

**MEN'S TEAM TITLES WON OR SHARED**

| School                              | No. | Last Title |
|-------------------------------------|-----|------------|
| MSU Moorhead                        | 15  | 2007       |
| Minnesota Duluth                    | 12  | 2003       |
| Northern State                      | 2   | 2005       |
| Augustana College                   | 1   | 2009       |
| Minnesota State University, Mankato | 1   | 2008       |
| Winona State                        | 1   | 1988       |
| Wayne State                         | 1   | 2005       |

**NSIC Men's Coach of the Year**

|                                    |                                       |
|------------------------------------|---------------------------------------|
| <b>1988</b> - Daryl Henderson, WSU | <b>1999</b> - John Fulkrod, UMD       |
| <b>1989</b> - Fred Dahnke, MSUM    | <b>2000</b> - Jim Fuller, NSU         |
| <b>1990</b> - Fred Dahnke, MSUM    | <b>2001</b> - Jonathan Breitbarth, CU |
| <b>1991</b> - Jim Fuller, NSU      | <b>2002</b> - John Fulkrod, UMD       |
| <b>1992</b> - Fred Dahnke, MSUM    | <b>2003</b> - John Fulkrod, UMD       |
| <b>1993</b> - John Fulkrod, UMD    | <b>2004</b> - Eric Hunt, NSU          |
| <b>1994</b> - Joe Fischer, MSUM    | <b>2005</b> - Marlon Brink, WSC       |
| <b>1995</b> - Joe Fischer, MSUM    | <b>2006</b> - Cley Twigg, MSUM        |
| <b>1996</b> - Jim Fuller, NSU      | <b>2007</b> - Cley Twigg, MSUM        |
| <b>1997</b> - John Fulkrod, UMD    | <b>2008</b> - Mark Schuck, MSU        |
| <b>1998</b> - John Fulkrod, UMD    | <b>2009</b> - Tracy Hellman, Augie    |

**NSIC Men's Athletes of the Year – Individual Champion**

|                                      |   |
|--------------------------------------|---|
| <b>1965</b> - Van Nelson – SCSU      | <b>1988</b> - Tom Gries - UMD           |
| <b>1966</b> - Van Nelson – SCSU      | <b>1989</b> - Lou Heidenreich - WSU     |
| <b>1967</b> - Van Nelson – SCSU      | <b>1990</b> - Wade Berger - WSU         |
| <b>1968</b> - Jerry Dirkes – SCSU    | <b>1991</b> - Greg Zahalka - MSUM       |
| <b>1969</b> - Jerry Dirkes – SCSU    | <b>1992</b> - Chris Erickson - MSUM     |
| <b>1970</b> - Len Brenny – SCSU      | <b>1993</b> - Daniel Ranney - UMD       |
| <b>1971</b> - Len Brenny – SCSU      | <b>1994</b> - Andy Hopkins - UMD        |
| <b>1972</b> - Bill Zindler – SCSU    | <b>1995</b> - Dan Feda - MSUM           |
| <b>1973</b> - John Tiemann - MSUM    | <b>1996</b> - Andy Hopkins - UMD        |
| <b>1974</b> - Mike Francis - MSUM    | <b>1997</b> - Jason Holton - UMD        |
| <b>1975</b> - Paul Nelson - SCSU     | <b>1998</b> - Andy Tucknott - WSC       |
| <b>1976</b> - Daryl Henderson - WSU  | <b>1999</b> - Tim Rand - UMD            |
| <b>1977</b> - Daryl Henderson - WSU  | <b>2000</b> - Bill Revering - UMD       |
| <b>1978</b> - Lee Anderson - MSU     | <b>2001</b> - Brett Carroll - UMD       |
| <b>1979</b> - Tony Schiller - WSU    | <b>2002</b> - Nathan Beerling - UMD     |
| <b>1980</b> - Lindsay Brown - MSU    | <b>2003</b> - Robb Winterfield - UMD    |
| <b>1981</b> - Dave Sederquist - MSUM | <b>2004</b> - Matt Scott - NSU          |
| <b>1982</b> - Randy Goblirsch - MSUM | <b>2005</b> - Dane Moreland - MSUM      |
| <b>1983</b> - Keith Haverland - MSUM | <b>2006</b> - Jeremiah Herron, Sr., WSC |
| <b>1984</b> - Keith Haverland - MSUM | <b>2007</b> - Nate Preston, Jr., WSC    |
| <b>1985</b> - Craig Olson - SMSU     | <b>2008</b> - James Krajsa, Jr., MSU    |
| <b>1986</b> - Tim Magnuson - UMD     | <b>2009</b> - James Krajsa, Sr., MSU    |
| <b>1987</b> - Oyvind Simonsen - BSU  |   |

**Men's Team Champions**

|                                |                               |                               |
|--------------------------------|-------------------------------|-------------------------------|
| <b>2009</b> - Augustana        | <b>1991</b> - Moorhead State  | <b>1973</b> - St. Cloud State |
| <b>2008</b> - Minnesota State  | <b>1990</b> - Moorhead State  | <b>1972</b> - St. Cloud State |
| <b>2007</b> - MSU Moorhead     | <b>1989</b> - Moorhead State  | <b>1971</b> - St. Cloud State |
| <b>2006</b> - MSU Moorhead     | <b>1988</b> - Winona State    | <b>1970</b> - St. Cloud State |
| <b>2005</b> - Wayne State      | <b>1987</b> - Moorhead State  | <b>1969</b> - St. Cloud State |
| <b>2004</b> - Northern State   | Minnesota Duluth              | <b>1968</b> - St. Cloud State |
| <b>2003</b> - Minnesota Duluth | <b>1986</b> - Moorhead State  | <b>1967</b> - St. Cloud State |
| <b>2002</b> - Minnesota Duluth | <b>1985</b> - Moorhead State  | <b>1966</b> - St. Cloud State |
| <b>2001</b> - Minnesota Duluth | <b>1984</b> - Moorhead State  | <b>1965</b> - Mankato State   |
| <b>2000</b> - Minnesota Duluth | <b>1983</b> - Moorhead State  |                               |
| <b>1999</b> - Minnesota Duluth | <b>1982</b> - Moorhead State  |                               |
| <b>1998</b> - Minnesota Duluth | <b>1981</b> - Moorhead State  |                               |
| <b>1997</b> - Minnesota Duluth | <b>1980</b> - St. Cloud State |                               |
| <b>1996</b> - Minnesota Duluth | <b>1979</b> - Mankato State   |                               |
| <b>1995</b> - Minnesota Duluth | <b>1978</b> - Mankato State   |                               |
| <b>1994</b> - Minnesota Duluth | <b>1977</b> - Mankato State   |                               |
| <b>1993</b> - Minnesota Duluth | <b>1976</b> - St. Cloud State |                               |
| <b>1992</b> - Moorhead State   | <b>1975</b> - Moorhead State  |                               |
| Northern State                 | <b>1974</b> - Moorhead State  |                               |

**2009 NSIC MEN'S CHAMPIONSHIPS**

Site: Bemidji, Minn.

| Team Standings      | Points | Team Standings        | Points |
|---------------------|--------|-----------------------|--------|
| 1. Augustana        | 36     | 6. Northern State     | 145    |
| 2. Minnesota State  | 68     | 7. University of Mary | 207    |
| 3. MSU Moorhead     | 86     | 8. Wayne State        | 212    |
| 4. St. Cloud State  | 118    | 9. Winona State       | 243    |
| 5. Minnesota Duluth | 125    | 10. Concordia St Paul | 252    |

**Individual Results (Top 35)**

| First Team All-Conference  |                   |                        | Time    |
|----------------------------|-------------------|------------------------|---------|
| 1                          | James Krajsa      | Sr. Minnesota State    | 25:33.6 |
| 2                          | Tom Karbo         | So. Augustana          | 25:45.8 |
| 3                          | Kyle Eckhoff      | Sr. MSU Moorhead       | 25:48.8 |
| 4                          | Matt Braithwaite  | Jr. Augustana          | 25:55.0 |
| 5                          | Travis Beniak     | So. Augustana          | 26:04.0 |
| 6                          | Jonathan Stoltman | Sr. Minnesota State    | 26:11.1 |
| 7                          | Kyle Neumann      | So. St. Cloud State    | 26:15.1 |
| 8                          | Austin Vande Berg | Sr. Augustana          | 26:21.6 |
| 9                          | Nick Nygaard      | So. Minnesota Duluth   | 26:24.9 |
| 10                         | Adam Kne          | Sr. MSU Moorhead       | 26:25.4 |
| Second Team All-Conference |                   |                        | Time    |
| 11                         | Eamin Entwisle    | So. University of Mary | 26:27.8 |
| 12                         | Jeff Lombardo     | Jr. Minnesota State    | 26:34.4 |
| 13                         | York Thomas       | Jr. Wayne State        | 26:35.9 |
| 14                         | Richard Keroack   | So. Northern State     | 26:39.3 |
| 15                         | Dan Allen         | Jr. St. Cloud State    | 26:41.3 |
| 16                         | Mike McConnell    | Jr. MSU Moorhead       | 26:41.3 |
| 17                         | Ryan Evans        | Fr. Augustana          | 26:48.0 |
| 18                         | John Rawerts      | Jr. Northern State     | 26:49.6 |
| 19                         | Daniel Black      | Jr. Augustana          | 26:55.9 |
| 20                         | Jacob Womeldorf   | Jr. Concordia St Paul  | 27:00.9 |
| Finisher 21-40             |                   |                        |         |
| 21                         | Joshua Schmeichel | Sr. Northern State     | 27:05.9 |
| 22                         | Jacob Bastyr      | Fr. Minnesota State    | 27:06.7 |
| 23                         | Tom Ruttger       | Fr. Minnesota Duluth   | 27:10.4 |
| 24                         | Kyle Larson       | So. Minnesota Duluth   | 27:12.1 |
| 25                         | Matt Heesch       | Sr. Augustana          | 27:14.0 |
| 26                         | David Teige       | Sr. MSU Moorhead       | 27:15.0 |
| 27                         | Adam Noll         | So. Minnesota State    | 27:17.7 |
| 28                         | Shamus O'Grady    | So. St. Cloud State    | 27:18.8 |
| 29                         | Jordan Slusser    | Fr. Augustana          | 27:23.2 |
| 30                         | Hady Cherif       | Jr. St. Cloud State    | 27:23.3 |
| 31                         | Dan Kromer        | So. Minnesota State    | 27:24.2 |
| 32                         | Erik Hanson       | Jr. MSU Moorhead       | 27:25.1 |
| 33                         | Erik Escher       | Jr. Minnesota Duluth   | 27:29.4 |
| 34                         | Taylor Thompson   | Fr. University of Mary | 27:29.5 |
| 35                         | Scott Egeberg     | Sr. MSU Moorhead       | 27:29.9 |

**Men's Coach of the Year:**

Tracy Hellman, Augustana College

**NCAA Men's Cross Country Central Region Championship**

**Top 6 Team Results (National Qualifiers) - Wayne, Neb.**

|                  |    |                             |     |               |     |
|------------------|----|-----------------------------|-----|---------------|-----|
| 1. Adams State   | 20 | 3. Colorado School of Mines | 100 | 5. Augustana  | 143 |
| 2. Western State | 47 | 4. Metropolitan State       | 142 | 6. Fort Lewis | 192 |

**Individual National Qualifiers**

|  |         |
|--|---------|
| 7th Niciase Kazingo So., NM Highlands  | 31:41.6 |
| 16th Tanner Fruit Jr, Nebraska-Kearney | 32:28.5 |

**DIVISION II NATIONALS MEN 10K - Slippery Rock, Pa.**

|         |                      |                    |
|---------|----------------------|--------------------|
| 10. 313 | Augustana (S.D.)     | (33:20.0 166:39.6) |
| 1       | 41 Matt Braithwaite  | 328 32:35.9        |
| 2       | 54 Tom Karbo         | 331 32:50.7        |
| 3       | 72 Austin Vande Berg | 336 33:09.3        |
| 4       | 89 Travis Beniak     | 326 33:56.4        |
| 5       | 98 Matt Heesch       | 330 34:07.3        |
| 6       | (104) Daniel Black   | 327 34:14.4        |
| 7       | (120) Ryan Evans     | 329 34:44.8        |



**2008 NSIC MEN'S CHAMPIONSHIPS**

Site: Aberdeen, S.D.

| Team Standings     | Points |
|--------------------|--------|
| 1. Minnesota State | 22     |
| 2. Augustana       | 74     |
| 3. Wayne State     | 108    |
| 4. St. Cloud State | 112    |
| 5. Northern State  | 121    |

**Individual Results (Top 35)**

| First Team All-Conference  |                        |                    | Time     |
|----------------------------|------------------------|--------------------|----------|
| 1                          | Krajisa, James Jr.     | Minnesota State    | 25:28.35 |
| 2                          | Mokaya, Denise Jr.     | Minnesota State    | 25:31.80 |
| 3                          | Preston, Nate Sr.      | Wayne State        | 25:45.85 |
| 4                          | Schmidt, Dana Fr.      | Minnesota State    | 25:53.45 |
| 5                          | Scott, Daniel Sr.      | Northern State     | 25:56.15 |
| 6                          | Janiszski, Chad Sr.    | Minnesota State    | 26:04.80 |
| 7                          | Kramer, Mike Jr.       | Minnesota Duluth   | 26:08.70 |
| 8                          | Beniak, Travis Fr.     | Augustana College  | 26:15.20 |
| 9                          | Merkel, Jesse Sr.      | Minnesota State    | 26:21.90 |
| 10                         | Cherif, Hady So.       | St. Cloud State    | 26:27.45 |
| Second Team All-Conference |                        |                    | Time     |
| 11                         | Entwisle, Eamin Fr.    | University of Mary | 26:30.00 |
| 12                         | Lombardo, Jeff So.     | Minnesota State    | 26:32.10 |
| 13                         | Kne, Adam Jr.          | MSU Moorhead       | 26:37.90 |
| 14                         | Braithwaite, Matt So.  | Augustana College  | 26:39.05 |
| 15                         | Oien, Peter Sr.        | Augustana College  | 26:40.65 |
| 16                         | Thomas, York So.       | Wayne State        | 26:44.35 |
| 17                         | Howard, Mike Fr.       | Minnesota State    | 26:45.00 |
| 18                         | Saucedo, Nick Fr.      | Minnesota State    | 26:45.10 |
| 19                         | Boese, Kaleb Sr.       | Augustana College  | 26:47.70 |
| 20                         | Black, Daniel So.      | Augustana College  | 26:49.95 |
| Finisher 21-40             |                        |                    | Time     |
| 21                         | Neumann, Kyle Fr.      | St. Cloud State    | 26:51.15 |
| 22                         | Allen, Dan So.         | St. Cloud State    | 26:55.10 |
| 23                         | Heesch, Matt Jr.       | Augustana College  | 27:02.65 |
| 24                         | Varty, Zach Jr.        | Minnesota Duluth   | 27:05.70 |
| 25                         | Petrich, Nathaniel Sr. | Augustana College  | 27:06.30 |
| 26                         | O'Grady, Shamus Fr.    | St. Cloud State    | 27:07.60 |
| 27                         | Keroack, Richard Fr.   | Northern State     | 27:07.80 |
| 28                         | Rose, Brock Fr.        | Northern State     | 27:09.60 |
| 29                         | Cerda, Cheto Sr.       | Wayne State        | 27:10.60 |
| 30                         | Klungtvedt, Ben Sr.    | Minnesota State    | 27:10.90 |
| 31                         | Kern, John So.         | Wayne State        | 27:13.50 |
| 32                         | Rawerts, John So.      | Northern State     | 27:15.30 |
| 33                         | Escher, Erik So.       | Minnesota Duluth   | 27:21.10 |
| 34                         | Schneider, Matt Sr.    | Wayne State        | 27:22.25 |
| 35                         | Schmeichel, Josh Jr.   | Northern State     | 27:27.65 |

**Men's Coach of the Year:**

Mark Schuck, Minnesota State

**NCAA Men's Cross Country Central Region Championship**
**Top 6 Team Results (National Qualifiers)**

- Adams State 33
- Western State 52

**Individual National Qualifiers**

12th - Nate Preston, Sr., Wayne State 31:54.36 (NQ)

**DIVISION II NATIONALS MEN 10K - Slippery Rock, Pa.**

| Minnesota State 8th Place Finish |                         | Individual Results |                                |
|----------------------------------|-------------------------|--------------------|--------------------------------|
| 10                               | *James Krajisa Jr.      | 31:34              | 27 *Nate Preston, WSC Sr 32:00 |
| 38                               | Denise Mokaya Jr.       | 32:15              |                                |
| 55                               | Dana Schmidt Fr.        | 32:33              | *All-Americans                 |
| 62                               | Chad Janiszski Sr.      | 32:39              |                                |
| 108                              | Benjamin Klungtvedt Sr. | 33:21              |                                |
| 119                              | Jeff Lombardo So.       | 33:35              |                                |
| 130                              | Jesse Merkel Sr.        | 33:46              |                                |

Time = 2:42:22 Places = 230

**2007 NSIC Men's Championships**

Site: Winona, Minn.

| Team Standings          | Points |
|-------------------------|--------|
| 1. MSU Moorhead         | 38     |
| 2. Wayne State          | 64     |
| 3. Northern State       | 68     |
| 4. University of Mary   | 70     |
| 5. Winona State         | 131    |
| 6. Concordia - St. Paul | 147    |

**Individual Results (Top 10 All-Conference)**

|   | Time (Points) |
|---|---------------|
| 1 Nate Preston, Wayne State Jr.                 | 25:50.0 (1)   |
| 2 Kyle Eckhoff MSU Moorhead Jr.                 | 26:00.2 (2)   |
| 3 Scott Egeberg MSU Moorhead Jr.                | 26:04.0 (3)   |
| 4 Russ Neff University of Mary Sr.              | 26:14.2 (4)   |
| 5 Danny Scott Northern State JR                 | 26:20.5 (5)   |
| 6 Adam Kne MSU Moorhead So.                     | 26:34.8 (6)   |
| 7 Kurt Rettig University of Mary Sr.            | 26:40.0 (7)   |
| 8 Matt Neff University of Mary Sr.              | 26:42.7 (8)   |
| 9 Josh Schmeichel Northern State SO             | 26:43.6 (9)   |
| 10 York Thomas Wayne State Fr.                  | 26:49.1 (10)  |
| 11 Matt Walberg Northern State JR               | 27:01.7 (11)  |
| 12 Dustin Lillegaard MSU Moorhead Fr.           | 27:10.5 (12)  |
| 13 Dan Schield Concordia University - So.       | 27:15.3 (13)  |
| 14 John Kern Wayne State Fr.                    | 27:19.5 (14)  |
| 15 Leighton Reuss MSU Moorhead Sr.              | 27:24.6 (15)  |
| 16 Cheto Cerda Wayne State Jr.                  | 27:40.9 (16)  |
| 17 Mike McConnell MSU Moorhead Fr.              | 27:52.5 (17)  |
| 18 Kels Moreland MSU Moorhead Fr.               | 27:59.0 (18)  |
| 19 Neil Skoog Winona State So.                  | 28:02.8 (19)  |
| 20 Erik Hest MSU Moorhead Jr.                   | 28:09.3       |
| 21 Ryan Slack Winona State So.                  | 28:23.0 (20)  |
| 22 Cole Lemke Northern State FR                 | 28:24.9 (21)  |
| 23 John Rawerts Northern State FR               | 28:26.6 (22)  |
| 24 Lee Anderson Wayne State Fr.                 | 28:29.6 (23)  |
| 25 David Obermeyer Wayne State Jr.              | 28:33.2 (24)  |
| 26 Andrew Walz University of Mary Fr.           | 28:37.7 (25)  |
| 27 Bennette Mayo University of Mary Fr.         | 28:51.5 (26)  |
| 28 Nathaniel Bergen Wayne State Jr.             | 28:53.8 (27)  |
| 29 Quincy Pierce University of Mary Fr.         | 28:57.5 (28)  |
| 30 Jimmie Doherty Wayne State So.               | 28:59.7       |
| 31 Erik Hanson MSU Moorhead Fr.                 | 29:00.6       |
| 32 Ryan Ledin Winona State Jr.                  | 29:06.4 (29)  |
| 33 David Teige MSU Moorhead Jr.                 | 29:08.0       |
| 34 Jesse Wassenaar Wayne State Fr.              | 29:25.4       |
| 35 Brent Vyvyan Winona State Fr.                | 29:28.3 (30)  |
| 36 Matt Eicheldinger Concordia University - Fr. | 29:41.3 (31)  |
| 37 Paul James Concordia University - Sr.        | 29:43.3 (32)  |
| 38 Ryan Burch Winona State Fr.                  | 29:46.1 (33)  |
| 39 Andrew Bachman Wayne State So.               | 29:54.2       |
| 40 Kris Enlund Concordia University - So.       | 29:55.9 (34)  |
| 41 Tim Baustian Northern State SO               | 29:57.1 (35)  |
| 42 Pat Paradis University of Mary Fr.           | 30:06.9 (36)  |
| 43 Josh Stebbins Concordia University - So.     | 30:11.1 (37)  |
| 44 Patrick Saures Winona State Fr.              | 30:17.1 (38)  |
| 45 Ben Jansen Wayne State Jr.                   | 30:35.7       |
| 46 Colin Madson Winona State Fr.                | 30:36.4 (39)  |
| 47 Kevin Kallas Winona State So.                | 30:59.7       |
| 48 Sergio Fox Northern State FR                 | 31:00.4 (40)  |
| 49 Josh Curry Winona State Fr.                  | 31:04.8       |
| 50 Chris Sherve MSU Moorhead Sr.                | 31:17.8       |
| 51 Ben Tharaldson Winona State Fr.              | 31:33.2       |
| 52 Cameron Husom Concordia University - Fr.     | 32:48.3 (41)  |
| 53 Ben Wells Winona State Fr.                   | 32:51.0       |
| 54 Andrew Mekhail Concordia University - Fr.    | 35:08.8       |
| 55 Jeremy Johnson Winona State Jr.              | 36:32.0       |

**NSIC Men's Coach of the Year**

Cley Twigg, MSU Moorhead

### 2006 NSIC Men's Championships

Site: St. Paul, Minn.

| Team Standings          | Points |
|-------------------------|--------|
| 1. MSU Moorhead         | 40     |
| 2. Northern State       | 57     |
| 3. Winona State         | 73     |
| 4. Wayne State          | 85     |
| 5. Concordia - St. Paul | 92     |

#### Individual Results (Top 10 All-Conference)

|   | Time (Points) |
|---|---------------|
| 1 Jeremiah Herron, Sr, Wayne State          | 27:04.8 (1)   |
| 2 Dane Moreland, Sr, MSU Moorhead           | 27:17.1 (2)   |
| 3 Josh Schmeichel, Fr, Northern State       | 27:21.5 (3)   |
| 4 Kyle Eckhoff, So, MSU Moorhead            | 27:26.5 (4)   |
| 5 Danny Scott, So, Northern State           | 27:28.1 (5)   |
| 6 Matt Scott, Sr, Northern State            | 27:35.8 (6)   |
| 7 Kyle Warren, Sr, Concordia - St. Paul     | 27:42.4 (7)   |
| 8 Kurt Rettig, Jr, University of Mary       | 27:49.2       |
| 9 Chet Heacox, Sr, Winona State             | 28:07.9 (8)   |
| 10 Neil Skoog, Fr, Winona State             | 28:15.7 (9)   |
| 11 Dustin Lillegaard, Jr, MSU Moorhead      | 28:28.5 (10)  |
| 12 Adam Kne, So, MSU Moorhead               | 28:31.0 (11)  |
| 13 Ryan Slack, Fr, Winona State             | 28:34.4 (12)  |
| 14 Scott Egeberg, So, MSU Moorhead          | 28:38.6 (13)  |
| 15 Timothy Nesheim, Sr, MSU Moorhead        | 28:47.6 (14)  |
| 16 Andrew Hilgemann, Fr, University of Mary | 28:49.8       |
| 17 Ryan Williams, So, Wayne State           | 28:53.2 (15)  |
| 18 Daniel Schield, Fr, Concordia - St. Paul | 28:54.7 (16)  |
| 19 Kevin Dahlberg, So, Northern State       | 29:00.8 (17)  |
| 20 Leighton Reuss, Jr, MSU Moorhead         | 29:01.1 (18)  |
| 21 Matt Schneider, Jr, Wayne State          | 29:01.6 (19)  |
| 22 Dan Gibbons, Fr, Winona State            | 29:16.8 (20)  |
| 23 Juan Perez, Fr, Concordia - St. Paul     | 29:26.7 (21)  |
| 24 Erik Hest, So, MSU Moorhead              | 29:27.6       |
| 25 Jim Fay, Fr, MSU Moorhead                | 29:35.8       |
| 26 Nathaniel Bergen, So, Wayne State        | 29:44.0 (22)  |
| 27 Cody Myers, So, MSU Moorhead             | 29:45.7       |
| 28 Jacob Mills, Fr, Concordia - St. Paul    | 30:06.8 (23)  |
| 29 Eric Jaworski, Jr, MSU Moorhead          | 30:14.7       |
| 30 Kevin Kallas, Fr, Winona State           | 30:43.5 (24)  |
| 31 David Teige, So, MSU Moorhead            | 30:59.8       |
| 32 Carl Wendorff, Fr, Concordia - St. Paul  | 31:06.7 (25)  |
| 33 Timothy Baustian, Fr, Northern State     | 31:08.3 (26)  |
| 34 Alan Stage, Jr, Concordia - St. Paul     | 31:23.6 (27)  |
| 35 Nate McIntire, Sr, Wayne State           | 31:28.6 (28)  |
| 36 Andrew Bachman, Fr, Wayne State          | 31:37.6 (29)  |
| 37 Jimmie Doherty, Fr, Wayne State          | 31:55.1 (30)  |
| 38 Renato Otten, Jr, Concordia - St. Paul   | 32:53.1 (31)  |
| 39 Paul James, Jr, Concordia - St. Paul     | 33:30.5       |
| 40 Ben McDonald, Fr, Winona State           | 34:09.3 (32)  |
| 41 Jeremiah Johnson, Sr, Winona State       | 34:34.9 (33)  |

#### NSIC Men's Coach of the Year

Cley Twigg, MSU Moorhead

### 2005 NSIC Men's Championships

Site: Glyndon, Minnesota (Host: MSU Moorhead)

| Team Standings        | Points |
|-----------------------|--------|
| 1. Wayne State        | 38     |
| 2. Northern State     | 43     |
| 3. MSU Moorhead       | 51     |
| 4. Concordia-St. Paul | 116    |
| 5. Winona State       | 120    |

#### Ind Results (Top 10 All-Conference)

|                                       | Time     | Points |
|---------------------------------------|----------|--------|
| 1. Dane Moreland, MSU Moorhead        | 28:03.34 | 1      |
| 2. Matt Schneider, Wayne State        | 28:07.17 | 2      |
| 3. Jeremy VanVeen, Northern State     | 28:13.04 | 3      |
| 4. Jeremiah Herron, Wayne State       | 28:31.33 | 4      |
| 5. Matt Walberg, Northern State       | 28:40.13 | 5      |
| 6. Casey Ide, Wayne State             | 28:50.02 | 6      |
| 7. Ben Crabtree, Wayne State          | 28:57.02 | 7      |
| 8. Kyle Eckhoff, MSU Moorhead         | 29:07.68 | 8      |
| 9. Trent Waage, Northern State        | 29:22.26 | 9      |
| 10. Kyle Warren, Concordia-St. Paul   | 29:32.15 | 10     |
| 11. Scott Egeberg, MSU Moorhead       | 29:52.96 | 11     |
| 12. Danny Scott, Northern State       | 30:01.50 | 12     |
| 13. Dustin Lillegaard, MSU Moorhead   | 30:07.84 | 13     |
| 14. Matt Scott, Northern State        | 30:12.31 | 14     |
| 15. Brad Plack, Northern State        | 30:26.57 | 15     |
| 16. Josh Baltzell, Northern State     | 30:28.42 | 16     |
| 17. Renato Otten, Concordia-St. Paul  | 30:33.48 | 17     |
| 18. Tim Nesheim, MSU Moorhead         | 30:36.27 | 18     |
| 19. Nathaniel Bergen, Wayne State     | 30:36.98 | 19     |
| 20. Chet Heacox, Winona State         | 30:46.25 | 20     |
| 21. Aaron Schwarzenbart, Winona State | 30:58.61 | 21     |
| 22. Leighton Reuss, MSU Moorhead      | 31:04.85 | 22     |
| 23. Wesley Olson, Winona State        | 31:12.66 | 23     |
| 24. David Teige, MSU Moorhead         | 31:13.12 | 24     |
| 25. Stephen Lamas, Wayne State        | 31:20.65 | 25     |
| 26. Ryan Williams, Wayne State        | 31:26.24 | 26     |
| 27. Ryan Ledin, Winona State          | 31:34.60 | 27     |
| 28. Paul James, Concordia-St. Paul    | 31:39.05 | 28     |
| 29. Erik Hest, MSU Moorhead           | 32:08.81 |        |
| 30. Jason Mork, Winona State          | 32:26.51 | 29     |
| 31. Alan Stage, Concordia-St. Paul    | 32:46.03 | 30     |
| 32. Nathan McIntire, Wayne State      | 33:04.13 |        |
| 33. Jason Shephard, Northern State    | 33:56.39 |        |
| 34. Kris Enlund, Concordia-St. Paul   | 34:23.65 | 31     |
| 35. Eric Jaworski, MSU Moorhead       | 34:58.27 |        |
| 36. Jeremiah Johnson, Winona State    | 36:24.23 | 32     |

#### NSIC Men's Coach of the Year

Marlon Brink, Wayne State



**2004 NSIC MEN'S CHAMPIONSHIPS**

Site: Wayne, Nebraska

| Team Standings        | Points |
|-----------------------|--------|
| 1. Northern State     | 34     |
| 2. Concordia-St. Paul | 55     |
| 3. Wayne State        | 58     |
| 4. MSU Moorhead       | 91     |
| 5. Winona State       | 123    |

**Individual Results (Top 10 All-Conference)**

|  | Time (Points) |
|--|---------------|
| 1. Matt Scott, Northern State            | 27:24.80 (1)  |
| 2. Jeremiah Herron, Wayne State          | 27:36.40 (2)  |
| 3. Matt Schneider, Wayne State           | 27:39.70 (3)  |
| 4. Marcus Breitbarth, Concordia-St. Paul | 27:42.30 (4)  |
| 5. Nick White, Northern State            | 27:42.60 (5)  |
| 6. Renato Otten, Concordia-St. Paul      | 27:43.50 (6)  |
| 7. Matt Walberg, Northern State          | 28:03.50 (7)  |
| 8. Trent Waage, Northern State           | 28:11.80 (8)  |
| 9. Ben Crabtree, Wayne State             | 28:12.50 (9)  |
| 10. Kyle Warren, Concordia-St. Paul      | 28:33.40 (10) |
| 11. Chet Heacox, Winona State            | 28:45.50 (11) |
| 12. Dane Moreland, MSU Moorhead          | 29:01.30 (12) |
| 13. Josh Batzell, Northern State         | 29:05.50 (13) |
| 14. Joseph Lynch, MSU Moorhead           | 29:15.10 (14) |
| 15. Kevin Dahlberg, Northern State       | 29:16.50 (15) |
| 16. Shuei Kato, Winona State             | 29:16.60 (16) |
| 17. Evan Palenschat, Concordia-St. Paul  | 29:25.30 (17) |
| 18. Josh Stebbins, Concordia-St. Paul    | 29:26.70 (18) |
| 19. Dustin Lillegaard, MSU Moorhead      | 29:52.60 (19) |
| 20. Aron Stumvoll, Concordia-St. Paul    | 30:00.10 (20) |
| 21. Eric Klein, Wayne State              | 30:15.10 (21) |
| 22. Leighton Reuss, MSU Moorhead         | 30:17.50 (22) |
| 23. Stephen Lamas, Wayne State           | 30:21.00 (23) |
| 24. Brandon Beaudry, MSU Moorhead        | 30:23.60 (24) |
| 25. Sean Keisling, Wayne State           | 30:28.30 (25) |
| 26. Jason Shephard, Northern State       | 30:48.70 (26) |
| 27. Timothy Nesheim, MSU Moorhead        | 30:53.10 (27) |
| 28. Paul James, Concordia-St. Paul       | 31:03.80 (28) |
| 29. Nate McIntire, Wayne State           | 31:04.10 (29) |
| 30. Eric Jaworski, MSU Moorhead          | 31:10.10 (30) |
| 31. Nick Hartlep, Winona State           | 31:16.70 (31) |
| 32. Wesley Holtman, MSU Moorhead         | 31:28.40      |
| 33. Nick Krumholz, Winona State          | 31:32.50 (32) |
| 34. Greg Felling, Winona State           | 31:37.40 (33) |
| 35. Troy Schaa, Wayne State              | 31:37.60      |
| 36. Hassan Guyo, Concordia-St. Paul      | 32:04.60      |
| 37. Rob Tobin, MSU Moorhead              | 32:24.10      |
| 38. Jason Mork, Winona State             | 33:17.70 (34) |
| 39. Alex Ruter, Winona State             | 34:49.00 (35) |
| 40. Andy Jones, Concordia-St. Paul       | 38:15.80      |

**NSIC Men's Coach of the Year**

Eric Hunt, Northern State

**2003 NSIC MEN'S CHAMPIONSHIPS**

Site: Duluth, Minnesota

| Team Standings        | Points |
|-----------------------|--------|
| 1. Minnesota Duluth   | 16     |
| 2. Northern State     | 77     |
| 3. Wayne State        | 85     |
| 4. MSU Moorhead       | 101    |
| 5. Concordia-St. Paul | 101    |
| 6. Winona State       | 133    |

**Individual Results (Top 10 All-Conference)**

|  | Time (Score) |
|--|--------------|
| 1. Robb Winterfeld, Minnesota Duluth     | 25:03.8 (1)  |
| 2. Nate Beerling, Minnesota Duluth       | 25:17.3 (2)  |
| 3. Adam Gellerstedt, Minnesota Duluth    | 25:44.3 (3)  |
| 4. Ben Kimmes, Minnesota Duluth          | 25:45.3 (4)  |
| 5. Delbert Blackbear, Northern State     | 25:53.4 (5)  |
| 6. Bill Revering, Minnesota Duluth       | 25:57.2 (6)  |
| 7. Marcus Breitbarth, Concordia-St. Paul | 25:57.6 (7)  |
| 8. Collin Bredeson, Concordia-St. Paul   | 26:15.4 (8)  |
| 9. Jeremiah Herron, Wayne State          | 26:27.5 (9)  |
| 10. Neil Olson, Minnesota Duluth         | 26:29.3 (10) |
| 11. Brian Polski, Minnesota Duluth       | 26:34.6 (11) |
| 12. Sam Anderson, Minnesota Duluth       | 26:40.0      |
| 13. Evan Slocum, Minnesota Duluth        | 26:45.8      |
| 14. Nick White, Northern State           | 26:50.1 (12) |
| 15. James Boortz, Minnesota Duluth       | 27:17.2      |
| 16. Dane Morland, MSU Moorhead           | 27:17.4 (13) |
| 17. Ben Crabtree, Wayne State            | 27:27.0 (14) |
| 18. Tony Stevens, Minnesota Duluth       | 27:29.0      |
| 19. Joe Lynch, MSU Moorhead              | 27:34.3 (15) |
| 20. Nick Salay, Minnesota Duluth         | 27:37.2      |
| 21. Nick Hansen, Wayne State             | 27:39.3 (16) |
| 22. Matt Scott, Northern State           | 27:42.4 (17) |
| 23. Brandon Beaudry, MSU Moorhead        | 28:00.2 (18) |
| 24. Michael Pendleton, Winona State      | 28:11.2 (19) |
| 25. David Obermeyer, Wayne State         | 28:12.5 (20) |
| 26. John Baltzell, Northern State        | 28:15.4 (21) |
| 27. Brad Plack, Northern State           | 28:20.7 (22) |
| 28. Aaron Schwarzenbart, Winona State    | 28:21.5 (23) |
| 29. Kyle Warren, Concordia-St. Paul      | 28:44.2 (24) |
| 30. Shuei Kato, Winona State             | 28:51.1 (25) |
| 31. Korey Kriz, Wayne State              | 28:57.6 (26) |
| 32. Christian McCarty, MSU Moorhead      | 29:21.6 (27) |
| 33. Dennis DeLude, MSU Moorhead          | 29:36.1 (28) |
| 34. John Peter, MSU Moorhead             | 29:48.8 (29) |
| 35. Josh Bernau, Concordia-St. Paul      | 29:49.7 (30) |
| 36. Gregory Felling, Winona State        | 29:60.0 (31) |
| 37. Hassan Guyo, Concordia-St. Paul      | 30:10.4 (32) |
| 38. Nate McIntire, Wayne State           | 30:27.5 (33) |
| 39. Brian Franzone, Wayne State          | 30:41.3 (34) |
| 40. Troy Schaaf, Wayne State             | 30:50.4      |
| 41. Nick Hartlep, Winona State           | 31:02.3 (35) |
| 42. William Hessian, Winona State        | 31:12.6 (36) |
| 43. Alan Stage, Concordia-St. Paul       | 31:35.3 (37) |
| 44. Jason Shepherd, Northern State       | 32:22.6 (38) |
| 45. Alex Ruter, Winona State             | 33:32.0 (39) |
| 46. Barret Lione Seton, Winona State     | 33:36.6      |

**NSIC Men's Coach of the Year**

John Fulkrod, Minnesota Duluth

Men's Cross Country

**2002 NSIC MEN'S CHAMPIONSHIPS**

Site: Bemidji, Minnesota

| Team Standings              | Points |
|-----------------------------|--------|
| 1. Minnesota Duluth         | 17     |
| 2. Minnesota State Moorhead | 73     |
| 3. Concordia-St. Paul       | 79     |
| 4. Northern State           | 82     |
| 5. Winona State             | 116    |

**Individual Results (Top 10 All-Conference)**

|   | Time (Score)  |
|---|---------------|
| 1. Nathan Beerling, Minnesota Duluth        | 26:02.61 (1)  |
| 2. Robb Winterfeld, Minnesota Duluth        | 26:07.43 (2)  |
| 3. Adam Gellerstadt, Minnesota Duluth       | 26:29.20 (3)  |
| 4. Joe Lynch, MSU Moorhead                  | 26:50.59 (4)  |
| 5. Jeff Brever, Minnesota Duluth            | 26:56.75 (5)  |
| 6. Sam Anderson, Minnesota Duluth           | 27:01.98 (6)  |
| 7. Andy Wenger, Minnesota Duluth            | 27:05.11 (7)  |
| 8. Delbert Blackbear, Northern State        | 27:07.03 (8)  |
| 9. Collin Bredeson, Concordia-St. Paul      | 27:14.63 (9)  |
| 10. Shawn Burns, Minnesota Duluth           | 27:15.37 (10) |
| 11. Nick Hansen, Wayne State                | 27:27.23      |
| 12. Mitch Lyons, Concordia-St. Paul         | 27:39.86 (11) |
| 13. Dan Hubley, Minnesota Duluth            | 27:45.98      |
| 14. Aaron Schwarzenbart, Winona State       | 27:52.64 (12) |
| 15. Dan Bocchi, Minnesota Duluth            | 27:55.90      |
| 16. Brandon Beaudry, MSU Moorhead           | 28:02.91 (13) |
| 17. Trevor Vossen, Minnesota State Moorhead | 28:11.10 (14) |
| 18. Marcus Breitbarth, Concordia-St. Paul   | 28:16.30 (15) |
| 19. Evan Pengelly, Minnesota Duluth         | 28:16.81      |
| 20. Nick White, Northern State              | 28:25.87 (16) |
| 21. Neil Olson, Minnesota Duluth            | 28:26.38      |
| 22. Jerry Clark, Northern State             | 28:27.21 (17) |
| 23. Joe Yard, MSU Moorhead                  | 28:35.48 (18) |
| 24. Daniel Mueller, Concordia-St. Paul      | 28:40.94 (19) |
| 25. Mike Larson, Northern State             | 28:55.27 (20) |
| 26. Todd Mountin, Minnesota Duluth          | 29:02.33      |
| 27. Myles Richards, Northern State          | 29:06.96 (21) |
| 28. Chuck Bitker, Wayne State               | 29:10.64      |
| 29. Michael Pendleton, Winona State         | 29:12.68 (22) |
| 30. Jed Ranzenberger, Winona State          | 29:22.30 (23) |
| 31. John Peter, MSU Moorhead                | 29:26.10 (24) |
| 32. Timothy Breitbarth, Concordia-St. Paul  | 29:39.53 (25) |
| 33. Ben Crabtree, Wayne State               | 29:52.68      |
| 34. Josh Bernau, Concordia-St. Paul         | 29:58.21 (26) |
| 35. Darren Lester, MSU Moorhead             | 30:21.61 (27) |
| 36. Jason Dormeyer, MSU Moorhead            | 30:36.94 (28) |
| 37. Don Lasage, MSU Moorhead                | 31:03.61      |
| 38. Tim Noel, Winona State                  | 31:58.02 (29) |
| 39. Tom Richey, Wayne State                 | 32:05.48      |
| 40. William Hessian, Winona State           | 32:18.41 (30) |
| 41. Nick Lobejko, Winona State              | 32:33.01 (31) |
| 42. John Ennenga, Winona State              | 33:23.64 (32) |
| 43. Gene Somers, Winona State               | 34:25.07      |

**NSIC Men's Coach of the Year**

John Fulkrod, Minnesota Duluth

**2001 NSIC MEN'S CHAMPIONSHIPS**

Site: Morris, Minnesota

| Team Standings        | Points |
|-----------------------|--------|
| 1. Minnesota Duluth   | 21     |
| 2. Wayne State        | 67     |
| 3. Concordia-St. Paul | 74     |
| 4. Winona State       | 110    |
| 5. MSU Moorhead       | 129    |
| 6. Northern State     | 130    |

**Individual Results (Top 10 All-Conference)**

|   | Time (Score)  |
|---|---------------|
| 1. Brett Carroll, Minnesota Duluth      | 26:26.15 (1)  |
| 2. Andy Tucknot, Wayne State            | 26:30.77 (2)  |
| 3. Nathan Beerling, Minnesota Duluth    | 26:32.03 (3)  |
| 4. Bill Revering, Minnesota Duluth      | 26:47.60 (4)  |
| 5. Marcus Breitbarth, Concordia-St Paul | 26:51.54 (5)  |
| 6. Adam Gellerstadt, Minnesota Duluth   | 26:55.98 (6)  |
| 7. Jeff Brever, Minnesota Duluth        | 26:56.22 (7)  |
| 8. Nick Matak, Minnesota Duluth         | 27:29.99 (8)  |
| 9. Collin Bredeson, Concordia-St. Paul  | 27:34.70 (9)  |
| 10. Seth Ickowitz, Concordia-St. Paul   | 27:36.53 (10) |
| 11. Joe Lynch, MSU Moorhead             | 27:59.52 (11) |
| 12. Matt Loberg, Minnesota Duluth       | 27:59.88 (12) |
| 13. Nick Hansen, Wayne State            | 28:13.65 (13) |
| 14. Kevin Callarman, Winona State       | 28:15.62 (14) |
| 15. Brett Rasmussen, Minnesota Duluth   | 28:17.71      |
| 16. Michael Pendleton, Winona State     | 28:36.45 (15) |
| 17. Dana Rider, Wayne State             | 28:39.98 (16) |
| 18. James Bruhn, Wayne State            | 28:44.60 (17) |
| 19. Brandon Beaudry, MSU Moorhead       | 28:44.97 (18) |
| 20. Kirk Ermels, Wayne State            | 28:48.73 (19) |
| 21. Randy Murphy, Northern State        | 28:51.15 (20) |
| 22. Aaron Schwarzenbart, Winona State   | 28:55.68 (21) |
| 23. Steve Rodrigues, Minnesota Duluth   | 29:01.38      |
| 24. Tim Breitbarth, Concordia-St. Paul  | 29:02.58 (22) |
| 25. John Keyes, Northern State          | 29:06.17 (23) |
| 26. Eric Hjelden, Minnesota Duluth      | 29:08.07      |
| 27. Mike Larson, Northern State         | 29:15.13 (24) |
| 28. David Kortum, Wayne State           | 29:16.22 (25) |
| 29. Jed Ranzenberger, Winona State      | 29:16.90 (26) |
| 30. Dustin Lippman, Wayne State         | 29:17.80 (27) |
| 31. Josh Legband, Concordia-St. Paul    | 29:21.36 (28) |
| 32. Trevor Vossen, MSU Moorhead         | 29:21.81 (29) |
| 33. Myles Richards, Northern State      | 29:46.41 (30) |
| 34. Shawn Burns, Minnesota Duluth       | 29:46.70      |
| 35. Daniel Mueller, Concordia-St. Paul  | 29:47.55 (31) |
| 36. Josh Bernau, Concordia-St. Paul     | 29:56.35 (32) |
| 37. Dan Mcpartland, Northern State      | 30:22.31 (33) |
| 38. Dan Paulson, Winona State           | 30:59.64 (34) |
| 39. John Peter, MSU Moorhead            | 31:08.94 (35) |
| 40. Evan Pengelly, Minnesota Duluth     | 31:19.30      |
| 41. Joe Yard, MSU Moorhead              | 31:26.98 (36) |
| 42. John Taggatz, Concordia-St. Paul    | 31:56.65      |
| 43. Jason Fleege, Winona State          | 32:02.24 (37) |
| 44. William Hessian, Winona State       | 32:12.31 (38) |
| 45. Nick Lobejko, Winona State          | 32:21.43      |
| 46. Brett Struebing, Wayne State        | 33:27.51      |
| 47. John Ennenga, Winona State          | 33:53.22      |

**NSIC Men's Coach of the Year**

Jonathon Breitbarth, Concordia-St. Paul



**2000 NSIC MEN'S CHAMPIONSHIPS**

Site: Aberdeen, South Dakota

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 16            |  |
| 2. Wayne State                                    | 53            |  |
| 3. Northern State                                 | 96            |  |
| 4. Concordia-St. Paul                             | 99            |  |
| 5. Minnesota State Moorhead                       | 126           |  |
| 6. Winona State                                   | 167           |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Bill Revering, Minnesota Duluth                | 26:24         |  |
| 2. Nic Matack, Minnesota Duluth                   | 26:35         |  |
| 3. Brett Carroll, Minnesota Duluth                | 26:38         |  |
| 3. Ben Kimmes, Minnesota Duluth                   | 26:38         |  |
| 5. Andy Tucknott, Wayne State                     | 26:40         |  |
| 6. Matt Loberg, Minnesota Duluth                  | 27:01         |  |
| 7. Tim Rand, Minnesota Duluth                     | 27:12         |  |
| 8. Adam Gellerstadt, Minnesota Duluth             | 27:14         |  |
| 9. Mitch Kimmes, Minnesota Duluth                 | 27:16         |  |
| 10. Dustin Lippman, Wayne State                   | 27:16         |  |

**1999 NSIC MEN'S CHAMPIONSHIPS**

Site: Winona, Minnesota

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 15            |  |
| 2. Wayne State                                    | 57            |  |
| 3. Northern State                                 | 67            |  |
| 4. Moorhead State                                 | 74            |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Tim Rand, Minnesota Duluth                     | 26:55         |  |
| 2. Brett Carroll, Minnesota Duluth                | 27:08         |  |
| 3. Bill Revering, Minnesota Duluth                | 27:11         |  |
| 4. Nick Haglund, Minnesota Duluth                 | 27:13         |  |
| 5. Andrew Moore, Minnesota Duluth                 | 27:15         |  |
| 6. Matt Loberg, Minnesota Duluth                  | 27:18         |  |
| 7. Delbert Blackbear, Northern State              | 27:34         |  |
| 8. Joe Whetham, Moorhead State                    | 27:38         |  |
| 9. Mitch Kimmes, Minnesota Duluth                 | 27:59         |  |
| 10. James Bruhn, Wayne State                      | 28:01         |  |

**1998 NSIC MEN'S CHAMPIONSHIPS**

Site: Moorhead, Minnesota

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 25            |  |
| 2. Moorhead State                                 | 64            |  |
| 3. Wayne State                                    | 69            |  |
| 4. Northern State                                 | 74            |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Andy Tucknott, Wayne State                     | 27:01         |  |
| 2. Brook Fischer, Northern State                  | 27:21         |  |
| 3. Matt Loberg, Minnesota Duluth                  | 27:23         |  |
| 4. Nick Haglund, Minnesota Duluth                 | 27:34         |  |
| 5. Brett Carroll, Minnesota Duluth                | 27:44         |  |
| 6. John Rinn, Minnesota Duluth                    | 27:51         |  |
| 7. Ryan Swetkovich, Minnesota Duluth              | 27:55         |  |

**1997 NSIC MEN'S CHAMPIONSHIPS**

Site: Duluth, Minnesota

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 19            |  |
| 2. Northern State                                 | 54            |  |
| 3. Moorhead State                                 | 64            |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Jason Holton, Minnesota Duluth                 | 27:18.6       |  |
| 2. Mike Nelson, Minnesota Duluth                  | 27:24.6       |  |
| 3. Tim Rand, Minnesota Duluth                     | 27:30.8       |  |
| 4. Mark Adolph, Northern State                    | 27:39.5       |  |
| 5. Brian Heltemes, Moorhead State                 | 27:43.0       |  |
| 6. Andrew Moore, Minnesota Duluth                 | 27:51.7       |  |
| 7. Pat Russell, Minnesota Duluth                  | 28:06.5       |  |
| 8. Ryan Swetkovich, Minnesota Duluth              | 28:10.6       |  |
| 9. Mitch Kimmes, Minnesota Duluth                 | 28:11.8       |  |
| 10. Nick Haglund, Minnesota Duluth                | 28:17.2       |  |
| 11. Ben Morris, Minnesota Duluth                  | 28:27.1       |  |
| 12. Brook Fischer, Northern State                 | 28:40.0       |  |

Note: Men's Cross Country was not an official NSIC sport in 1997.

1996 not available

**S1995 NSIC MEN'S CHAMPIONSHIPS**

Site: NA

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 23            |  |
| 2. Northern State                                 | 53            |  |
| 3. Moorhead State                                 | 58            |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Dan Feda, Moorhead State                       | 26:30         |  |
| 2. Chad Coley, Minnesota Duluth                   | 26:52         |  |
| 3. Jesse Heise, Minnesota Duluth                  | 27:02         |  |
| 4. Eric Whiteis, Minnesota Duluth                 | 27:09         |  |
| 5. Mark Adolf, Northern State                     | 27:11         |  |
| 6. Jon Watson, Minnesota Duluth                   | 27:13         |  |
| 7. Brook Fischer, Northern State                  | 27:27         |  |
| 8. Mike Nelson, Minnesota Duluth                  | 27:35         |  |
| 9. Nate Lutzka, Minnesota Duluth                  | 27:45         |  |
| 10. Josh Robinson, Minnesota Duluth               | 28:00         |  |
| 11. Kelly Rusk, Moorhead State                    | 28:09         |  |
| 12. Brian Hill, Minnesota Duluth                  | 28:12         |  |

Note: Men's Cross Country was not an official NSIC sport in 1995.

Men's Cross Country



**WOMEN'S TEAM CHAMPIONS**

- 1983 - MSU Moorhead
- 1984 - MSU Moorhead
- 1985 - Northern State
- 1986 - Northern State
- 1987 - Bemidji State
- 1988 - Minnesota Duluth
- 1989 - Bemidji State
- 1990 - MSU Moorhead
- 1991 - MSU Moorhead
- 1992 - Minnesota Duluth
- 1993 - Minnesota Duluth
- 1994 - Minnesota Duluth
- 1995 - Minnesota Duluth
- 1996 - Minnesota Duluth
- 1997 - Minnesota Duluth
- 1998 - Minnesota Duluth
- 1999 - Minnesota Duluth
- 2000 - Minnesota Duluth
- 2001 - Minnesota Duluth
- 2002 - Minnesota Duluth
- 2003 - Minnesota Duluth
- 2004 - Winona State
- 2005 - MSU Moorhead
- 2006 - Wayne State
- 2007 - MSU Moorhead
- 2008 - Augustana
- 2009 - Augustana

**WOMEN'S INDIVIDUAL CHAMPIONS**

- 1983 - Polly Durand, Minnesota Duluth
- 1984 - Jane Remark, MSU Moorhead
- 1985 - Teresa Greenwood, MSU Moorhead
- 1986 - Lynn Stottler, Minnesota Duluth
- 1987 - Marlene Calmus, Northern State
- 1988 - Stephanie Hengel, Northern State
- 1989 - Jayne Dusich, Bemidji State
- 1990 - Jayne Dusich, Bemidji State
- 1991 - Gina Hahn, MSU Moorhead
- 1992 - Maureen Ryan, Winona State
- 1993 - Karen Walczak, Minnesota Duluth
- 1994 - Karen Walczak, Minnesota Duluth
- 1995 - Jessica Faith, MSU Moorhead
- 1996 - Jessica Faith, MSU Moorhead
- 1997 - Brandy Griffith, Minnesota Duluth
- 1998 - Katie Huntley, Minnesota Duluth
- 1999 - Katie Huntley, Minnesota Duluth
- 2000 - Tammy Stang, Minnesota Duluth
- 2001 - Tammy Stang, Minnesota Duluth
- 2002 - Emily Shoop, Concordia-St. Paul
- 2003 - Sara Frederickson, Minnesota Duluth
- 2004 - Amelia Soto, Winona State
- 2005 - Erin Norenberg, Wayne State
- 2006 - Tiffany Czarnomska, University of Mary
- 2007 - Anna Vanwechel, MSU Moorhead
- 2008 - Morgan Place, Minnesota Duluth
- 2009 - Morgan Place, Minnesota Duluth

**WOMEN'S TEAM TITLES WON OR SHARED**

| School                   | No. | Last Title |
|--------------------------|-----|------------|
| Minnesota Duluth         | 13  | 2003       |
| Minnesota State Moorhead | 6   | 2007       |
| Bemidji State            | 2   | 1989       |
| Northern State           | 2   | 1986       |
| Augustana College        | 2   | 2009       |
| Winona State             | 1   | 2004       |
| Wayne State              | 1   | 2006       |

**NSIC WOMEN'S COACHES OF THE YEAR**

- 1988 - Eleanor Rynda, Minnesota Duluth
- 1989 - Jan Berg, Bemidji State
- 1990 - Randy Smith, Minnesota State Moorhead
- 1991 - Randy Smith, Minnesota State Moorhead
- 1992 - Eleanor Rynda, Minnesota Duluth
- 1993 - Eleanor Rynda, Minnesota Duluth
- 1994 - Jim Fuller, Northern State
- 1995 - Jim Fuller, Northern State  
John Fulkrod, Minnesota Duluth
- 1996 - Karen Ladig, Bemidji State
- 1997 - John Fulkrod, Minnesota Duluth
- 1998 - Neal Mundahl, Winona State
- 1999 - John Fulkrod, Minnesota Duluth
- 2000 - John Fulkrod, Minnesota Duluth
- 2001 - Neal Mundahl, Winona State
- 2002 - John Fulkrod, Minnesota Duluth
- 2003 - Neal Mundahl, Winona State
- 2004 - Neal Mundahl, Winona State
- 2005 - Fred Dahnke - MSU Moorhead
- 2006 - Marlon Brink, Wayne State
- 2007 - Marlon Brink, Wayne State
- 2008 - Tracy Hellman, Augustana
- 2009 - Tracy Hellman, Augustana

**2009 NSIC WOMEN'S CHAMPIONSHIPS**

Site: Bemidji, Minn.

| Team Standings        | Points | Team Standings        | Points |
|-----------------------|--------|-----------------------|--------|
| 1. Augustana          | 38     | 7. St. Cloud State    | 180    |
| 2. Minnesota Duluth   | 57     | 8. Northern State     | 191    |
| 3. University of Mary | 81     | 9. MSU Moorhead       | 192    |
| 4. Minnesota State    | 141    | 10. Bemidji State     | 328    |
| 5. Winona State       | 147    | 11. Concordia St Paul | 335    |
| 6. Wayne State        | 160    |                       |        |

**Individual Results (Top 35)**

|                                   |                         | Time                       |
|-----------------------------------|-------------------------|----------------------------|
| <b>First Team All-Conference</b>  |                         |                            |
| 1                                 | Morgan Place So.        | Minnesota Duluth 21:48.6   |
| 2                                 | Molly Clark Sr.         | Augustana 22:30.0          |
| 3                                 | Ali Paul So.            | Minnesota State 22:33.9    |
| 4                                 | Anna VanWechel Jr.      | MSU Moorhead 22:49.9       |
| 5                                 | Irene Kosgei Jr.        | University of Mary 22:50.3 |
| 6                                 | Kyle Blakeslee Fr.      | Augustana 22:52.2          |
| 7                                 | Miriam Hovda Jr.        | Augustana 22:52.9          |
| 8                                 | Dakota Wolf Fr.         | University of Mary 23:07.7 |
| 9                                 | Jillian Tholen Sr.      | Augustana 23:11.1          |
| 10                                | Megan Zavorka Sr.       | Wayne State 23:14.3        |
| <b>Second Team All-Conference</b> |                         |                            |
| 11                                | Carrie Wardell Jr.      | Minnesota Duluth 23:20.1   |
| 12                                | Rachael Stack Jr.       | Minnesota Duluth 23:21.5   |
| 13                                | Michelle SanCartier So. | Minnesota Duluth 23:21.7   |
| 14                                | Leah Hansen Fr.         | Augustana 23:23.7          |
| 15                                | Mikayla Barondeau So.   | Northern State 23:27.0     |
| 16                                | Annie Pfeifle Fr.       | Augustana 23:27.7          |
| 17                                | Melissa Agnew Fr.       | University of Mary 23:29.8 |
| 18                                | Caitlin Polgreen Sr.    | Augustana 23:30.8          |
| 19                                | Paula Marozas Jr.       | St. Cloud State 23:33.8    |
| 20                                | Bridget Hines Jr.       | Minnesota Duluth 23:34.4   |
| <b>Finisher 21-35</b>             |                         |                            |
| 21                                | Jennifer Agnew Fr.      | University of Mary 23:39.6 |
| 22                                | Ky'lee Engelken Fr.     | Wayne State 23:42.5        |
| 23                                | Alyssa Anderson Sr.     | Augustana 23:44.9          |
| 24                                | Alyssa Wendt Sr.        | Minnesota Duluth 23:47.3   |
| 25                                | Jenna Southworth So.    | Winona State 23:48.6       |
| 26                                | Brittney Moffatt So.    | St. Cloud State 23:51.0    |
| 27                                | Allie Glasbrenner Sr.   | Winona State 23:54.3       |
| 28                                | Whitney Hines Jr.       | Minnesota Duluth 23:55.6   |
| 29                                | Michelle Jeske Jr.      | Winona State 23:58.2       |
| 30                                | Sarah Thomsen Sr.       | Wayne State 23:59.5        |
| 31                                | Alyson Piccolo Jr.      | University of Mary 24:01.5 |
| 32                                | Courtney Rasmussen So.  | Augustana 24:02.6          |
| 33                                | Jen Lang Jr.            | Minnesota State 24:02.9    |
| 34                                | Steph Sjostrom Fr.      | Winona State 24:03.6       |
| 35                                | Meagan McConnell Sr.    | Minnesota State 24:04.0    |

**Women's Coach of the Year:**

Tracy Hellman, Augustana College

**NCAA Women's Cross Country Central Region**

**Championship Top 6 Team Results (National Qualifiers)**

- 1. Adams State 36
- 2. Western State 88
- 3. Augustana (S.D.) 90
- 4. University of Mary 160
- 5. Metropolitan State 175
- 6. Minnesota Duluth 179

**IND Qualifiers:** 4th Sydney Laws Sr. CSM 22:06.3 & 6th Ali Paul So., MSU 22:20.3

**DIVISION II NATIONALS WOMEN 6K - Slippery Rock, Pa.**

| Team Results           | NSIC All-Americans               |
|------------------------|----------------------------------|
| 1. Adams State 73      | Place Name CI SchoolTime         |
| 7. MinnesotaDuluth 294 | 6 *Morgan Place So., UMD 20:53.0 |
| 13. Augustana 350      | 30 *Ali Paul So., MSU 21:47.3    |
| 18. U-Mary 413         | * All-American                   |



**2008 NSIC WOMEN'S CHAMPIONSHIPS**

Site: Aberdeen, S.D.

| Team Standings      | Points |                        |     |
|---------------------|--------|------------------------|-----|
| 1. Augustana        | 32     | 7. Winona State        | 155 |
| 2. Minnesota Duluth | 56     | 8. Northern State      | 190 |
| 3. Minnesota State  | 105    | 9. St. Cloud State     | 219 |
| 4. Mary             | 137    | 10. Concordia-St. Paul | 255 |
| 5. MSU Moorhead     | 138    | 11. Bemidji State      | 313 |
| 6. Wayne State      | 142    |                        |     |

**Individual Results (Top 35)**

| First Team All-Conference  |                           |                      | Time          |
|----------------------------|---------------------------|----------------------|---------------|
| 1                          | Place, Morgan, Fr.        | Minnesota Duluth     | 21:46.80      |
| 2                          | Palkie, Liz, Jr.          | Minnesota Duluth     | 22:30.45      |
| 3                          | Anderson, Alyssa, Jr.     | Augustana College    | 22:39.00      |
| 4                          | Hines, Bridget, So.       | Minnesota Duluth     | 22:41.30      |
| 5                          | Wagner, Miranda, Sr.      | Augustana College    | 22:47.65      |
| 6                          | Southworth, Jenna, Fr.    | Winona State         | 22:50.50      |
| 7                          | Clark, Molly, Jr.         | Augustana College    | 22:52.65      |
| 8                          | Tholen, Jillian, Jr.      | Augustana College    | 23:11.90      |
| 9                          | Rogers, Jenny, Fr.        | Augustana College    | 23:26.15      |
| 10                         | Stanzky, Emily, Sr.       | Concordia - St. Paul | 23:28.90      |
| Second Team All-Conference |                           |                      |               |
| 11                         | McConnell, Meagan, Jr.    | Minnesota State      | 23:35.75      |
| 12                         | Vanwechel, Anna, So.      | MSU Moorhead         | 23:37.30      |
| 13                         | Schmit, Melissa, Jr.      | Wayne State College  | 23:39.60      |
| 14                         | Dettman, Amanda, Jr.      | Minnesota State      | 23:44.75      |
| 15                         | Piccolo, Alyson, So.      | University of Mary   | 23:45.95      |
| 16                         | Neumiller, Kristen, So.   | University of Mary   | 23:50.65      |
| 17                         | Thomsen, Sarah, Jr.       | Wayne State College  | 23:50.80      |
| 18                         | Johnson, Laura, So.       | Augustana College    | 23:53.00      |
| 19                         | Smalley, Rachel, Sr.      | Minnesota State      | 23:55.85      |
| 20                         | Polgreen, Caitlin, Jr.    | Augustana College    | 23:57.35      |
| Finisher 21-40             |                           |                      |               |
| 21                         | Smith, Samantha, Sr.      | Minnesota State      | 23:58.15      |
| 22                         | Rasmussen, Courtney, Fr.  | Augustana College    | 24:04.00      |
| 23                         | Linneman, Kari, So.       | Northern State       | 24:06.85      |
| 24                         | Kosgei, Irene, So.        | University of Mary   | 24:07.80      |
| 25                         | Kogul, Kelly, Fr.         | Augustana College    | 24:08.60      |
| 26                         | Sancartier, Michelle, So. | Minnesota Duluth     | 24:09.25      |
| 27                         | Hines, Whitney, So.       | Minnesota Duluth     | 24:10.45      |
| 28                         | Wickersham, Amanda, So.   | MSU Moorhead         | 24:12.45      |
| 29                         | Zavorka, Megan, Jr.       | Wayne State          | 24:15.20      |
| 30                         | Rubash, Keely, Fr.        | St. Cloud State      | 24:21.65      |
| 31                         | Moffatt, Brittney, Fr.    | St. Cloud State      | 24:29.30      |
| 32                         | Berndt, Rayna, Sr.        | MSU Moorhead         | 24:32.15      |
| 33                         | Smith, Steph, Jr.         | Winona State         | 24:33.35 6:36 |
| 34                         | Nickolas, Danielle, Sr.   | Northern State       | 24:34.15 6:36 |
| 35                         | Glasbrenner, Allie, Jr.   | Winona State         | 24:34.70 6:36 |

**Wom Men's Coach of the Year:**

Tracy Hellman, Augustana College

**NCAA Women's Cross Country Central Region**

**Championship Top 5 Team Results (National Qualifiers)**

|                        |                         |                           |
|------------------------|-------------------------|---------------------------|
| 1. Adams State 30      | 3. Western State 83     | 5. Metropolitan State 180 |
| 2. Augustana (S.D.) 81 | 4. Minnesota Duluth 129 |                           |

**DIVISION II NATIONALS WOMEN 6K - Slippery Rock, Pa.**

| Augustana College 5th Place Finish |       | Minnesota Duluth 8th Place Finish |       |
|------------------------------------|-------|-----------------------------------|-------|
| 39 Alyssa Anderson, Jr.            | 22:43 | 7 *Morgan Place, Fr.              | 21:49 |
| 47 Molly Clark, Jr.                | 22:59 | 35 Liz Palkie, Jr.                | 22:39 |
| 52 Miranda Wagner, Sr.             | 23:03 | 70 Bridget Hines, So.             | 23:21 |
| 59 Jenny Rogers, Fr.               | 23:11 | 72 Whitney Hines, So.             | 23:21 |
| 61 Jillian Tholen, So.             | 23:13 | 129 Michelle Sancartier, So.      | 24:16 |
| 84 Courtney Rasmussen, Fr.         | 23:34 | 148 Rachel Stack, So.             | 24:35 |
| 93 Caitlin Polgreen, Jr.           | 23:40 | 170 Carolyn Wardell, So.          | 25:23 |

Time = 1:55:08 Places = 203      Time = 1:55:23 Places = 249

\* All-American

**2007 NSIC Women's Championships**

Site: Winona, Minnesota (Host: Winona State)

| Team Standings          | Points |
|-------------------------|--------|
| 1. MSU Moorhead         | 50     |
| 2. Wayne State          | 55     |
| 3. Winona State         | 108    |
| 4. University of Mary   | 109    |
| 5. Concordia - St. Paul | 115    |
| 6. Northern State       | 123    |
| 7. Bemidji State        | 135    |

  

| Ind Results (Top 10 All-Conference)            | Time    | Points |
|--|---------|--------|
| 1 Anna Vanwechel MSU Moorhead Fr.              | 22:34.5 | 1      |
| 2 Megan Zavorka Wayne State So.                | 22:48.9 | 2      |
| 3 Stacy Letourneau Bemidji State Fr.           | 23:15.9 | 3      |
| 4 Melissa Schmit Wayne State So.               | 23:16.3 | 4      |
| 5 Bethany Easker Winona State Fr.              | 23:18.0 | 5      |
| 6 Alyson Piccolo University of Mary Fr.        | 23:21.3 | 6      |
| 7 Danielle Thompson MSU Moorhead Fr.           | 23:22.2 | 7      |
| 8 Shae Wallin Concordia University - Sr.       | 23:31.5 | 8      |
| 9 Kristen Neumiller University of Mary Fr.     | 23:42.0 | 9      |
| 10 Emily Stanzky Concordia University - Jr.    | 23:44.4 | 10     |
| 11 Allie Glasbrenner Winona State So.          | 23:48.8 | 11     |
| 12 Sarah Thomsen Wayne State So.               | 23:48.8 | 12     |
| 13 Ashley Roemer MSU Moorhead So.              | 23:50.4 | 13     |
| 14 Kari Bloch MSU Moorhead So.                 | 23:57.0 | 14     |
| 15 Amanda Wickersham MSU Moorhead Fr.          | 24:04.3 | 15     |
| 16 Michelle Hanson MSU Moorhead Jr.            | 24:08.7 | 16     |
| 17 Jenny Baus Northern State Sr.               | 24:13.0 | 17     |
| 18 Jenna McCoy Wayne State Fr.                 | 24:15.9 | 18     |
| 19 Melissa McIntosh Wayne State Fr.            | 24:19.0 | 19     |
| 20 Brittany Becker Bemidji State Fr.           | 24:22.2 | 20     |
| 21 Sarah Rebenitsch MSU Moorhead Jr.           | 24:22.9 | 21     |
| 22 Molly Gibson Wayne State So.                | 24:26.0 | 22     |
| 23 Kari Linneman Northern State Fr.            | 24:28.8 | 23     |
| 24 Rayna Berndt MSU Moorhead Jr.               | 24:38.5 |        |
| 25 Taryn West Northern State Fr.               | 24:50.0 | 24     |
| 26 Sara Julsrud MSU Moorhead Fr.               | 24:52.3 |        |
| 27 Ivy Roe University of Mary Sr.              | 24:55.3 | 25     |
| 28 Danielle Nickolas Northern State Jr.        | 25:00.0 | 26     |
| 29 Kristen Frohlich University of Mary Sr.     | 25:02.8 | 27     |
| 30 Madeline Heinrich Winona State Fr.          | 25:05.6 | 28     |
| 31 Megan Fulton Concordia University - So.     | 25:07.9 | 29     |
| 32 Steph Smith Winona State So.                | 25:10.2 | 30     |
| 33 Kristi Buerkle Bemidji State Fr.            | 25:17.9 | 31     |
| 34 Kendall Bruhl Concordia University - Jr.    | 25:19.1 | 32     |
| 35 Valerie Moore Northern State JR             | 25:20.5 | 33     |
| 36 Ashley Vonck Winona State Fr.               | 25:23.0 | 34     |
| 37 Meghan Jacob Wayne State Fr.                | 25:24.2 | 35     |
| 38 Sandra James Concordia University - So.     | 25:28.1 | 36     |
| 39 Michelle Jeske Winona State Fr.             | 25:33.5 | 37     |
| 40 Kelly Rieber Winona State Fr.               | 25:39.5 | 38     |
| 41 Toni Fritz Northern State Fr.               | 25:41.8 | 39     |
| 42 Rebecca Hougen Bemidji State Jr.            | 25:47.2 | 40     |
| 43 Kelsey Stensland Winona State Fr.           | 25:54.0 |        |
| 44 Genna Ironi Bemidji State SO                | 25:59.0 | 41     |
| 45 Michelle Huxtable University of Mary So.    | 26:04.0 | 42     |
| 46 Meghan Costello Wayne State So.             | 26:11.2 |        |
| 47 Margaret Osgood Bemidji State Jr.           | 26:22.7 | 43     |
| 48 Kaitlin Hartnett Concordia University - Sr. | 26:37.1 | 44     |
| 49 Megan Knudson Wayne State So.               | 26:45.6 |        |
| 50 Chandra Stanton Bemidji State So.           | 26:53.9 | 45     |
| 51 Kayla Mueller Winona State Fr.              | 26:55.0 |        |
| 52 Taylor Meads Winona State Fr.               | 27:26.8 |        |
| 53 M'Kelle Tomberlin Bemidji State Sr.         | 27:46.2 |        |
| 54 Casey Navis Winona State Jr.                | 27:53.6 |        |
| 55 Lena Parrilli Winona State So.              | 28:35.6 |        |
| 56 Julie Rynkowski Concordia University - Fr.  | 28:41.7 | 46     |
| 57 Danielle Stewart Concordia University - So. | 29:22.1 |        |

**NSIC Women's Coach of the Year**

Marlon Brink, Wayne State

Women's Cross Country

**2006 NSIC Women's Championships**

Site: St. Paul, Minnesota (Host: Concordia-St. Paul)

| Team Standings          | Points |
|-------------------------|--------|
| 1. Wayne State          | 36     |
| 2. University of Mary   | 49     |
| 3. MSU Moorhead         | 92     |
| 4. Winona State         | 109    |
| 5. Concordia - St. Paul | 112    |
| 6. Northern State       | 126    |
| 7. Bemidji State        | 164    |

| Ind Results (Top 10 All-Conference)           | Time    | Points |
|---|---------|--------|
| 1 Tiffany Czarnomska, Sr, University of Mary  | 22:57.2 | 1      |
| 2 Megan Zavorka, Fr, Wayne State              | 23:30.2 | 2      |
| 3 Melissa Schmit, Fr, Wayne State             | 24:07.6 | 3      |
| 4 Hannah Moen, So, University of Mary         | 24:24.7 | 4      |
| 5 Ivy Roe, Jr, University of Mary             | 24:34.8 | 5      |
| 6 Jenny Baus, Jr, Northern State              | 24:37.9 | 6      |
| 7 Allie Glasbrenner, Fr, Winona State         | 24:45.0 | 7      |
| 8 Sarah Thomsen, Fr, Wayne State              | 24:48.2 | 8      |
| 9 Kelsea Barondeau, Fr, Northern State        | 24:53.8 | 9      |
| 10 Emily Stanzky, So, Concordia - St. Paul    | 24:58.3 | 10     |
| 11 Molly Gibson, Fr, Wayne State              | 25:02.1 | 11     |
| 12 Megan Knudson, Fr, Wayne State             | 25:06.5 | 12     |
| 13 Ashley Roemer, So, MSU Moorhead            | 25:08.9 | 13     |
| 14 Rayna Berndt, So, MSU Moorhead             | 25:11.7 | 14     |
| 15 Steph Smith, Fr, Winona State              | 25:22.9 | 15     |
| 16 Lena Parrilli, Fr, Winona State            | 25:26.9 | 16     |
| 17 Amanda Reinbold, Jr, University of Mary    | 25:29.7 | 17     |
| 18 Michelle Hansen, So, MSU Moorhead          | 25:30.1 | 18     |
| 19 Nicole Friend, Sr, Bemidji State           | 25:31.0 | 19     |
| 20 Kristen Mantooth, Fr, MSU Moorhead         | 25:31.5 | 20     |
| 21 Shae Wallin, Jr, Concordia - St. Paul      | 25:37.3 | 21     |
| 22 Karolyn Kohl, Jr, University of Mary       | 25:48.2 | 22     |
| 23 Megan Fulton, Fr, Concordia - St. Paul     | 25:49.4 | 23     |
| 24 Brandee DeVine, Fr, University of Mary     | 25:51.8 | 24     |
| 25 Molly Bethke, Fr, Concordia - St. Paul     | 25:52.2 | 25     |
| 26 Ashley Smith, Sr, Wayne State              | 25:58.4 | 26     |
| 27 Sara Rebenitsch, So, MSU Moorhead          | 26:01.0 | 27     |
| 28 Genna Ironi, Fr, Bemidji State             | 26:03.5 | 28     |
| 29 Kristen Frohlich, Jr, University of Mary   | 26:03.8 | 29     |
| 30 Rebecca Hougen, So, Bemidji State          | 26:13.3 | 30     |
| 31 Valerie Moore, So, Northern State          | 26:17.1 | 31     |
| 32 Kari Bloch, Fr, MSU Moorhead               | 26:18.7 | 32     |
| 33 Sandra James, Fr, Concordia - St. Paul     | 26:19.6 | 33     |
| 34 Kaitlin Hartnett, Jr, Concordia - St. Paul | 26:26.4 | 34     |
| 35 Steph Nelson, Sr, Winona State             | 26:27.0 | 35     |
| 36 Heidi Johnson, Sr, Winona State            | 26:28.2 | 36     |
| 37 Erin Oswald, Sr, Wayne State               | 26:30.2 | 37     |
| 38 Meghan Costello, Fr, Wayne State           | 26:31.8 |        |
| 39 Jenny Rose, Jr, Northern State             | 26:34.9 | 38     |
| 40 Kendall Bruhl, So, Concordia - St. Paul    | 26:53.7 | 39     |
| 41 Laura Taylor, Sr, Winona State             | 26:56.3 | 40     |
| 42 Diane Miller, Jr, MSU Moorhead             | 26:56.7 | 41     |
| 43 Danielle Stewart, Fr, Concordia - St. Paul | 27:01.0 |        |
| 44 Allison Hartnett, Fr, Concordia - St. Paul | 27:03.4 |        |
| 45 Tosha West, So, Northern State             | 27:05.6 | 42     |
| 46 Brittney Olson, Jr, Bemidji State          | 27:22.9 | 43     |
| 47 Heidi Steinke, Fr, Concordia - St. Paul    | 27:35.5 |        |
| 48 Abby Gimbel, Fr, Concordia - St. Paul      | 27:42.9 |        |
| 49 Allison Osgood, So, Bemidji State          | 27:45.9 | 44     |
| 50 Ali Judkins, Sr, Bemidji State             | 27:56.0 | 45     |
| 51 Lindsey Patterson, Sr, Northern State      | 27:57.4 | 46     |
| 52 Alissa Trebil, So, Winona State            | 27:57.8 | 47     |
| 53 Katherine Wolf, Jr, Winona State           | 28:23.9 |        |
| 54 Renae Swift, Fr, University of Mary        | 28:25.7 |        |
| 55 Jenny Rognrud, Sr, Winona State            | 28:42.9 |        |
| 56 Kathryn McElroy, Fr, Winona State          | 28:47.6 |        |
| 57 Jillian Schuster, Jr, Bemidji State        | 28:49.9 | 48     |
| 58 Amanda Sipola, Jr, Winona State            | 28:54.2 |        |
| 59 Casey Navis, So, Winona State              | 29:56.4 |        |
| 60 Erin Thompson, So, Concordia - St. Paul    | 31:29.2 |        |

**NSIC Women's Coach of the Year**

Marlon Brink, Wayne State

**2005 NSIC Women's Championships**

Site: Glyndon, Minnesota (Host: MSU Moorhead)

| Team Standings        | Points |
|-----------------------|--------|
| 1. MSU Moorhead       | 50     |
| 2. Wayne State        | 58     |
| 3. Northern State     | 84     |
| 4. Concordia-St. Paul | 100    |
| 5. Bemidji State      | 103    |
| 6. Winona State       | 105    |

| Ind Results (Top 10 All-Conference)      | Time     | Points |
|--|----------|--------|
| 1. Erin Norenberg, Wayne State           | 22:30.69 | 1      |
| 2. Haley Reeves, Wayne State             | 22:31.00 | 2      |
| 3. Heidi Inabnit, Winona State           | 22:41.43 | 3      |
| 4. Kristin Dolence, MSU Moorhead         | 22:44.14 | 4      |
| 5. Christa Pribula, Bemidji State        | 22:52.69 | 5      |
| 6. Amanda Mueller, Concordia-St. Paul    | 22:57.74 | 6      |
| 7. Nicole McCoy, Wayne State             | 23:07.30 | 7      |
| 8. Kerry Plath, MSU Moorhead             | 23:11.42 | 8      |
| 9. Lindsey Lesnar, Northern State        | 23:14.46 | 9      |
| 10. Nicole Friend, Bemidji State         | 23:23.06 | 10     |
| 11. Sara Rebenitsch, MSU Moorhead        | 23:28.51 | 11     |
| 12. Angie Kveene, MSU Moorhead           | 23:33.66 | 12     |
| 13. Erin Oswald, Wayne State             | 23:36.63 | 13     |
| 14. Jenny Rose, Northern State           | 23:41.26 | 14     |
| 15. Holly Farwell, MSU Moorhead          | 23:41.66 | 15     |
| 16. Jessie Cummings, Winona State        | 23:43.60 | 16     |
| 17. Shae Wallin, Concordia-St. Paul      | 23:45.78 | 17     |
| 18. Valerie Moore, Northern State        | 23:58.09 | 18     |
| 19. Erin Fry, Northern State             | 24:08.63 | 19     |
| 20. Rayne Berndt, MSU Moorhead           | 24:21.77 | 20     |
| 21. Diane Miller, MSU Moorhead           | 24:27.66 | 21     |
| 22. Jessica Johnson, Concordia-St. Paul  | 24:38.28 | 22     |
| 23. Margaret Osgood, Bemidji State       | 24:40.65 | 23     |
| 24. Jenny Baus, Northern State           | 24:41.57 | 24     |
| 25. Tosha West, Northern State           | 24:42.00 | 25     |
| 26. Stephanie Petsch, Winona State       | 24:44.53 | 26     |
| 27. Emily Stanzky, Concordia-St. Paul    | 24:53.61 | 27     |
| 28. Kaitlin Hartnett, Concordia-St. Paul | 24:53.93 | 28     |
| 29. Valerie Belland, Winona State        | 24:57.58 | 29     |
| 30. Carrie Kleindl, Northern State       | 24:58.87 | 30     |
| 31. Stephanie Nelson, Winona State       | 25:02.14 | 31     |
| 32. Jillian Schuster, Bemidji State      | 25:04.30 | 32     |
| 33. Adonia McCormick, Bemidji State      | 25:07.23 | 33     |
| 34. Nancy McKonkey, Bemidji State        | 25:16.73 | 34     |
| 35. Ashley Smith, Wayne State            | 25:18.00 | 35     |
| 36. Heidi Johnson, Winona State          | 25:20.79 | 36     |
| 37. Laura Taylor, Winona State           | 25:21.37 | 37     |
| 38. Ashley Moen, MSU Moorhead            | 25:25.01 |        |
| 39. Kirstin Carl, Northern State         | 25:26.19 |        |
| 40. Lindsey Patterson, Northern State    | 25:27.25 |        |
| 41. Rebecca Hougen, Bemidji State        | 25:32.10 | 38     |
| 42. Rachel Johnson, Concordia-St. Paul   | 25:38.19 | 39     |
| 43. Ali Judkins, Bemidji State           | 25:45.52 |        |
| 44. Brittany Olson, Bemidji State        | 25:53.71 |        |
| 45. Kaitlyn Pins, Winona State           | 25:54.26 |        |
| 46. Kendra Taylor, Winona State          | 26:03.63 |        |
| 47. Allison Osgood, Bemidji State        | 26:09.80 |        |
| 48. Jessica Moll, Winona State           | 26:11.21 |        |
| 49. Lisa Froistad, Wayne State           | 26:42.18 | 40     |
| 50. Kendall Bruhl, Concordia-St. Paul    | 27:38.56 | 41     |
| 51. Katherine Trewick, Winona State      | 27:45.78 |        |
| 52. Erin Dreis, Northern State           | 27:50.39 |        |
| 53. Emily Unger, Wayne State             | 27:50.85 | 42     |
| 54. Dominique Quinn, Bemidji State       | 28:02.37 |        |
| 55. Erin Hansen, Bemidji State           | 28:11.98 |        |
| 56. Courtney MacLeod, Winona State       | 29:13.53 |        |
| 57. Erin Thompson, Concordia-St. Paul    | 30:20.95 |        |
| 58. Leah Perzichilli, Concordia-St. Paul | 34:17.58 |        |

**NSIC Women's Coach of the Year**

Fred Dahnke, MSU Moorhead



**2004 NSIC Women's Championships**

Site: Wayne, Nebraska

| Team Standings        | Points |
|-----------------------|--------|
| 1. Winona State       | 41     |
| 2. Bemidji State      | 65     |
| 3. Northern State     | 72     |
| 4. MSU Moorhead       | 88     |
| 5. Wayne State        | 92     |
| 6. Concordia-St. Paul | 155    |

**Individual Results (Top 10 All-Conference)**

|  | Time (Points) |
|--|---------------|
| 1. Amelia Soto, Winona State             | 24:01.50 (1)  |
| 2. Lindsey Lesnar, Northern State        | 24:12.90 (2)  |
| 3. Christa Pribula, Bemidji State        | 24:19.60 (3)  |
| 4. Nicole Coleman, Winona State          | 24:55.60 (4)  |
| 5. Nicole Friend, Bemidji State          | 24:59.40 (5)  |
| 6. Jenny Rose, Northern State            | 24:59.70 (6)  |
| 7. Sarah Thome, MSU Moorhead             | 25:00.40 (7)  |
| 8. Heidi Inabnit, Winona State           | 25:04.20 (8)  |
| 9. Ashley Smith, Wayne State             | 25:06.30 (9)  |
| 10. Jessie Cummings, Winona State        | 25:13.20 (10) |
| 11. Nicole McCoy, Wayne State            | 25:20.60 (11) |
| 12. Amanda Mueller, Concordia-St. Paul   | 25:42.60 (12) |
| 13. Brittney Olson, Bemidji State        | 25:44.60 (13) |
| 14. Heather Schuster, MSU Moorhead       | 25:48.10 (14) |
| 15. Erin Fry, Northern State             | 25:55.30 (15) |
| 16. Jenny Baus, Northern State           | 25:58.60 (16) |
| 17. Erin Norenberg, Wayne State          | 26:00.50 (17) |
| 18. Melissa Meyer, Winona State          | 26:00.70 (18) |
| 19. Ali Judkins, Bemidji State           | 26:05.10 (19) |
| 20. Diane Miller, MSU Moorhead           | 26:14.50 (20) |
| 21. Kathryn Mueller, Winona State        | 26:31.50 (21) |
| 22. Jesse West, Winona State             | 26:34.10 (22) |
| 23. Valerie Belland, Winona State        | 26:36.50      |
| 24. Holly Farwell, MSU Moorhead          | 26:44.80 (23) |
| 25. Amanda Reichel, MSU Moorhead         | 26:45.90 (24) |
| 26. Brianna McGill, Bemidji State        | 26:50.90 (25) |
| 27. Amanda Waller, Winona State          | 26:55.00      |
| 28. Stephanie Nelson, Winona State       | 27:01.60      |
| 29. Shayna Mueller, Winona State         | 27:08.50      |
| 30. Angie Kraus, Wayne State             | 27:09.40 (26) |
| 31. Allison Janssen, MSU Moorhead        | 27:09.70 (27) |
| 32. Jullian Schuster, Bemidji State      | 27:10.10 (28) |
| 33. Haley Reeves, Wayne State            | 27:19.50 (29) |
| 34. Jennifer Carbone, Concordia-St. Paul | 27:30.20 (30) |
| 35. Valerie Corkle, Wayne State          | 27:35.30 (31) |
| 36. Lisa Froistad, Wayne State           | 27:41.20 (32) |
| 37. Carrie Kleindl, Northern State       | 27:50.70 (33) |
| 38. Lindsey Patterson, Northern State    | 28:05.70 (34) |
| 39. Emily Velde, Winona State            | 28:10.50      |
| 40. Kaitlin Hartnett, Concordia-St. Paul | 28:15.70 (35) |
| 41. Janel Budenski, Bemidji State        | 28:15.90 (36) |
| 42. Jenny Hoffman, Northern State        | 28:46:80 (37) |
| 43. Adonia McCormick, Bemidji State      | 28:50.70      |
| 44. Jessica Johnson, Concordia-St. Paul  | 29:21.60 (38) |
| 45. Katie Weinberg, MSU Moorhead         | 29:21.80 (39) |
| 46. Dominique Quinn, Bemidji State       | 29:42.30      |
| 47. Florence Warling, MSU Moorhead       | 29:47.90      |
| 48. Tonya Skime, Bemidji State           | 29:54.70      |
| 49. Erin Hansen, Bemidji State           | 31:18.90      |
| 50. Erin Dreis, Northern State           | 31:30.60      |
| 51. Sarah Votava, Northern State         | 32:50.20      |

**NSIC Women's Coach of the Year**

Neal Mundahl, Winona State

**2003 NSIC Women's Championships**

Site: Duluth, Minnesota

| Team Standings        | Points |
|-----------------------|--------|
| 1. Minnesota Duluth   | 31     |
| 2. Winona State       | 31     |
| 3. Northern State     | 112    |
| 4. MSU Moorhead       | 113    |
| 5. Bemidji State      | 122    |
| 6. Wayne State        | 126    |
| 7. Concordia-St. Paul | 158    |

**Individual Results (Top 10 All-Conference)**

|  | Time (Score)  |
|--|---------------|
| 1. Sara Frederickson, Minnesota Duluth     | 22:19.5 (1)   |
| 2. Kristin Peterson, Northern State        | 22:46.4 (2)   |
| 3. Erin Foss, Minnesota Duluth             | 22:49.4 (3)   |
| 4. Christa Pribula, Bemidji State          | 23:34.6 (4)   |
| 5. Sarah Thome, MSU Moorhead               | 23:37.2 (5)   |
| 6. Emily Shoop, Concordia-St. Paul         | 23:40.9 (6)   |
| 7. Michelle Frederickson, Minnesota Duluth | 23:43.7 (7)   |
| 8. Heidi Fisher, Minnesota Duluth          | 23:49.4 (8)   |
| 9. Nicole Coleman, Winona State            | 23:54.4 (9)   |
| 10. Heidi Inatib, Winona State             | 24:00.5 (10)  |
| 11. Amelia Soto, Winona State              | 24:13.8 (11)  |
| 12. Kim Chapman, Minnesota Duluth          | 24:18.4 (12)  |
| 13. Nicole Anderson, Minnesota Duluth      | 24:24.1 (13)  |
| 14. Lindsey Lesnar, Northern State         | 24:44.2 (14)  |
| 15. Jessie Cummings, Winona State          | 24:46.0 (15)  |
| 16. Ashley Smith, Wayne State              | 24:53.8 (16)  |
| 17. Heather Schuster, MSU Moorhead         | 25:01.8 (17)  |
| 18. Abby DeMulling, Minnesota Duluth       | 25:02.4 (18)  |
| 19. Sara Edenhofer, Winona State           | 25:07.0 (19)  |
| 20. Kassie Kaas, Minnesota Duluth          | 25:14.2       |
| 21. Kristin Zinsmaster, Minnesota Duluth   | 25:14.8       |
| 22. Kim Lynch, Minnesota Duluth            | 25:20.6       |
| 23. Katrina Weyland, Winona State          | 25:26.0 (20)  |
| 24. Sarah Givot, Winona State              | 25:26.7 (21)  |
| 25. Courtney Sanders, Minnesota Duluth     | 25:27.8       |
| 26. Tami Olson, Minnesota Duluth           | 25:32.4       |
| 27. Erin Fry, Northern State               | 25:33.0 (22)  |
| 28. Jaclyn Tomforde, Bemidji State         | 25:34.8 (23)  |
| 29. Nicole McCoy, Wayne State              | 25:36.5 (24)  |
| 30. Jennifer Rogrud, Winona State          | 25:37.9       |
| 31. Ali Judkins, Bemidji State             | 25:42.3 (25)  |
| 32. Angie Kraus, Wayne State               | 25:47.9 (26)  |
| 33. Diane Nelson, MSU Moorhead             | 25:50.4 (27)  |
| 34. Erin Norenberg, Wayne State            | 25:52.4 (28)  |
| 35. Jessica Johnson, Concordia-St. Paul    | 26:01.93 (29) |
| 36. Florence Warling, MSU Moorhead         | 26:02.1 (30)  |
| 37. Katie Dippel, Bemidji State            | 26:08.8 (31)  |
| 38. Haley Reeves, Wayne State              | 26:09.6 (32)  |
| 39. Carrie Kleindl, Northern State         | 26:11.3 (33)  |
| 40. Christina Toll, Winona State           | 26:15.6       |
| 41. Krissy Kopetsky, MSU Moorhead          | 26:26.8 (34)  |
| 42. Jessica Gertz, Concordia-St. Paul      | 26:28.7 (35)  |
| 43. Kerri Larson, MSU Moorhead             | 26:30.9 (36)  |
| 44. Allison Janssen, MSU Moorhead          | 26:44.4 (37)  |
| 45. Brooke Duncan, MSU Moorhead            | 26:47.2       |
| 46. Meghan Murphy, Winona State            | 26:56.1       |
| 47. Erin Oswald, Wayne State               | 27:02.6 (38)  |
| 48. Stephanie Nelson, Winona State         | 27:08.8       |
| 49. Katie Lupella, MSU Moorhead            | 27:17.7       |
| 50. Carissa Ray, Bemidji State             | 27:22.6 (39)  |
| 51. Janel Budenski, Bemidji State          | 27:23.9 (40)  |
| 52. Lindsey Patterson, Northern State      | 27:25.5 (41)  |
| 53. Jami Peterson, Bemidji State           | 27:26.3 (42)  |
| 54. Shayna Mueller, Winona State           | 27:34.8       |
| 55. Kelly Plath, MSU Moorhead              | 27:40.0       |
| 56. Crystal Price, MSU Moorhead            | 28:25.7       |
| 57. Reena Linke, Concordia-St. Paul        | 29:11.0       |
| 58. Erin Dreis, Northern State             | 29:22.8 (44)  |
| 59. Sarah Johnson, Concordia-St. Paul      | 30:57.0 (45)  |

**NSIC Women's Coach of the Year**

Neal Mundahl, Winona State

**2002 NSIC WOMEN'S CHAMPIONSHIPS**

Site: Bemidji, Minnesota

| Team Standings              | Points |
|-----------------------------|--------|
| 1. Minnesota Duluth         | 26     |
| 2. Winona State             | 76     |
| 3. Bemidji State            | 108    |
| 4. Concordia-St. Paul       | 110    |
| 5. Minnesota State Moorhead | 135    |
| 6. Minnesota-Morris         | 144    |
| 7. Northern State           | 165    |
| 8. Wayne State              | 188    |

**Individual Results (Top 10 All-Conference)**

|   | Time (Score)  |
|---|---------------|
| 1. Emily Shoop, Concordia-St. Paul          | 23:32.24 (1)  |
| 2. Janet Brownawell, Concordia-St. Paul     | 23:47.76 (2)  |
| 3. Jill Sullivan, Minnesota Duluth          | 23:56.62 (3)  |
| 4. Kelsey Dahlgren, Minnesota Duluth        | 23:59.69 (4)  |
| 5. Michelle Erickson, Minnesota Duluth      | 24:01.45 (5)  |
| 6. Kim Chapman, Minnesota Duluth            | 24:04.77 (6)  |
| 7. Heather Smith, Minnesota State Moorhead  | 24:05.10 (7)  |
| 8. Amanda Hoffert, Minnesota Duluth         | 24:06.59 (8)  |
| 9. Chrita Pribula, Bemidji State            | 24:10.62 (9)  |
| 10. Sarah Pollema, Minnesota Duluth         | 24:23.94 (10) |
| 11. Jamie Olson, Minnesota Duluth           | 24:32.74 (11) |
| 12. JuLee Burt, Winona State                | 24:33.71 (12) |
| 13. Amelia Soto, Winona State               | 24:34.66 (13) |
| 14. Sara Beier, Winona State                | 24:35.09 (14) |
| 15. Kristen Peterson, Northern State        | 24:35.72 (15) |
| 16. Katrina Weyland, Winona State           | 24:37.80 (16) |
| 17. Erica Berrisford, Minnesota Duluth      | 24:40.22      |
| 18. Heidi Fisher, Minnesota Duluth          | 24:51.57      |
| 19. Martha Miltich, Bemidji State           | 24:53.98 (17) |
| 20. Alicia Mendez, Minnesota-Morris         | 25:02.75 (18) |
| 21. Sarah Thome, Minnesota State Moorhead   | 25:03.31 (19) |
| 22. Sarah Keiser, Concordia-St. Paul        | 25:12.55 (20) |
| 23. Sara Edenhofer, Winona State            | 25:13.70 (21) |
| 24. Sarah Givot, Winona State               | 25:15.68 (22) |
| 25. Janell Rook, Bemidji State              | 25:18.76 (23) |
| 26. Melissa Meyer, Winona State             | 25:19.63 (24) |
| 27. Camille Flanders, Minnesota-Morris      | 25:19.91 (25) |
| 28. Julia Conkel, Minnesota Duluth          | 25:20.36      |
| 29. Kim Lynch, Minnesota Duluth             | 25:33.16      |
| 30. Nicole Coleman, Winona State            | 25:36.31      |
| 31. Audrey Emanuel, Wayne State             | 25:39.97 (26) |
| 32. Erin Gravalin, Minnesota State Moorhead | 25:49.36 (27) |
| 33. Lindsey Lesnar, Northern State          | 25:51.79 (28) |
| 34. Jami Peterson, Bemidji State            | 25:53.56 (29) |
| 35. Josie Muzquiz, Bemidji State            | 25:54.70 (30) |
| 36. Kayla Garry, Northern State             | 25:55.86 (31) |
| 37. Kelly Bierwerth, Minnesota-Morris       | 26:04.28 (32) |
| 38. Tabatha Breyer, Winona State            | 26:05.93      |
| 39. Dawn Holman, Bemidji State              | 26:18.97 (33) |
| 40. Jesse West, Winona State                | 26:24.25      |
| 41. Erin Witzman, Minnesota-Morris          | 26:32.67 (34) |
| 42. Leah Webinger, Minnesota-Morris         | 26:42.93 (35) |
| 43. Nicole McCoy, Wayne State               | 26:44.90 (36) |
| 44. Sarah Roley, Bemidji State              | 26:50.05 (37) |
| 45. Janel Budenski, Bemidji State           | 26:50.36      |
| 46. Erin Norenberg, Wayne State             | 26:52.18 (38) |
| 47. Brianna Johansen, Minnesota-Morris      | 27:07.47 (39) |
| 48. Diane Nelson, Minnesota State           | 27:09.08 (40) |
| 49. Betsy Gahan, Wayne State                | 27:16.39 (41) |
| 50. Emily Velde, Winona State               | 27:31.77      |
| 51. Kerry Plath, Minnesota State Moorhead   | 27:42.59 (42) |
| 52. Jessica Gertz, Concordia-St. Paul       | 27:57.07 (43) |
| 53. Sarah Johnson, Concordia-St. Paul       | 27:57.96 (44) |
| 54. Thea Heimerl, Winona State              | 28:11.63      |
| 55. Lisa Charboneau, Northern State         | 28:15.42 (45) |
| 56. Deb Rueb, Northern State                | 28:22.76 (46) |
| 57. Katie Dipple, Bemidji State             | 29:25.16      |
| 58. Jillian Kinzer, Wayne State             | 29:47.85 (47) |
| 59. Erin Dries, Northern State              | 31:00.37 (48) |

**NSIC Women's Coach of the Year:** John Fulkrod, Minnesota Duluth

**2001 NSIC WOMEN'S CHAMPIONSHIPS**

Site: Morris, Minnesota

| Team Standings              | Points |
|-----------------------------|--------|
| 1. Minnesota Duluth         | 31     |
| 2. Winona State             | 71     |
| 3. Northern State           | 109    |
| 4. Wayne State              | 125    |
| 5. Bemidji State            | 129    |
| 6. Concordia-St. Paul       | 130    |
| 7. Minnesota State Moorhead | 143    |
| 8. Minnesota-Morris         | 202    |

**Individual Results (Top 10 All-Conference)**

|   | Time (Score)  |
|---|---------------|
| 1. Tammy Stang, Minnesota Duluth        | 21:59.00 (1)  |
| 2. Kristin Peterson, Northern State     | 23:00.39 (2)  |
| 3. Sarah Pollema, Minnesota Duluth      | 23:12.56 (3)  |
| 4. Darr Nickerson, Wayne State          | 23:18.53 (4)  |
| 5. Sarah Keiser, Concordia-St. Paul     | 23:19.70 (5)  |
| 6. Jill Sullivan, Minnesota Duluth      | 23:19.94 (6)  |
| 7. Janet Brownawell, Concordia-St. Paul | 23:23.43 (7)  |
| 8. Melissa Meyer, Winona State          | 23:25.35 (8)  |
| 9. Heather Smith, MSU Moorhead          | 23:30.34 (9)  |
| 10. Heidi Fisher, Minnesota Duluth      | 23:31.88 (10) |
| 11. Michelle Erickson, Minnesota Duluth | 23:33.99 (11) |
| 12. Cindy Peacock, Minnesota Duluth     | 23:40.57 (12) |
| 13. Samantha Runde, Winona State        | 23:45.94 (13) |
| 14. Karry Tiernay, Minnesota Duluth     | 23:47.24 (14) |
| 15. JuLee Burt, Winona State            | 23:47.90 (15) |
| 16. Devon Dannen, Minnesota Duluth      | 23:54.30      |
| 17. Julia Conkel, Minnesota Duluth      | 24:06.92      |
| 18. Martha Miltich, Bemidji State       | 24:07.44 (16) |
| 19. Katrina Weyland, Winona State       | 24:08.62 (17) |
| 20. Amelia Soto, Winona State           | 24:09.94 (18) |
| 21. Sheri Licht, Winona State           | 24:10.31 (19) |
| 22. Megan Walker, Minnesota Duluth      | 24:11.42      |
| 23. Laurie Deck, Wayne State            | 24:16.05 (20) |
| 24. Liz Koenig, Northern State          | 24:20.58 (21) |
| 25. April Sachau, Wayne State           | 24:23.83 (22) |
| 26. Janell Rook, Bemidji State          | 24:24.59 (23) |
| 27. Jessica Fox, Northern State         | 24:29.28 (24) |
| 28. Mandy Dockendorf, Minnesota Duluth  | 24:42.62      |
| 29. Heidi Hebert, Winona State          | 24:49.01 (25) |
| 30. Jamie Olson, Minnesota Duluth       | 24:50.33      |
| 31. Anna Naig, MSU Moorhead             | 24:52.19 (26) |
| 32. Jackie Peterson, Northern State     | 24:56.01 (27) |
| 33. Sarah Givot, Winona State           | 24:59.10      |
| 34. Jami Peterson, Bemidji State        | 25:00.72 (28) |
| 35. Josi Muzquiz, Bemidji State         | 25:06.10 (29) |
| 36. Sara Beier, Winona State            | 25:26.08      |
| 37. Tabatha Breyer, Winona State        | 25:29.22      |
| 38. Marsha Thoe, Concordia-St. Paul     | 25:48.15 (30) |
| 39. Anne Skoglund, Minnesota-Morris     | 25:57.71 (31) |
| 40. Kerri Larson, MSU Moorhead          | 26:03.14 (32) |
| 41. Sarah Roley, Bemidji State          | 26:14.24 (33) |
| 42. Katy Nagel, MSU Moorhead            | 26:16.93 (34) |
| 43. Kayla Garry, Northern State         | 26:24.80 (35) |
| 44. Jackie Reese, Wayne State           | 26:29.50 (36) |
| 45. Alyssa Siegfried, Northern State    | 26:29.72 (37) |
| 46. Kelly Bierwerth, Minnesota-Morris   | 26:30.45 (38) |
| 47. Sarah Johnson, Concordia-St. Paul   | 26:30.80 (39) |
| 48. Sara Edenhofer, Winona State        | 26:35.15      |
| 49. Erin Witzmann, Minnesota-Morris     | 26:36.99 (40) |
| 50. Molly Reque, Bemidji State          | 26:51.67 (41) |
| 51. Diane Nelson, MSU Moorhead          | 27:09.44 (42) |
| 52. Audrey Emanuel, Wayne State         | 27:19.41 (43) |
| 53. Janel Budenski, Bemidji State       | 27:23.06 (44) |
| 54. Camille Flanders, Minnesota-Morris  | 27:36.10 (45) |
| 55. Kerry Plath, MSU Moorhead           | 27:44.28 (46) |
| 56. Lisa Charboneau, Northern State     | 28:00.22 (47) |
| 57. Jennie O'Doan, Northern State       | 28:09.77      |
| 58. Nora Mogck, Minnesota-Morris        | 29:01.44 (48) |
| 59. Natalie Stoming, Concordia-St. Paul | 33:00.03 (49) |



**2000 NSIC WOMEN'S CHAMPIONSHIPS**

Site: Aberdeen, South Dakota

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 26            |  |
| 2. Concordia-St. Paul                             | 83            |  |
| 3. Northern State                                 | 90            |  |
| 4. Winona State                                   | 97            |  |
| 5. Wayne State                                    | 139           |  |
| 6. Bemidji State                                  | 150           |  |
| 7. Minnesota-Morris                               | 151           |  |
| 8. Minnesota State Moorhead                       | 185           |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Tammy Stang, Minnesota Duluth                  | 23:03         |  |
| 2. Kristin Peterson, Northern State               | 23:51         |  |
| 3. Darr Nickerson, Wayne State                    | 24:23         |  |
| 4. Jill Sullivan, Minnesota Duluth                | 24:33         |  |
| 5. Jodi Werman, Concordia-St. Paul                | 24:40         |  |
| 6. Andrea Thompson, Minnesota Duluth              | 24:44         |  |
| 7. Devon Dannen, Minnesota Duluth                 | 24:45         |  |
| 8. Mandy Dockendorf, Minnesota Duluth             | 24:47         |  |
| 9. Samantha Runde, Winona State                   | 24:51         |  |
| 10. Kymberlie Zhao, Concordia-St. Paul            | 25:04         |  |

**1999 NSIC WOMEN'S CHAMPIONSHIPS**

Site: Winona, Minnesota

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 21            |  |
| 2. Moorhead State                                 | 58            |  |
| 3. Winona State                                   | 100           |  |
| 4. Wayne State                                    | 107           |  |
| 5. Bemidji State                                  | 120           |  |
| 6. Minnesota-Morris                               | 164           |  |
| 7. Concordia-St. Paul                             | 189           |  |
| 8. Northern State                                 | 197           |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Katie Huntley, Minnesota Duluth                | 22:46         |  |
| 2. Tammy Stang, Minnesota Duluth                  | 23:26         |  |
| 3. Kathleen Bahe, Moorhead State                  | 23:49         |  |
| 4. Lori Schmidt, Minnesota Duluth                 | 24:01         |  |
| 5. Steph Jenson, Minnesota Duluth                 | 24:27         |  |
| 6. Darr Nickerson, Wayne State                    | 24:31         |  |
| 7. Marsha Krienke, Wayne State                    | 24:36         |  |
| 8. Angela Lofthus, Moorhead State                 | 24:38         |  |
| 9. Jackie Hjelden, Minnesota Duluth               | 24:39         |  |
| 10. Stacey Anderson, Minnesota Duluth             | 24:39         |  |

**1998 NSIC WOMEN'S CHAMPIONSHIPS**

Site: Moorhead, Minnesota

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 29            |  |
| 2. Minnesota State Moorhead                       | 87            |  |
| 2. Northern State                                 | 87            |  |
| 4. Winona State                                   | 91            |  |
| 4. Wayne State                                    | 91            |  |
| 6. Bemidji State                                  | 123           |  |
| 7. University of Minnesota-Morris                 | 134           |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Katie Huntley, Minnesota Duluth                | 18:38         |  |
| 2. Holly Schumacher, Northern State               | 19:14         |  |
| 3. Sarah Lindeman, Minnesota Duluth               | 19:18         |  |
| 4. Kari Jacobson, Minnesota-Morris                | 19:22         |  |
| 5. Julie Huss, Northern State                     | 19:25         |  |
| 6. Karen Johnson, Minnesota Duluth                | 19:32         |  |
| 7. Kandi Brick, Bemidji State                     | 19:38         |  |
| 8. Tammy Stang, Minnesota Duluth                  | 19:46         |  |
| 9. Aaron Clark, Moorhead State                    | 19:52         |  |
| 10. Angie Loftus, Moorhead State                  | 19:54         |  |
| 11. Sarah Bolgren, Minnesota Duluth               | 19:58         |  |
| 12. Brandy Griffith, Minnesota Duluth             | 20:00         |  |

**1997 NSIC WOMEN'S CHAMPIONSHIPS**

Site: Duluth, Minnesota

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 15            |  |
| 2. Bemidji State                                  | 76            |  |
| 3. Winona State                                   | 80            |  |
| 4. Northern State                                 | 93            |  |
| 5. Moorhead State                                 | 102           |  |
| 6. Minnesota-Morris                               | 166           |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Brandy Griffith, Minnesota Duluth              | 19:34.4       |  |
| 2. Jaime Miller, Minnesota Duluth                 | 19:49.9       |  |
| 3. Lori Scharpen, Minnesota Duluth                | 19:55.7       |  |
| 4. Sarah Lindeman, Minnesota Duluth               | 19:58.9       |  |
| 5. Katie Huntley, Minnesota Duluth                | 20:10.1       |  |
| 6. Kandi Brick, Bemidji State                     | 20:18.3       |  |
| 7. Leah Polzine, Bemidji State                    | 20:20.0       |  |
| 8. Amanda Clerc, Minnesota Duluth                 | 20:24.8       |  |
| 9. Julie Huss, Northern State                     | 20:29.5       |  |
| 10. Laura Freiburger, Minnesota Duluth            | 20:38.2       |  |
| 11. Holly Schumacher, Northern State              | 20:41.7       |  |
| 12. Sarah Bolgren, Minnesota Duluth               | 20:42.5       |  |

**1995 NSIC WOMEN'S CHAMPIONSHIPS**

Site: NA

| <b>Team Standings</b>                             | <b>Points</b> |  |
|---|---------------|--|
| 1. Minnesota Duluth                               | 23            |  |
| 2. Northern State                                 | 42            |  |
| 3. Moorhead State                                 | 86            |  |
| 4. Bemidji State                                  | 95            |  |
| 5. Winona State                                   | 114           |  |
| <b>Individual Results (Top 10 All-Conference)</b> | <b>Time</b>   |  |
| 1. Jessica Faith, Moorhead State                  | 17:49         |  |
| 2. Karen Walczak, Minnesota Duluth                | 18:19         |  |
| 3. Laura Freiburger, Minnesota Duluth             | 18:20         |  |
| 4. Jaime Miller, Minnesota Duluth                 | 19:01         |  |
| 5. Amy Van Dyke, Northern State                   | 19:02         |  |
| 5. Brandy Griffith, Minnesota Duluth              | 19:02         |  |
| 7. Jamie Feichtner, Northern State                | 19:12         |  |
| 8. Bonnie Stock, Minnesota Duluth                 | 19:16         |  |
| 9. Kris Pipal, Northern State                     | 19:29         |  |
| 10. Nicole Lewno, Northern State                  | 19:32         |  |
| 11. Julie Huss, Northern State                    | 19:33         |  |
| 12. Amanda Clerc, Minnesota Duluth                | 19:39         |  |

Women's Cross Country