



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
<b>Feb. 9</b>	<b>Husky Open, St. Cloud, Minn., 12:30 pm</b>
<b>Feb. 16</b>	<b>St. Cloud State Open, 12:30 pm</b>
Feb. 22	Showshoe Open (Men), Minneapolis
Feb. 23	Parent Day Open (Women) Minneapolis
Feb. 29-Mar. 1	NCC Indoor Championships, Mankato, MN
Mar. 14-15	NCAA DII Indoor Championships, Mankato

### 2008 OUTDOOR SCHEDULE - TBA

Apr. 28-29	NCC Multi Championships at St. Cloud, MN
May 9-10	NCC Outdoor Championships, at Sioux Falls, S.D.
May 22-24	NCAA DII Outdoor Championships at Walnut, Calif.

## St. Cloud State Probable Starters

FOR RELEASE: Feb. 13, 2008



**Huskies at Home February 16:** The St. Cloud State University men's and women's track and field teams will host the annual SCSU Open on Saturday, February 16 in the Halenbeck South Field House.

**Start Times:** The field events will get underway at 12:30 p.m. followed by the running events at 1:30 p.m. The complete schedule can be found on page 3 of this release.

**Competing Teams:** St. Cloud State will be joined by the men's and women's teams from the University of North Dakota, Macalester College, Concordia-St. Paul, and the Northwest Bible College. Women's teams will include St. Thomas, St. Ben's, and St. Kate's. Men's teams will include St. John's.

**The Huskies to Date:** Sophomore sprinter Gabe Udia (Inver Grove Heights) and senior Amanda Kunkel (Eden Prairie) have had consistent performances to date in the 60 meter dash and shot put, respectively. Udia has won three races and finished second in two others. Kunkel has wins in both the shot put and weight throw and has two fourth place finishes in the shot.

**School Records Set:** St. Cloud State established two new records in the women's indoor track record book last week. Kunkel broke her own record in the weight throw with a mark of 51' 10 1/2" at the Husky Open. Her old mark of 50'8 3/4" was set last season. The women's distance medley of Paula Marozas, Cheryl Hundt, Holly Dombrowski and Emily Winans set a new mark of 12:54.04. The old mark of 13:15.84 was established in 2006 and Winans was a member of that relay team.

**Provisional Qualifiers:** Two Huskies have met provisional qualifying marks this season. Sophomore sprinter Gabe Udia (Inver Grove Heights) has met the provisional mark in the 60 meter dash. Senior thrower Amanda Kunkel (Eden Prairie) is a provisional qualifier in the shot put.

**National Performance List:** Kunkel currently ranks fifth on the NCAA performance list in the shot put with a mark of 14.16 meters. Udia ranks 14th on the NCAA 60 meter performance list with his time of 6.85.

**Conference Performance List:** Kunkel ranks first on the North Central Conference performance list in the shot put this week and is fourth in the weight throw. Udia is first in the 60 meters and fifth in the 200 meters on the NCC performance list. First-year Fred Williams (Milwaukee, WI) is second on the conference performance list in the long jump

**On the Horizon:** The men's team will compete at the Snowshoe Open in Minneapolis on Feb. 22 and women's squad will compete in the Parent Day Meet in Minneapolis on Feb. 23.

## 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 Mirznowski (Distance); Jason 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



## Team Roster

<b>Women's</b>			
<b>Name</b>	<b>Yr.</b>	<b>Event</b>	<b>Hometown (High School)</b>
Andrea Borden	SO	Distance	Merrifield (Crosby-Ironton)
Lindsay Conroy	FY	Throws	Clearwater (St. Cloud Tech)
Holly Dombrowski	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
<b>Men's</b>			
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) is in 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
- Jason Koch - Multi Events & Hurdles
- Terra Foster - Sprints
- Brian Sebera (Graduate Assistant Coach) - Sprints & Relays



# St. Cloud State University Track & Field - Page 3

**Top Five Finishes:** The Huskies have had several top five place finishers this season.

### Women's Shot Put

- 1. Amanda Kunkel, 46' 51/2" Husky Open, 2/9
- 4. Amanda Kunkel, 45'8 1/2" UNI Invitational, 2/2
- 4. Amanda Kunkel, 44'9 3/4" Jack Johnson Minnesota Classic, 1/26

### Women's Weight Throw

- 1. Amanda Kunkel, 51'10 1/2" (school record) Husky Open, 2/9
- 3. Mary Wilson, 11.81m Husky Open, 2/9

### Women's 60 Meter Dash

- 2. Mikha Tan, 8.18 Husky Open, 2/9
- 5. Megan Quistorff, 8.37 Husky Open, 2/9
- 4. Megan Quistorff, 8.31 Northwest Open, 1/12

### Women's 200 Meters

- 2. Megan Quistorff, 27.32 Husky Open, 2/9
- 3. Megan Quistorff, 27.53 Northwest Open, 1/12

### Women's 400 Meters

- 2. Amanda Eggebrecht, 1:03.46 Husky Open, 2/9

### Women's 500 Meters

- 1. Cheryl Hundt, 1:22.65 Husky Open, 2/9

### Women's Mile Run

- 4. Christa Halonen, 5:48.58 Husky Open, 2/9

### Women's 1,000 Meter

- 4. Kelley Nelson, 3:25.12 Husky Open, 2/9

### Women's 60 Meter Hurdles

- 3. Angela Walhovd, 9.70 Husky Open, 2/9
- 4. Kelsey King, 9.87 Husky Open, 2/9
- 5. Sarah Ewald, 10.12 Husky Open, 2/9

### Women's High Jump

- 2. Angela Walhovd, 1.45 m Husky Open, 2/9
- 4. Valerie Fuchs, 1.40m Husky Open, 2/9

### Women's Long Jump

- 2. Mikha Tan, 5.28 Husky Open, 2/9

### Men's 60 Meter Dash

- 1. Gabe Udia, 6.96 Husky Open, 2/9
- 3. Sam Johnson, 7.25 Husky Open, 2/9
- 4. Brian Chavers, 7.39 Husky Open, 2/9

- 2. Gabe Udia, 6.95 UNI Invitational, 2/2

- 1. Gabe Udia, 6.90 Jack Johnson Minnesota Classic, 1/26

- 1. Gabe Udia, 6.85 Minnesota Open, 1/19

- 2. Gabe Udia, 6.87 Northwest Open, 1/12

### Men's Long Jump

- 2. Adam Luckey, 6.36m Husky Open, 2/9
- 3. Sam Johnson, 6.27m Husky Open, 2/9
- 5. Fred Williams, 22' 2 1/4" Jack Johnson Minnesota Classic, 1/26

### Men's 200 Meters

- 1. Gabe Udia, 22.90 Husky Open, 2/9
- 3. Gabe Udia, 22.83 Northwest Open, 1/12

### Men's 400 Meters

- 2. Mitch Robertson, 53.15 Husky Open, 2/9
- 4. David Queck, 52.03 Northwest Open, 1/12

### Men's 800 Meters

- 2. Billy Sackett, 2:06.98 Husky Open, 2/9
- 3. Matt Main, 2:08.92 Husky Open, 2/9

### Men's 1,000 Meters

- 2. Hady Cherif, 2:48.63 Husky Open, 2/9

### Men's 60 Meter Hurdles

- 2. Jeremy Davis, 8.93 Husky Open, 2/9
- 5. Cris Jirele, 9.73 Husky Open, 2/9
- 5. Ben Held, 8.70 Northwest Open, 1/12

### Men's High Jump

- 5. Andrew Stueck, 1.55m Husky Open, 2/9

### Men's Pole Vault

- 2. Brett Farniok, 3.95m Husky Open, 2/9

### Men's Shot Put

- 2. Adam Kershaw, 49' 4 1/4" Husky Open, 2/9
- 3. Mitch Bruzik, 13.88m Husky Open, 2/9
- 4. Kyle Mikesh, 13.52m Husky Open, 2/9

### Men's Weight Throw

- 1. Mitch Bruzik, 13.95m Husky Open, 2/9
- 3. Adam Kershaw, 13.71 Husky Open, 2/9



## SCSU Open - February 16, 2008

### Halenbeck South Fieldhouse

#### Field Events:

##### 12:30pm

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)

#### Running Events: (we will use a rolling schedule)

##### 1:30pm

5000m (M, W)  
 Distance Medley Relay (1200, 400, 800, 1600); (W, M)  
 Mile (W, M)  
 60m Hurdles (W, M)  
 60m Dash (W, M)  
 400m Dash (W, M)  
 500m Dash (W, M)  
 60m Hurdles Final (W, M)  
 60m Dash Final (W, M)  
 800m (W, M)  
 1000m (W, M)  
 200m (W, M)  
 3000m (W, M)  
 4x400m Relay (W, M)