



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/Spring 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
<b>Feb. 21</b>	<b>St. Cloud State Parent Open</b>	<b>St. Cloud, MN</b>
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. 5-6	St. John's Multi	Cancelled
Apr. 9-11	DII Challenge (w/Multi)	W-5th; M-4th
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	M-5th; W-5th
May 21-23	NCAA DII Championships	San Angelo, TX W-22nd

## 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  
 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 Men's and Women's Track & Field

FOR RELEASE: May, 2009 - Final Release



### Heather Miller National Runner Up in Triple Jump:

Junior track and field athlete Heather Miller (Sun Prairie, Wisc.) ended the 2009 season on a high note earning two All-American honors at the NCAA Division II Outdoor Track and Field Championships, May 21-23 in San Angelo, Texas. Miller's highlight was a second place finish in the triple jump with a school record leap of 40-07.75. Miller nearly won the national title but a competitor overtook her on the second to last jump and won by two inches. In addition, Miller placed fifth in the heptathlon as she tallied a personal record 5165 points in the event. In several events she recorded a PR including the 100 meter hurdles (14.42/920 pts), high jump (5'3"/736 pts), first day heptathlon total (3028), long jump (18-10.75/777 pts), javelin (115'1"/573 pts), and the 800 meters (2:22.74/787 pts). Miller's overall total of 5165 points was the second highest score for an SCSU athlete in the event, behind the school record 5436 held by Jennifer Higgins since 2001.



Miller had an outstanding 2009 season. She won three NSIC outdoor titles in the heptathlon, triple jump and 100 meter hurdles to lead the Huskies to a fifth place conference finish. She was named the NSIC Outdoor Women's Field Athlete of the Year and High Point Performer. During the NSIC indoor season, she won three titles, taking firsts in the pentathlon, triple jump and 55 meter hurdles.

**NSIC Outdoor Finishes:** Both the St. Cloud State men's team and women's team placed fifth at their first Northern Sun Intercollegiate Conference (NSIC) Outdoor Championships. The men's team placed fifth with 70 points and the women's squad posted 82 points.

**NSIC Outdoor Champions:** Sophomore **Nick Trisko (Melrose)** won his first NSIC outdoor title in the 100 meter dash. He ran the race in 11.03. On the women's side, **Miller** won the heptathlon ( 4881-NSIC record), 100 meter hurdles (14.71), and triple jump (39-11.25).

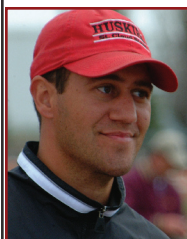
**All-Conference:** Several Huskies earned All-Conference honors at the NSIC outdoor championships. The All-Conference performers were Heather Miller and Kelsey King (400 meter hurdles/100 meter hurdles), and Dusty McColley (high jump), Nick Trisko (200 meter dash) and Gabe Udia (200 meter dash/100 meter dash).

**All-NSIC Academic Team:** The Huskies were well represented on the spring sports academic honor roll. The All-NSIC Academic Team included Cheryl Hundt, Rebecca Kitzman, Paula Marozas, Heather Miller, Crystal Moor, Kelley Nelson, Andrea Neugebauer, Megan Quistorff, Lynetter Raichle, Amber Schueler, Mikha Tan, and Brock Veth.

[www.StCloudState.edu/athletics/sports/track/default.asp](http://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**

**Outdoor School Records in 2009:**

**Triple Jump - Heather Miller**

40-07.75, NCAA Championships, May 22

**2009 Outdoor Provisional Qualifiers:**

Gabe Udia - 100 meter dash

Men's 4x100 meter relay - Udia, Nick Trisko, Marcus Jenkins, Michael Graham

**National Champions:** Heather Miller came so close to being a national champion so a quick look at the record book shows that she would have been only the third female track athlete to win a national title at St. Cloud State. The two national champions are GiGi DesLauriers (1992 in the outdoor high jump) and Marie Sherwood, an AIAW National Champion (1982 in the javelin).

**For the Men:** In the history of St. Cloud State men's track and field there have been five national champions. The NCAA Champions include Justin DeRosier (1997 indoor pole vault), Matt Vardas (1993 outdoor shot put), Kurt Threinen (1985 in the outdoor 10,000 meters), Layne Kelley (1981 outdoor shot put), and John Kimbrough (1976 100 meters).

**NSIC Champions in 2009:** Following is a list of the NSIC track and field champions from St. Cloud State in both the indoor and outdoor competitions.

**Heather Miller:** Outdoor heptathlon, triple jump, 100 meter hurdles; Indoor pentathlon, 55 meter hurdles, triple jump.

**Gabe Udia:** Indoor 55 meter dash

**Nick Trisko:** Outdoor 100 meter dash

**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 60 athletes including Rob Aderman, Hassan Ali, Dan Allen, Kevin Andersen, Christian Berg, Tim Bernard, William Brenny, Mitch Bruzik, Bryan Chavers, Hady Cherif, Jeremy Davis, Brett Farnoik, Andrew Fuller, Isaiah Fuller, Sean Gaskell, Michael Graham, Joel Gregory, Ben Held, Marcus Jenkins, Cris Jirele, Luke Jordan, Adam Kershaw, Chris Lefler, Adam Luckey, Matt Main, Jon Marks, Marvin Matthews, Dusty McColley, Tim Moes, Abdirashid Mohamed, Nick Nellis, Kyle Neumann, Pierce Novak, Shamus O'Grady, Shawn Onken, Shawn Paschke, Lucas Pedersen, Dave Pieper, David Queck, Cyrus Raivo, Mitchell Robertson, Bobby Scepaniak, Ben Sheely, Andrew Stueck, Gabe Udia, Brock Veth, Rashad West, Fred Williams, Luke Windholz, Brandon Wren.

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 Outdoor Results

April 3-4, 2009
UWRF Falcon Invitational
River Falls, Wisc.
Women's Results....
100 Meter Dash
4. Ne'angela Scott, 13.19
200 Meter Dash
11. Lynette Raichel, 28.73
400 Meter Dash
5. Amanda Eggebrecht, 63.24
800 Meter Run
5. Cheryl Hundt, 2:28.32
14. Kelley Nelson, 2:35.14
1500 Meter Run
5. Brittany Moffatt, 5:06.86
6. Paula Marozas, 5:08.86
9. Cheryl Hundt, 5:14.71
16. Kelley Nelson, 5:25.53
5000 Meter Run
6. Andrea Neugebauer, 20:38.11
4x100 Relay
1. St. Cloud State, 50.13
100 Meter Hurdles
1. Heather Miller, 15.11
5. Andrea Pfaff, 18.90
400 Meter Hurdles
1. Kelsey King, 66.36
7. Andrea Pfaff, 82.83
3000m Steeplechase
1. Keely Rubash, 12:10.94
Triple Jump
1. Heather Miller, 37-5 3/4
Shot Put
1. Rebecca Kitzman, 42-0 3/4
Discus
4. Rebecca Kitzman, 120-7
6. Lindsay Conroy, 115-5
Hammer Throw
3. Rebecca Kitzman, 131-7
High Jump
1. Danielle Luhmann, 5-1
1. Nish Rubash, 5-1
Men's Results
100 Meter Dash
1. Gabe Udia, 11.01
4. Nick Trisko, 11.19
200 Meter Dash
12. Shawn Onken, 23.39
17. Kennedy Ewafada, 23.71
34. Brock Veth, 24.98
400 Meter Dash
4. David Queck, 51.09
8. Chris Lefler, 53.25
16. Brock Veth, 56.20
800 Meter Run
6. Dan Allen, 1:59.90
8. Luke Windholz, 2:00.89
10. Kevin Andersen, 2:03.76
1500 Meter Run
3. Dan Allen, 4:00.70
4. Kyle Neumann, 4:01.83
12. Kevin Andersen, 4:18.61
14. Luke Windholz, 4:20.74
5000 Meter Run
3. Hady Cherif, 15:51.42
9. Luke Jordan, 16:40.70
17. Jon Marks, 17:21.30
4x100 Relay
2. St. Cloud State, 42.67
110 Meter Hurdles
2. Marcus Jenkins, 15.43
3. Jeremy Davis, 15.88
400 Meter Hurdles
10. Cris Jirele, 61.67
3000m Steeplechase
5. Shamus O'Grady, 10:17.27
11. David Peiper, 11:08.46
Javelin
1. Andrew Stueck, 161-1
Pole Vault
3. William Brenny, 13-5 1/4
4. Andrew Fuller, 12-11 1/2
Decathlon
2. Dusty McColley, 5222
8. Nick Nellis, 4042
April 9-11, 2009
DII Challenge, Emporia St., Emporia, Kansas
Women's Results...
Team Scores:
1. Central Missouri, 160
2. Winona State, 148
3. Emporia State, 141
4. Lincoln, 128
5. St. Cloud State, 92
6. NW Missouri State, 12
7. Wayne State (NE), 11
200 Meter Dash
15. Ne'Angela Scott, 27.09
17. Danielle Luhmann, 27.53
24. Lynette Raichle, 28.71
400 Meter Dash
11. Amanda Eggebrecht, 1:02.83
800 Meter Run
3. Cheryl Hundt, 2:22.11
9. Kelley Nelson, 2:35.59
1500 Meter Run
2. Brittney Moffatt, 4:51.40
3000 Meter Run
4. Paula Marozas, 10:48.56
5. Keely Rubash, 10:57.50



- 400 Meter Hurdles
- 4. Kelsey King, 1:05.22
- 5. Amber Schueler, 1:04.45
- 10. Heather Miller, 1:12.18
- 4x100 Relay
- 5. St. Cloud State, 49.98
- High Jump
- 2. Danielle Luhmann, 5-3
- 5. Nish Rubash, 5-1
- Pole Vault
- 2. Keely Rubash, 10-0
- Long Jump
- 5. Mikha Tan, 17-10.25
- 7. Amber Schueler, 17-06.75
- Triple Jump
- 2. Heather Miller, 37-11.50\*
- Shot Put
- 4. Rebecca Kitzman, 124-08
- Hammer Throw
- 7. Rebecca Kitzman, 128-04
- Heptathlon
- 3. Heather Miller, 4588\*

**Men's Results....**

**Team Scores:**

- 1. Central Missouri, 251
- 2. Emporia State, 179
- 3. Lincoln, 123
- 4. St. Cloud State, 115
- 5. Wayne State, 6

- 100 Meter Dash
- 2. Gabe Udia, 10.83
- 200 Meter Dash
- 4. Gabe Udia, 21.84
- 9. Nick Trisko, 22.27
- 12. Chris Lefler, 23.19
- 13. Shawn Onken, 23.72
- 14. Kennedy Ewafada, 23.91
- 400 Meter Dash
- 8. David Queck, 50.54
- 13. Brock Veth, 56.92
- 800 Meter Run
- 8. Luke Windholz, 1:58.70
- 9. Matt Main, 2:06.56
- 1500 Meter Run
- 1. Dan Allen, 3:56.94
- 5000 Meter Run
- 1. Kyle Neumann, 15:09.88
- Meet RECORD
- 3. Hady Cherif, 16:15.14
- 110 Meter Hurdles
- 3. Marcus Jenkins, 15.422
- 4. Jeremy Davis, 15.53
- 400 Meter Hurdles
- 4. Jeremy Davis, 56.67
- 5. Cris Jirele, 1:00.30
- 4x100 Relay
- 4. SCSU, 42.11
- Pole Vault
- 1. William Brenny, 14-1.25
- 4. Nick Nellis, 13-1.50

- 5. Bobby Scepaniak, 12-7.50
- Discus
- 8. Christian Berg, 106-05
- Hammer Throw
- 9. Christian Berg, 112-02
- Javelin
- 2. Andrew Stueck, 155-06
- 3. Nick Nellis, 144-11
- 4. Christian Berg, 125-03
- 5. Brock Veth, 122-09
- Decathlon
- 7. Andrew Stueck, 5416
- 9. Cris Jirele, 4957

**UMD North Country Invitational  
Duluth, Minn., April 18, 2009**

**Women's Results:**

**Team Scores:**

- 1. UMD, 255
- 2. Northern Michigan, 146.50
- 3. College of St. Benedict, 140
- 4. St. Cloud State, 111
- 5. Bemidji State, 61
- 6. Michigan Tech, 44
- 7. UW-Superior, 28.50
- 8. St. Scholastica, 26
- 9. Lakehead University, 15

- 200 Meter Dash
- 13. Amande Eggbrecht, 28.27
- 15. Lynette Raichle, 29.19
- 400 Meter Dash
- 16. Lynette Raichle, 1:10.13
- 100 Meter Hurdles
- 1. Heather Miller, 15.13
- 5. Kelsey King, 16.03
- 17. Andrea Pfall, 19.59
- 400 Meter Hurdles
- 1. Kelsey King, 1:04.25
- 2. Amber Schueler, 1:06.33
- 14. Andrea Pfall, 1:19.57
- 4x100 Relay
- 4. St. Cloud State, 50.43
- High Jump
- 2. Danielle Luhmann, 5-1.25
- 5. Nish Rubash, 4-11.50
- Pole Vault
- 2. Keely Rubash, 10-8
- Long jump
- 1. Heather Miller, 17-03.25
- 2. Amber Schueler, 16-08.50
- 3. Mikha Tan, 16-08.00
- 9. Danielle Luhmann, 15-07.75
- Triple Jump
- 1. Heather Miller, 37-04.50
- Shot Put
- 2. Rebecca Kitzman, 42-2
- 11. Lindsay Conroy, 37-00.25
- Discus
- 2. Rebecca Kitzman, 129-02
- 8. Lindsay Conroy, 110-10

- Hammer Throw
- 6. Rebecca Kitzman, 142-09
- 13. Lindsay Conroy, 123-09

**Men's Results...**

**Team Scores:**

- 1. Minnesota Duluth, 278
- 2. St. John's, 198
- 3. St. Cloud State, 90.50
- 4. Michigan Tech, 76
- 5. Bemidji State, 61
- 6. St. Scholastica, 69
- 7. UW-Superior, 22.50
- 8. Lakehead University, 21
- 9. Northern Michigan, 2

- 100 Meter Dash
- 1. Gabe Udia, 10.71
- 11. Shawn Onken, 11.79
- 200 Meter Dash
- 2. Gabe Udia, 22.16
- 8. Shawn Onken, 23.35
- 10. Kennedy Ewafada, 23.40
- 400 Meter Dash
- 4. David Queck, 51.51
- 5. Chris Lefler, 51.67
- 11. Kennedy Ewafada, 53.13
- 16. Andrew Stueck, 55.15
- 17. Brock Veth, 56.15
- 800 Meter Run
- 12. Kevin Andresen, 2:01.21
- 16. Matt Main, 2:12.37
- 1500 Meter Run
- 5. Kevin Andresen, 4:13.27
- 14. Matt Main, 4:27.28
- 5000 Meter Run
- 9. Sean Gaskell, 16:20.90
- 12. Luke Jordan, 16:51.10
- 18. Jon Marks, 17:35.90
- 110 Meter Hurdles
- 1. Marcus Jenkins, 15.15
- 5. Jeremy Davis, 15.81
- 17. Andrew Stueck, 18.00
- 18. Dusty McColley, 18.09
- 400 Meter Hurdles
- 3. Jeremy Davis, 56.24
- 12. Cris Jirele, 1:01.30
- 10. Dave Pieper, 11:09.10
- 4x100 Meter Relay
- 1. St. Cloud State, 41.37
- 4x400 Meter Relay
- 3. St. Cloud State, 3:34.02
- High Jump
- 3. Dusty McColley, 6-2
- Pole Vault
- 5. William Brenny, 13-06.50
- 6. Andrew Fuller, 13-06.50
- Hammer
- 11. Christian Berg, 121-00
- Javelin
- 5. Dusty McColley, 142-05
- 11. Cris Jirele, 115-07

- 12. Christian Berg, 113-02
- 13. Brock Veth, 109-08

**Cobber Twilight Invitational  
Moorhead, Minn., April 21, 2009**

**Women's Results:**

**Team Scores:**

- 1. Concordia, 243
- 2. North Dakota State, 176
- 3. MSU Moorhead, 98
- 4. Bemidji State, 75
- 5. UM-Morris, 48
- 6. Northern State, 27
- 7. St. Cloud State, 23(partial team)

- 100 Meter Dash
- 4. Amber Schueler, 13.21
- 100 Meter Hurdles
- 10. Andrea Pfaff, 18.69
- 200 Meter Dash
- 3. Amber Schueler, 26.26
- 16. Lynette Raichle, 28.53
- 400 Meter Dash
- 9. Lynette Raichle, 68.08
- 10. Andrea Pfaff, 70.03
- Long Jump
- 3. Amber Schueler, 17-7.50
- 4. Mikha Tan, 17-4.75

**Men's Results:**

**Team Scores:**

- 1. Concordia, 184.2
- 2. North Dakota State, 180.5
- 3. MSU Moorhead, 129.3
- 4. Bemidji State, 75.5
- 5. St. Cloud State, 62.5 (partial team)
- 6. UM-Morris, 48
- 7. Northern State, 27

- 100 Meter Dash
- 1. Gabe Udia, 11.10
- 5. Marcus Jenkins, 11.47
- 110 Meter Hurdles
- 1. Marcus Jenkins, 15.29
- 8. Jeremy Davis, 16.94
- 200 Meter Dash
- 2. Gabe Udia, 21.97
- 10. David Hirsch, 23.08
- 12. David Queck, 23.21
- 400 Meter Dash
- 3. Jeremy Davis, 52.30
- 9. Matt Main, 54.93
- 800 Meter Run
- 12. Matt Main, 2:07.65
- Pole Vault
- 3. William Brenny, 13-9.25
- 4. Andrew Fuller, 13-3.50
- 11. Bobby Scepaniak, 11-9.75
- Javelin
- 9. Nick Nellis, 138-4



## 2009 Results

### 100th Drake Relays Des Moines, IA April 22-25, 2009

#### 10000 Meters

23. Kyle Neumann, 33:12.11  
Women's 4x100 Relay: Third in heat, did not advance to finals.

11. St. Cloud State, 49.41  
Mikha Tan, Amber Schueler, Kelsey King, Heather Miller

Men's 4x100 Relay: Third in heat, sixth in prelims, advanced to finals

Prelim -6. St. Cloud State, 41.81  
Finals: DQ due to poor baton exchange...Gabe Udia, Nick Trisko, Marcus Jenkins, Michael Graham

#### Women's Distance Medley Relay

13. St. Cloud State, 12:28.85  
Brittney Moffatt, Amanda Eggebrecht, Cheryl Hundt, Keely Rubash

Women's 4x400 Meter Relay: Sixth in heat, 23rd overall in prelims.

23. St. Cloud State, 4:04.66  
Amber Schueler, Kelsley King, Danielle Luhmann, Heather Miller

#### Women's 1600 Sprint Medley

10. St. Cloud State, 4:14.30  
Amber Schueler, Amanda Eggebrecht, Cheryl Hundt, Brittney Moffatt

#### Men's 1600 Sprint Medley

9. St. Cloud State, 3:31.24  
Gabe Udia, Nick Trisko, David Queck, Dan Allen

### Simpson College Kip Janvrin Open Indianola, Iowa, April 24, 2009

#### Women's Results:

200 Meter Dash  
17. Amanda Eggebrecht, 28.28  
1500 Meter Run  
20. Cheryl Hundt, 5:09.37  
3000 Meter Steeplechase  
2. Keely Rubash, 11:34.23  
High Jump  
2. Danielle Luhmann, 5-5  
Long Jump  
3. Mikha Tan, 17-8  
5. Amber Schueler, 17-7.50

#### Men's Results:

100 Meter Dash  
1. Gabe Udia, 10.98  
200 Meter Dash  
2. Gabe Udia, 22.07  
400 Meter Dash  
10. David Queck, 50.76  
1500 Meter Run  
3. Dan Allen, 4:03.85  
110 Meter Hurdles  
11. Marcus Jenkins, 15.81

### Gustavus Adolphus College Drake Alternative St. Peter, Minn., April 25, 2009

#### Women's Results:

100 Meter Dash  
10. Lynette Raichle, 14.16  
200 Meter Dash  
26. Lynette Raichle, 28.30  
1500 Meter Run  
5. Paula Marozas, 5:07.63  
100 Meter Hurdles  
7. Andrea Pfaff, 18.55  
10. Crystal Moor, 20.88  
400 Meter Hurdles  
6. Andrea Pfaff, 75.43  
High Jump  
3. Nish Rubash, 4-11  
Shot Put  
4. Rebecca Kitzman, 40-8.25  
19. Lindsay Conroy, 34-11.75  
Discus  
5. Rebecca Kitzman, 122-9  
17. Lindsay Conroy, 105-11  
Hammer Throw  
8. Rebecca Kitzman, 141-8  
19. Lindsay Conroy, 121-8

#### Men's Results:

100 Meter Dash  
10. Kennedy Ewafada, 11.76  
13. Chris Lefler, 11.81  
15. Shawn Onken, 11.98  
200 Meter Dash  
9. Chris Lefler, 23.60  
12. Kennedy Ewafada, 23.76  
13. Shawn Onken, 23.83  
27. Brock Veth, 25.09  
400 Meter Dash  
5. Chris Lefler, 51.52  
800 Meter Run  
2. Kevin Andresen, 1:57.92  
13. Matt Main, 2:04.49  
5000 Meter Run  
5. Hady Cherif, 15:36.21  
12. Sean Gaskell, 16:25.36  
14. Luke Jordan, 16:34.52  
21. Jon Marks, 17:27.54  
110 Meter Hurdles  
4. Jeremy Davis, 16.70  
400 Meter Hurdles  
1. Jeremy Davis, 56.03  
3000 Meter Steeplechase  
9. David Pieper, 10:50.26  
Pole Vault  
4. William Brenny, 14-7.25  
9. Andrew Fuller, 13-7.25  
Discus  
25. Christian Berg, 102-11  
Hammer  
26. Christian Berg, 113-5  
Javelin  
20. Christian Berg, 111-11

### Tommie Twilight University of St. Thomas St. Paul, Minn., April 29, 2009

#### Women's Results:

100 Meter Dash  
3. Amber Schueler, 13.29  
200 Meter Dash  
25. Lynette Raichle, 29.20  
400 Meter Dash  
19. Cheryl Hundt, 1:01.74  
20. Amanda Eggebrecht, 1:01.88  
31. Andrea Pfaff, 1:09.67  
400 Meter Hurdles  
3. Kelsey King, 1:03.33  
9. Amber Schueler, 1:07.10  
3000 Meter Steeplechase  
4. Keely Rubash, 11:45.23  
6. Nish Rubash, 12:41.47  
High Jump  
6. Nish Rubash, 5-1.25  
Long Jump  
2. Amber Schueler, 17-4.75  
6. Mikha Tan, 16-6  
Triple Jump  
1. Heather Miller, 37-9.50  
Shot Put  
2. Rebecca Kitzman, 40-3.25  
13. Lindsay Conroy, 33-11.50  
Discus  
8. Rebecca Kitzman, 108-5  
14. Lindsay Conroy, 90-8  
Hammer  
7. Rebecca Kitzman, 136-2  
19. Lindsay Conroy, 104-0  
Javelin  
9. Amanda Eggebrecht, 83-7

### UMD Triangular Duluth, Minnesota May 2, 2009

#### Women's Results:

100 Meter Dash  
2. Amber Schueler, 12.72  
4. Lynette Raichle, 13.62  
200 Meter Dash  
3. Amanda Eggebrecht, 27.86  
4. Lynette Raichle, 28.06  
400 Meter Dash  
3. Brittney Moffatt, 1:02.10  
800 Meter Run  
5. Paula Morozas, 2:28.66  
6. Nish Rubash, 2:33.47  
100 Meter Hurdles  
1. Heather Miller, 14.65  
3. Andrea Pfaff, 17.95  
5. Crystal Moor, 19.32  
400 Meter Hurdles  
3. Andrea Pfaff, 1:18.51  
4x100 Relay  
1. SCSU, 50.22  
High Jump  
1. Nish Rubash, 5-03.00  
3. Danielle Luffman, 5-01.00

#### Long Jump

1. Mikha Tan, 17-05.50  
Triple Jump  
1. Heather Miller, 38-04.25  
Shot Put  
3. Rebecca Kitzman, 41-03.25  
10. Lindsay Conroy, 35-06.00  
Hammer Throw  
6. Rebecca Kitzman, 138-05  
9. Lindsay Conroy, 130-10  
Javelin  
5. Amanda Eggebrecht, 70-03

#### Men's Results:

100 Meter Dash  
1. Gabe Udia, 10.64  
2. Nick Trisko, 10.69  
8. Marcus Jenkins, 11.06  
12. Shawn Onken, 11.41  
13. Jeremy Davis, 11.49  
200 Meter Dash  
2. Gabe Udia, 21.72  
7. Chris Lefler, 22.75  
10. Kennedy Ewafada, 23.28  
12. Shawn Onken, 23.42  
400 Meter Dash  
5. David Queck, 51.52  
6. Luke Windholz, 52.11  
9. Kennedy Ewafada, 54.47  
10. Matt Main, 54.89  
3000 Meter Run  
1. Dave Pieper, 9:49.93  
2. Luke Jordan, 9:55.69  
5000 Meter Run  
4. Shamus O'Grady, 16:19.44  
110 Meter Hurdles  
3. Marcus Jenkins, 15.36  
4. Jeremy Davis, 15.89  
400 Meter Hurdles  
5. Cris Jirele, 59.77  
4x100 Meter Relay  
1. SCSU, 41.79  
4x400 Meter Relay  
1. SCSU, 3:28.16  
High Jump  
1. Dusty McColley, 6-04.00  
Pole Vault  
4. Shawn Paschke, 14-00.00  
5. Andrew Fuller, 13-05.75  
6. William Brenny, 12-11.75  
7. Nick Nellis, 12-11.75  
Long Jump  
8. Brock Veth, 18-03.25  
Triple Jump  
4. Dusty McColley, 42-00.50  
Shot Put  
9. Christian Berg, 30-05.00  
Discus  
8. Christian Berg, 111-06  
Javelin  
3. Andrew Stueck, 156-05  
5. Nick Nellis, 129-10  
9. Brock Veth, 123-03  
10. Christian Berg, 122-06



**2009 Results**

**2009 NSIC Championships  
May 8-9, Wayne State College  
Wayne, Nebraska**

**Women's Results:**

- 1. Minnesota Duluth, 156
- 2. Minnesota State Univer., 132.50
- 3. Wayne State College, 94
- 4. Winona State, 83
- 5. St. Cloud State, 82
- 6. Mary, 80
- 7. Augustana, 69.50
- 8. MSU Moorhead, 54
- 9. Northern State, 40
- 10. Bemidji State, 22
- 11. Concordia, St. Paul, 6

**200 Meter Dash**

- 7. Heather Miller, 26.23
- 1500 Meter Run**
- 4. Brittney Moffatt, 4:51.44
  - 10. Paula Marozas, 5:03.16
- 5000 Meter Run**
- 13. Paula Marozas, 19:25.34
  - 18. Keely Rubash, 19:54.08

**100 Meter Hurdles**

- 1. Heather Miller, 14.71
  - 3. Kelsey King, 14.92
- 400 Meter Hurdles**
- 3. Kelsey King
- 3000 Meter Steeplechase**
- 11. Keely Rubash, 12:02.76

**4x100 Meter Relay**

- 4. St. Cloud State, 48.96  
(Mikha Tan, Amber Schueler, Kelsey King, Heather Miller)

**4x400 Meter Relay**

- 5. St. Cloud State, 4:00.03  
(Heather Miller, Amber Schueler, Cheryl Hundt, Kelsey King)

**High Jump**

- 4. Nish Rubash, 5-01.75
  - 5. Danielle Luhmann, 5-10.75
- Pole Vault**
- 8. Keely Rubash, 10-10.75

**Long Jump**

- 3. Heather Miller, 18-07.25
  - 5. Mikha Tan, 17-10.75
  - 9. Amber Schueler, 17-04.25
- Triple Jump**

- 1. Heather Miller, 39-11.25\*\*\*

SCHOOL RECORD..NCAA

automatic qualifying mark

**Shot Put**

- 8. Rebecca Kitzman, 41-11.00
- 15. Lindsay Conroy, 37-08.75

**Discus**

- 17. Lindsay Conroy, 109-08
- 18. Rebecca Kitzman, 104-09

**Hammer Throw**

- 19. Rebecca Kitzman, 128-10
- 23. Lindsay Conroy, 122-08

**Javelin**

- 20. Kelsey King, 89-04
- Heptathlon**
- 1. Heather Miller, 4818 (NCAA automatic qualifying mark)

**Men's Results:**

- 1. Minnesota State University, 193
- 2. Minnesota Duluth, 98
- 3. Northern State, 96
- 4. Concordia-St. Paul, 86.50
- 5. St. Cloud State, 70
- 6. MSU Moorhead, 67
- 7. Wayne State, 63
- 8. Mary, 53.50
- 9. Augustana, 50
- 10. Bemidji State, 39

**100 Meter Dash**

- 1. Nick Trisko, 11.03
- 3. Gabe Udia, 11.09

**200 Meter Dash**

- 2. Gabe Udai, 22.28
- 3. Nick Trisko, 22.28

**800 Meter Run**

- 7. Kevin Andresen, 1:58.45

**1500 Meter Run**

- 4. Dan Allen, 3:58.96

**5000 Meter Run**

- 6. Dan Allen, 15:34.39
- 12. Hady Cherif, 15:57.04
- 13. Kyle Neumann, 15:57.69

**10000 Meter Run**

- 9. Hady Cherif, 33:40.65
- 15. Luke Jordan, 36:28.01

**110 Meter Hurdles**

- 6. Marcus Jenkins, 15.95
- 8. Jeremy Davis, 16.10

**400 Meter Hurdles**

- 7. Jeremy Davis, 57.17
- 9. Shamus O'Grady, 10:02.25

**3000 Meter Steeplechase**

- 16. Dave Pieper, 10:47.66

**4x100 Meter Relay**

- 2. St. Cloud State, 41.27\*  
(Gabe Udia, Nick Trisko, Marcus Jenkins, Michael Graham)

**4x400 Meter Relay**

- 6. St. Cloud State, 3:24.73  
(Chris Lefler, Nick Trisko, Luke Windholz, David Queck)

**High Jump**

- 3. Dusty McColley, 6-05.50
- Pole Vault**

- 10. William Brenny, 14-07.25

**Long Jump**

- 9. Dusty McColley, 21-08.00
- 16. Cris Jirele, 19-11.75

- 17. Andrew Stueck, 19-09.

**Triple Jump**

- 11. Dusty McColley, 42-05.50

**Discus**

- 21. Christian Berg, 110-00

**Hammer Throw**

- 19. Christian Berg, 127-00

**Javelin**

- 6. Andrew Stueck, 160-02
- 10. Dusty McColley, 144-03
- 11. Nick Nellis, 141-00

**Decathlon**

- 6. Andrew Stueck, 5809
- 8. Dusty McColley, 5685
- 11. Cris Jirele, 5337
- 13. Nick Nellis, 4933

**NCAA Division II Outdoor Track & Field Championships  
May 21-23, 2009**

**San Angelo State University  
San Angelo, Texas**

**Heptathlon**

- 5. Heather Miller, 5165  
All-American

**Triple Jump**

- 2. Heather Miller, 40-07.75  
All-American/School Record

\*NCAA Provisional Qualifying Mark