, 32.63 m

Hammer Throw
7. Amanda Kunkel, 43.97 m
26. Rebecca Kitzman, 32.46m

Javelin
5. Mary Wilson, 34.06m

St. Thomas Invite at St. Olaf College May 4, 2007

Women's Results

100 Meter Dash
9. Lynette Raichle, 13.93

200 Meter Dash
7. Megan Quistorff, 26.94
15. Holly Dombrovski, 28.05

18. Lynette Raichle, 28.61

400 Meter Dash
3. Cheryl Hundt, 1:00.93

800 Meter Run
18. Kelley Nelson, 2:34.72

1500 Meter Run
5. Emily Winans, 5:05.06
6. Paula Marozas, 5:05.36
10. Andrea Borden, 5:21.17

100 Meter Hurdles
3. Angela Walhovd, 15.69
5. Sarah Ewald, 15.88

400 Meter Hurdles
4. Sarah Ewald, 1:09.39
10. Kelsey King, 1:13.22

3000 Meter Steeplechase
6. Christa Halonen, 13:55.44

4x100 relay
3. SCSU, 50.62

4x400 relay
3. SCSU, 4:06.49

High Jump
6. Sarah Ewald, 4' 7 1/2"

Shot Put
1. Amanda Kunkel, 45'10"
6. Rebecca Kitzman, 35'10 1/2"

Discus
3. Rebecca Kitzman, 131'8"

Hammer Throw
4. Amanda Kunkel, 131'6"
7. Rebecca Kitzman, 105'7"

Javelin
1. Mary Wilson, 124'1"
3. Angela Walhovd, 103'6"

Men's Results

100 Meter Dash
2. Gabe Udia, 10.70
5. Shawn Onken, 11.26
7. Chris Lefler, 11.32
9. Bryan Chavers, 11.55

200 Meter Dash
4. Gabe Udia, 22.26
8. Shawn Onken, 23.17
11. Bryan Chavers, 23.72

400 Meter Dash

2. David Queck, 49.61
8. Matt Main, 54.71

110 Meter Hurdles
1. Ben Held, 15.28

400 Meter Hurdles
6. Jeremy Davis, 58.31
10. Sam Johnson, 1:01.21

4x100 Relay
1. SCSU, 42.04

High Jump
T5. Cris Jirele, 5'8"

Pole Vault
3. Shawn Paschke, 14'6"
T5. Cyrus Beckwith, 14'
13. Bobby Scepaniak, 12' 1/2"

Long Jump
5. Adam Luckey, 20' 11 3/4"

Shot Put
6. Kyle Mikesh, 45'1 3/4"
7. Mitch Bruzik, 44'
9. Dan Weihrauch, 40'9"

Discus
2. Kyle Mikesh, 147'7"
3. Cyrus Raivo, 144'0"
5. Adam Kershaw, 140'11"
11. Dan Weihrauch, 124'8"

Hammer Throw
7. Mitch Bruzik, 144'7"
10. Cyrus Raivo, 129'7"
14. Kyle Mikesh, 122'11"
16. Dan Weihrauch, 112'11"

Javelin
1. Cyrus Raivo, 184'6"
3. Andrew Stueck, 156'10"

2008 North Central Conference Outdoor Championships May 9-10 Sioux Falls, SD

Women's Results

4x100 Relay
6. SCSU, 50.55

100 Meter Hurdles
9. Kelsey King, 15.62
10. Sarah Ewald, 15.63
11. Angela Walhovd, 15.71

400 Meter Dash
9. Cheryl Hundt, 1:00.48

12. Megan Quistorff, 1:02.12
13. Amanda Eggebrecht, 1:02.17

100 Meter Dash
10. Lynette Raichl, 13.78

800 Meter Run
15. Holly Dombrovski, 2:27.08
18. Kelley Nelson, 2:33.51

400 Intermediate Hurdles
4. Kelsey King, 1:04.42
9. Sarah Ewald, 1:07.73

200 Meter Dash
20. Lynette Raichl, 28.02

4x400 Relay
6. SCSU, 4:08.25

Shot Put
2. Amanda Kunkel, 45' 3 1/2"
17. Rebecca Kitzman, 32' 11 1/4"

High Jump
T9. Sarah Ewald, 4' 11 1/2"

Javelin
2. Mary Wilson, 125'11"
9. Angela Walhovd, 95'11"

Discus
7. Rebecca Kitzman, 125'2"

Hammer
5. Amanda Kunkel, 147'4"
17. Rebecca Kitzman, 109'10"

3000 Meters
8. Emily Winans, 10:51.77
18. Paula Marozas, 11:30.59
20. Andrea Borden, 12:09.23

Heptathlon
3. Kelsey King, 4034 pts
5. Angela Walhovd, 4005 pts

Men's Results

Hammer
9. Adam Kershaw, 144'
14. Cyrus Raivo, 133'6"
15. Mitch Bruzik, 132'6"
16. Dan Weihrauch, 122'15"
17. Kyle Mikesh, 118'1"

4x100 Relay
2. SCSU, 42.15

1500 Meters
8. Dan Allen, 4:05.84



110 Meter Hurdles
2. Ben Held, 14.97
5. Jeremy Davis, 15.53
6. Marcus Jenkins, 15.76

400 Meter Dash
4. David Queck, 49.49
11. Mitch Robertson, 51.71
14. Matt Main, 54.20

100 Meter Dash
2. Gabe Udia, 10.71
12. Shawn Onken, 11.45
13. Chris Lefler, 11.46
16. Bryan Chavers, 11.72

400 Meter Hurdles
4. Jeremy Davis, 55.94
5. Sam Johnson, 56.05

200 Meter Dash
4. Gabe Udia, 22.21
10. Chris Lefler, 22.96
12. Shawn Onken, 23.10
17. Bryan Chavers, 24.02

10,000 Meter Run
11. Hady Cherif, 34:23.76

4x400 Relay
6. SCSU, 3:25.67

Shot Put
4. Mitch Bruzik, 48'
7. Adam Kershaw, 46' 1 1/2"
13. Kyle Mikesh, 43' 7 3/4"
16. Dan Weihrauch, 39'1"

Discus
10. Adam Kershaw, 132'7"
11. Mitch Bruzik, 131'5"
14. Cyrus Raivo, 128'5"
17. Kyle Mikesh, 120'4"
19. Dan Weihrauch, 119'

Long Jump
13. Sam Johnson, 20' 3 3/4"
16. Adam Luckey, 19'4"
17. Cris Jirele, 19'1 1/4"

Steeplechase
11. Lucas Pedersen, 10:57.99

5000 Meters
11. Dan Allen, 15:57.41
23. Hady Cherif, 16:30.38

Decathlon
7. Andrew Stueck, 5378 pts
9. Cris Jirele, 5012 pts



The 2007-08 school year marks the final year of league competition in the North Central Conference for the St. Cloud State University athletics program. St. Cloud State University, Minnesota State University Mankato, Augustana College and the University of Minnesota Duluth will join the Northern Sun Intercollegiate Conference in the fall of 2008. The University of Nebraska-Omaha will join the Mid-America Intercollegiate Athletics Association, while the University of South Dakota and the University of North Dakota have elected to seek NCAA Division I status.

The North Central Conference distinguished itself as one of the premier NCAA Division II leagues in the country. The first official competition of the league was held in the spring of 1922. The founding members were South Dakota State College, College of St. Thomas, Des Moines University, Creighton University, North Dakota Agricultural College, University of North Dakota and Morningside College. In 1978, the conference began to phase in women's athletics. The league grew to be ten universities strong with men's and women's teams competing for championships from Augustana College, Minnesota State University Mankato, Morningside College, Nebraska-Omaha, North Dakota, North Dakota State, Northern Colorado, St. Cloud State and South Dakota.

The league began to change in 2000 when Morningside elected to leave the conference. Northern Colorado (2003), followed by North Dakota State and South Dakota State (2004), elected to move up a classification to NCAA Division II. Minnesota Duluth joined the NCC in 2004 making it a seven team league.

The St. Cloud State men's program joined the North Central Conference in 1981. The Huskies made their presence known in the league winning 15 tennis championships (1986, 1990, 1991, 1993, 1994, 1997, 1998, 1999, 2002, 2003, 2004, 2005, 2006, 2007, 2008) four swimming and diving championships (1982,83, 84, 85), four basketball championships (1986,87,88, 2001), four golf championships (1994, 2004, 2005, 2007), two football (1989 and 2002), and one title each in cross-country (1983), and baseball (1991).

The SCSU women's program joined the NCC in 1984, and won five conference tennis titles (1985, 1987, 1988, 1990, 1991), three softball titles (1998, 2003, 2004), and one basketball championship (1989).