

JANUARY 12, 2010

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RELEASE No. 3

FOR IMMEDIATE RELEASE

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UPCOMING EVENTS MENS

Friday, January 15

St. Cloud State at Bemidji State 1:00 pm
Bemidji State Multi

Saturday, January 16

CU, MSU, SCSU 9:00 am
at Minnesota Open

Wayne State (NE) at Univ. of Nebraska 10:00 am
UNL Holiday Inn Invitational

Bemidji State 1:00 pm
BSU/Super 8 Invitational

Sunday, January 17

Augie, UM, MSUM, NSU 11:00 am
at North Dakota State Bison Invite

UPCOMING EVENTS WOMENS

Friday, January 15

Winona State at Wisconsin Eau Claire 11:00 am
Blugold Open, Eau Claire, WI

St. Cloud State at Bemidji State 1:00 pm
Bemidji State Multi

Saturday, January 16

CU, MSU, SCSU 9:00 am
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PAST NSIC ATHLETES OF THE WEEK

Men's Field

12/10/09 Ben Jacobson - University of Mary

01/12/10 Chris Heil - MSU Moorhead

Men's Track

12/10/09 Laquone Robinson - MSU Moorhead

01/12/10 Brock Keaton - MSU Moorhead

Women's Field

12/10/09 Rebecca Stier - Minnesota State

01/12/10 Kayla Lapsner - MSU Moorhead

Women's Track

12/10/09 Brianna Perry - University of Mary

01/12/10 Heather Miller - St. Cloud State



NSIC Men's Field Athlete of the Week:

MSU Moorhead's Chris Heil (Throws/Jr./Blaine, Minn./Blaine HS) provisionally qualified in the weight throw as he finished fifth with a throw of 17.60 meters (58'1") at the Northwest Open hosted by the University of Minnesota.

NSIC Men's Track Athlete of the Week:

MSU Moorhead's Brock Keaton (Sprints/Sr./St. Louis Park, Minn./Hopkins HS) led the Dragons as the top provisional qualifier for the NCAA DII Indoor Championships as he won the 60 m dash in a time of 6.87 seconds at the Northwest Open hosted by the University of Minnesota.



NSIC Women's Field Athlete of the Week:

MSU Moorhead's Kayla Kapsner (Sprints & High Jump/Fr./Pierz, Minn./Pierz HS) provisionally qualified for the NCAA DII Indoor Championships, as she finished second in the high jump, leaping over the bar at 1.67 meters (5 feet, 5.75 inches) at the Northwest Open.

NSIC Women's Track Athlete of the Week:

St. Cloud State's Heather Miller (Sr., Sun Prairie, Wisc.) opened the 2009-10 indoor season with a pair of first place finishes at the Northwest Open. Miller got the season off to a good start as she won the 60 meter hurdles in a time of 9.13. In field events Miller met the NCAA provisional qualifying mark while winning the long jump with a leap of 18'9 3/4". She also was tenth in the shot put with a toss of 32'11".



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.) led all current Beavers at the Eighth Annual BSU Alumni Meet clearing 14-06.00 to edge out the competition in the pole vault and tied for in the long jump (20-02.00). Preble also placed second in the shot put with a throw of 47-01.00.

Women's Track: Kristi Buerkle (Jr., Stacy, Minn.) led the way for the 2010 edition of the BSU women at BSU's Eighth Annual Alumni Meet taking first in the 200-meters and finishing the 400, her first of this indoor season, just a fraction of a second off of her school-record pace (57.65).

CONCORDIA-ST. PAUL

Women Field: Jayme Wyss (Sr., Clear Lake, Wis. / Clear Lake HS) broke the school record in the pole vault on Saturday at the Northwest Open with a vault of 11-3 3/4. She missed the provisional mark by only 5cm and she is currently ranked 3rd on the conference top ten list.

Men Track: Domonique Gilmer (Jr., Minneapolis, Minn. / Robbinsdale Armstrong / Iowa Central CC) ran the 60m dash in 6.97 and 200m dash in 22.18, just .08 seconds off the provisional mark in the 200m on Saturday at the Northwest Open. He is currently ranked 7th in the 60m dash and 1st in the 200m dash on the conference top ten list.

MINNESOTA DULUTH

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

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



MINNESOTA STATE

Women Field: Amelia Schaller (Jr., Brownsville, Minn.) won both the shot and weight throws with tosses of 48'9 1/2" and 40'9" respectively last weekend at the MSU Alumni Open.

Women's Track: Becca Schmidt (Jr., Whitefish Bay, Minn.) won the 60-meter dash in 7.80 at last weekend's MSU Alumni Open.

Men Field: Dan Novak (So., Weston, Wis.) earned the title in the pole vault, with a vault of 15'5".

Men Track: Nicholas Nelson (Fr., Lakeville, Minn.) won the 60-meter dash with a time of 7.11 and finished second in the 200-meter dash with a time of :22.85.

MSU MOORHEAD

Men Track: Brock Keaton (Sprints/So./St. Louis Park, Minn./Hopkins) led the Dragons as the top provisional qualifier for the NCAA DII Indoor Championships as he won the 60 m dash in a time of 6.87 seconds at the Northwest Open.

Men Field: Anthony Enyi finished one place behind Heil with a throw of 17.46 meters (57 feet, three inches). Enyi also had topped the field in the the shot put with a throw of 14.17 meters (46 feet, six inches). Laquonne Robinson continued his dominance in the 60 meter hurdles, ran 8.31 seconds to a first place finish at the finals. Robinson also finished third in the triple jump with a leap of 13.11 meters (43'0.25"). Derek Bredy was also among top finishers in two events as he placed first in the long jump (7.22 meters, 23' 8.25") and second in the 60 meter dash. In the long jump, he topped NCAA DI jumper by 7.75 inches. The Dragons men's 4x400 relay team finished third in a time of 3:21.46. The squad of Bredy, Cory Cory Schufelt, Uchenna Oboganna and Aaron Lund finished behind two NCAA DI teams.

Women's Track: Jessica Keesling (Sprints & Hurdles/Fr. Vadnais Heights, Minn./White Bear Lake) ran to a third place finish in the 60-meter hurdles marking her personal best time of 9.39 at the Northwest Open.

The women's team competed at the Northwest Open (Minnesota) where they had five top-three finishes. Anna VanWechel finished the 3000 meter run in her career-best time in second place in a time of 10:14.55. Danielle Thompson finished third in a time of 11:10.81 while Kaeley Troyer ran the 3000 meter in 12:08.39 in at fourth place. Also finishing in the top three was Jessica Keesling finishing third in the 60 meter hurdles with at time of 9.39 and Kendra MooBerry who finished third in the 400-meter dash in a time of 1:01.51.

NORTHERN STATE

NSU is next in action on Jan. 17 at the NDSU Bison Classic, and will host Jamestown on Jan. 21 in a dual meet in the Barnett Center.

UNIVERSITY OF MARY

The Marauders indoor track and field squad returns to competition on Saturday, January 17, 2010, at the NDSU Bison Invitational. Three Marauders have already met the provisional qualifying standards for the NCAA Division II championships after just one meet. 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

Women's Track & Field : Sophomore Danielle Luhmann (Rushford) won the high jump with a mark of 5'5 3/4" and junior Rebecca Kitzman (Verona, Wisc.) won the shot put with a throw of 41'9 1/4".

Men's Track: Kyle Neumann (So., Andover, Minn.) ran well placing third in the 3000 meters at the Northwest Open hosted by the U of M.

WAYNE STATE

The Wildcats were idle last week. They will resume action on January 15-16 at the Holiday Inn Invitational hosted by the University of Nebraska at Lincoln.

WINONA STATE

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

NCAA Performance List Available at:
http://www.directathletics.com/performance_lists.html

For Updated Info Visit: www.northernsun.org

