



INDOOR TRACK & FIELD RELEASE

MENS & WOMENS

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FOR IMMEDIATE RELEASE

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UPCOMING EVENTS MENS

Saturday, January 9

Minnesota State at Minnesota State	11:00 am
MSU Alumni Open	
CU, MSUM, SCSU at Minnesota	12:00 pm
Northwest Open	
Bemidji State Alumni Meet	3:00 pm

UPCOMING EVENTS WOMENS

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Bemidji State Alumni Meet	3:00 pm

PAST NSIC ATHLETES OF THE WEEK

Men's Field

12/10/09 Ben Jacobson - University of Mary

Men's Track

12/10/09 Laquone Robinson - MSU Moorhead

Women's Field

12/10/09 Rebecca Stier - Minnesota State

Women's Track

12/10/09 Brianna Perry - University of Mary

NSIC Team Notes

AUGUSTANA

The Vikings were idle last week. Their next action is January 16, 2010 at the NDSU Bison Open.

BEMIDJI STATE

Men Field: Zac Preble (Sr., Multi, Coleraine, Minn.) fell just one point short of tying his own school record in the heptathlon with 5,011 points at the Bison Holiday Heptathlon, hosted by Division I North Dakota State University, Dec. 11-12. Preble finished fourth in the event, while taking home first-place in the shot put with a 14.96 meter toss.

Women's Field: Pearl Walker (Jr., Bemidji, Minn.) competed in the women's Bison Holiday Open Pentathlon, finishing sixth with a personal-best 2,230 points. The Beavers return to action Jan. 9, 2010 when they host their own Alumni Meet. The event is set to begin at 3:30 p.m. at the Gillett-Recreation and Fitness Center.

CONCORDIA-ST. PAUL

The Golden Bears did not compete last week. Their next action will be January 9, 2010 at the Northwest Open at the University of Minnesota Fieldhouse.

MINNESOTA DULUTH

The Bulldogs first action of the year will be January 16, 2010 at the Super 8 Invitational Bemidji, Minn.

MINNESOTA STATE

The Mavericks were idle last week. Their next action is at the MSU Alumni Open in Mankato, Minn. on January 9, 2010.

MSU MOORHEAD

The Dragons did not compete last week. Their next contest is set for the Northwest Open in Minneapolis, Minn. at the University of Minnesota Fieldhouse on January 9, 2010.

NORTHERN STATE

Three Northern State University track and field athletes exceeded either the NCAA automatic or provisional qualifying standards with their performances at Thursday's intra-squad meet. All three efforts, which will not be accepted by the NCAA as qualifying marks due to the intra-squad nature of the event, came in the field events.

Trevar Mau (Fr., Karalu'u, Hawaii/Saint Louis HS) set a new Barnett Center and school record in the long jump with a leap of 7.43 meters (24 feet, 4 1/2 inches). Andrew Rose (Jr., Gillette, Wyo./Campbell County HS) followed with what would have been a provisional qualifying height of 2.05 meters (6-8.75) in the high jump.

Returning All-American and 2-time 2009 national runner-up Amanda Madden (Sr., Herried, S.D./Herried HS) capped the evening with a toss of 18.01 meters (59-1.25) in the weight throw. That effort was just nine centimeters off her previous best and current school record of 18.10 meters (59-4.75), set at last season's national indoor meet.

The Wolves will kick off the 2010 season on Jan. 17 at the NDSU Bison Invite in Fargo, N.D. before returning home on Jan. 21 for a dual meet with the Jamestown College Jimmies.

UNIVERSITY OF MARY

After a strong start to the season December 5 at the Minnesota State indoor meet, the Marauders indoor track and field squad will take some time off from competition, returning January 17, 2010, for the NDSU Bison Invitational. After one meet, three Marauders have already met the provisional qualifying standards for the NCAA Division II championships. Junior Ben Jacobson (Bismarck, ND) hit the provisional mark for the shot put and weight throw, senior Brianna Perry (Great Falls, MT) in the triple jump and 60 meter hurdles, and freshman Samantha Williams (Kingston, Jamaica) in the triple jump.

ST. CLOUD STATE

The Huskies first meet for of 2009-10 is set for January 9, 2010 at the Northwest Open in Minneapolis, Minn. at the University of Minnesota Fieldhouse.

WAYNE STATE

Women's Track: Megan Zavorka (Sr., Torrington, Wyo.) won 2 races at the Wayne State Pre-Season Open. She was a double winner to highlight six first place finishes for the Wildcat women's team. Zavorka won the 800 meter run in a time of 2:27.42 and also won the one mile run at 5:25.92.

Women's Field : Casey Buskirk (Jr., Platteview, Neb.) won the women's 20 pound weight throw with an NCAA Provisional National Qualifying Mark of 57' 1/4" and was second in the shot put with a top throw of 42' 1 1/2". Her mark in the weight throw was the second best throw in NCAA Division II this season.

Men's Track: Drew Molacek (Jr., Stanton, Neb.) was a double winner for the Wildcats on Saturday. He won the 55 meter dash in 6.47 seconds and was first in the 200 meter dash at 22.77 at the Wayne State Pre-Season Open.

Men's Field: Alex Timperley (So., Norfolk Neb.) won the triple jump with a personal best mark of 46' 8 3/4" to open the season at the Wayne State Pre-Season Open.

The Wildcats next action will be at the UNL/Holiday Inn Invitational in Lincoln, Neb. on January 15-16, 2010.

WINONA STATE

The Warriors were idle last week. Their next competition will be January 15, 2010 at the UW-Eau Claire Bugold Open in Eau Claire, Wis.

The NSIC is a 10-team, 17-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.

Bemidji State • Concordia - St. Paul • Univ. of Mary • Minnesota, Crookston • Minnesota State Moorhead • Northern State • SW Minnesota State • Upper Iowa • Wayne State • Winona State



NCAA National Qualifying Marks - Men (as of 12/15/09)

Top Qualifier followed by NSIC Athletes

60m HH (Men)

	Athlete	Year	Team	Time	Meet	Meet Date	Date Submitted
+	1 Robinson, Laquone		MSU Moorhead	8.13	MSU Holiday Open	12/05/09	

Long Jump (Men)

	Athlete	Year	Team	English	Metric	Meet	Meet Date
**	1 Douglas, James	SR-4	Adams State	24' 10"	7.57m	CSM Alumni Extravaganza	12/05/09
+	5 Bredy, Derek		MSU Moorhead	23' 3.5"	7.10m	MSU Holiday Open	12/05/09

Shot Put (Men)

	Athlete	Year	Team	English	Metric	Meet	Meet Date
**	1 Roberts, Kurt	JR-3	Ashland	62' 6.75"	19.07m	Kent State Golden Flash	12/11/09
+	5 Jacobson, Ben	SR-4	U. of Mary	52' 10"	16.10m	MSU Holiday Open	12/05/09

Weight Throw (Men)

	Athlete	Year	Team	English	Metric	Meet	Meet Date
**	1 Stomps, Jason	SR-4	Hillsdale	67' 7"	20.60m	Oiler Opener	12/04/09
+	4 Enyl, Anthony	JR-3	MSU Moorhead	62' 11.25"	19.18m	MSU Holiday Open	12/05/09
+	12 Jacobson, Ben	SR-4	U. of Mary	58' 1.25"	17.71m	MSU Holiday Open	12/05/09

Heptathlon (Men)

	Athlete	Year	Team	Points	Meet	Meet Date
+	1 Preble, Zac	SR-4	Bemidji St.	5011.00	Bison Holiday Hept	12/11/09



NCAA National Qualifying Marks - Women (as of 12/15/09)

60m (Women)

	Athlete	Year	Team	Time	Meet	Meet Date
**	1 Martell, Janika	SR-4	Lincoln (Mo.)	7.43	ISU Holiday Preview	12/11/09
+	10 Dhein, Caitlin		Winona State	7.74	MSU Holiday Open	12/05/09
+	11 Clark, Linnelle	JR-3	Minnesota St.	7.75	MSU Holiday Open	12/05/09

60m HH (Women)

	Athlete	Year	Team	Time	Meet	Meet Date
+	1 Clay, Raven		Findlay	8.66	Oiler Opener	12/04/09
+	4 Perry, Brianna	SR-4	U. of Mary	8.99	MSU Holiday Open	12/05/09

Pole Vault (Women)

	Athlete	Year	Team	English	Metric	Meet	Meet Date
**	t-1 Stelten, Lauren	JR-3	Minnesota St.	12' 7.5"	3.85m	MSU Holiday Open	12/05/09
+	4 Kroschel, Whitney	SR-4	Minnesota St.	11' 5.75"	3.50m	MSU Holiday Open	12/05/09

Triple Jump (Women)

	Athlete	Year	Team	English	Metric	Meet	Meet Date
**	1 Elliot, Shannon		CSU-Pueblo	40' 5.5"	12.33m	CSM Alumni Extravaganza	12/05/09
+	2 Williams, Samantha		U. of Mary	38' 9.5"	11.82m	MSU Holiday Open	12/05/09
+	3 Perry, Brianna	SR-4	U. of Mary	38' 7.5"	11.77m	MSU Holiday Open	12/05/09

Shot Put (Women)

	Athlete	Year	Team	English	Metric	Meet	Meet Date
**	1 Minssen, Heather	SR	Nebraska-Omaha	48' 1.25"	14.66m	WSC Pre-Season Open	12/11/09
+	2 Stier, Rebecca	JR-3	Winona State	46' 6"	14.17m	MSU Holiday Open	12/05/09
+	5 Theisen, Mary		Winona State	44' 8.75"	13.63m	MSU Holiday Open	12/05/09
+	7 Brown, Chelsey	SR-4	Winona State	44' 2"	13.46m	MSU Holiday Open	12/05/09

Weight Throw (Women)

	Athlete	Year	Team	English	Metric	Meet	Meet Date
+	1 Stier, Rebecca	JR-3	Winona State	58' 10.75"	17.95m	MSU Holiday Open	12/05/09

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