

**RELEASE No. 4**  
FOR IMMEDIATE RELEASE

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**UPCOMING EVENTS MENS**

Thursday, January 21  
NSU/ Jamestown College Dual at Northern State

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Saturday, January 23

Mary, MSU, SCSU at Iowa State	9:00 am
Iowa State Open	
Augustana, Wayne State at South Dakota	10:00 am
USD Alumni Open	
MSU Moorhead, SCSU at Minnesota	10:00 am
Jack Johnson Invitational	
Bemidji State, UMD at Wisconsin Superior	11:00 am
UW-Superior Blizzard Open	
MSU Moorhead at Concordia-Moorhead	12:00 pm
Cobber Invitational	

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Cobber Invitational	
Winona State at University of Wisconsin	11:00 am

**PAST NSIC ATHLETES OF THE WEEK**

Men's Field

12/10/09	Ben Jacobson - University of Mary
01/12/10	Chris Heil - MSU Moorhead
01/19/10	Anthony Enyi - MSU Moorhead

Men's Track

12/10/09	Laquone Robinson - MSU Moorhead
01/12/10	Brock Keaton - MSU Moorhead
01/19/10	Domonique Gilmer - Concordia-St. Paul

Women's Field

12/10/09	Rebecca Stier - Minnesota State
01/12/10	Kayla Lapsner - MSU Moorhead
01/19/10	Amanda Madden - Northern State

Women's Track

12/10/09	Brianna Perry - University of Mary
01/12/10	Heather Miller - St. Cloud State
01/19/10	Molly Clark - Augustana



**NSIC Men's Field Athlete of the Week:**

MSU Moorhead's Anthony Enyi (Jr., Throws, Lakeville, Minn./Lakeville North) led the Dragons at the Bison Classic on Sunday, as he placed first in the weight throw with an automatic qualifying mark as he broke the MSUM school record and Bison Sports Arena record. Enyi threw the weight 19.52 metres (64'0.5") to take the only top finish for the Dragons. It was also the only NCAA provisional qualifying mark by any athlete at the meet, division one or two. He is the first Dragon to automatically qualify for the NCAA DII Indoor National Championships this season. He also finished second in the shot put with a throw of 14.54 meters (47'8.5").

**NSIC Men's Track Athlete of the Week:**

Concordia-St. Paul's Domonique Gilmer (Jr., Minneapolis, Minn./ Robbinsdale Armstrong HS/Iowa Central CC) shattered Concordia's former best time in the 400 with his time of 48.86 seconds at the Minnesota Open on Saturday, winning the event and reaching an NCAA provisional mark in the process. His race leads the NSIC and is the second best in the nation so far this season, trailing only one other DII athlete, Steven Banton of Lincoln, by just six hundredths of a second.



**NSIC Women's Field Athlete of the Week:**

Northern State's Amanda Madden (Sr., Herried, S.D./Herried HS) won the weight throw at the NDSU Bison Classic on Sunday with an NCAA automatic qualifying toss of 18.08 meters (59 feet, 4 inches). That mark, a mere two centimeters off her personal best, leads both the NSIC and national performance lists. Madden was also second in the shot put with a mark of 12.09 meters (39-8).

**NSIC Women's Track Athlete of the Week:**

Augustana's Molly Clark (Sr., Fargo, N.D.) took home the women's 3,000 meter at the Bison Open this weekend in Fargo, N.D. Clark was the only Viking competitor to win a race on the weekend, running the event in 10:24.80.



**NSIC Team Notes**

**AUGUSTANA**  
**Women's Field** – Noel Bentele (Jr., Brandon, S.D.) placed in the top six in two events at the Bison Open this weekend. Bentele took fourth place in the weight throw with a mark of 50-06.75. She then finished sixth in the shot put, recording a throw of 11.59 meters.  
**Men's Track** – Travis Beniak (So., Mazeppa, Minn.) finished in second place in the 3,000 meters in the Bison Open this weekend. Beniak completed the event in 8:17.65.

**BEMIDJI STATE**

**Women's Track:** Kristi Buerkle (Jr., Stacy, Minn.) captured Super 8 titles in the 200- and 400-meter dashes while anchoring Bemidji State's 4x400-meter relay team to a second place finish (4:13.02). Her times of 25.92 in the 200 and 57.61 stood as her fastest times of the seasons and both provisionally qualified her for the NCAA Division II Indoor Track and Field Championships. Her 400-meter time is currently the fastest in the NSIC and ranks her fifth in the country while her 200 time has her seated 13th.  
**Women's Field** - Missy Graber (Sr., Bemidji, Minn.) earned the weight throw championship at the Super 8 Saturday. Here toss of 46-04.00 was her season best.  
**Men Track** - Mark Buerkle (Fr., Stacy, Minn.) captured the 400-meter dash title (52.76) and ran the opening leg of Bemidji State's first-place 4x200-meter relay team (1:36.43).  
**Men Field** - Brian Leonhardt (So., Blaine, Minn.) took first place with a season-best throw of 47-11.00 in the Super 8 shot put—a mark that places him sixth in the NSIC this indoor season, while taking second in the 35-pound weight throw (49-00.75).  
**CONCORDIA-ST. PAUL**

**Women Field:** Kaysee Nesmoie (Jr., Mountain Lake, Minn.) bested her own school record in the shot put at the Minnesota Open on Saturday with a launch of 41 feet, 5.25 inches, good for third place at the meet. The junior holds both of CU's indoor throwing records.

**MINNESOTA DULUTH**

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

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### MINNESOTA STATE

**Women Field:** Senior Andrea Sellers (Mason City, Iowa) finished second in the high jump last weekend at the Minnesota Open with a jump of 1.58 meters and was the highest-placing member of the Maverick field athletes.

**Women's Track:** Sophomore Megan Olson (Stillwater, Minn.) finished first in the 60-meter hurdles last weekend at the Minnesota Open with a time of :09.41, :00.30 ahead of the rest of the field.

**Men Field:** Junior Todd DeJong (Hopkins, Minn.) finished third in the shot put last weekend at the Minnesota Open with a toss of 15.33 meters.

**Men Track:** Freshman Eric Anenson (Chanassen, Minn.) finished third last weekend in the 800-meter run at the Minnesota Open with a time of 1:57.89

### MSU MOORHEAD

**Men Field:** MSUM will send split squads to the Jack Johnson Invitational (University of Minnesota) and the Cobber Invitational (Concordia (Moorhead, Minn.)) on Jan. 23 when they return to competition.

**Women's Track:** Anna VanWechel (Junior, Mid-Distance, Fergus Falls, Minn./Fergus Falls HS) finished highest for the Dragons with a fourth place finish in the 1000 meter run in 2:59.73. She finished in front of two division one opponents and five conference competitors. It was the third fastest time recorded in MSUM school history in the women's 1000 meter.

Three Dragons took second place in dash competitions and had one distance second place, all of which came behind NCAA DI competitors in first place.

Heather Schultz led the Dragons women in the field, with a fourth place finish in the shot put. Schultz threw the shot put 11.96 meters (39'3").

### NORTHERN STATE

**Men's Field** - Calvin McGruder (Jr., Riverview, Fla./Eastbay HS) finished second in the high jump and ninth in the long jump at the NDSU Bison Classic on Sunday. The junior cleared 1.94 meters (6 feet, 4 1/4 inches) in the high jump, putting him third on the NSIC performance list. His mark of 6.58 meters (21-7.25) in the long jump is good for tenth on the conference list.

**Men's Track** - Jacob Arechigo (Fr., Sioux Falls, S.D./Roosevelt HS) placed fifth in the 800 meters on Sunday in his first collegiate indoor track competition at the NDSU Bison Classic. The freshman clocked in at 2:00.22 in that event, the fifth best time in the conference this season. Arechigo also led off NSU's 4x400 meter relay that finished fifth out of 16 teams at Sunday's meet with a time of 3:28.64.

### UNIVERSITY OF MARY

**Women's Field** - Samantha Williams (Fr., Kingston, Jamaica). The freshman standout improved from her initial outing over a month ago by placing second in the Bison Open on Sunday with an automatic national; qualifying mark in the triple jump of 39' 2 1/4".

**Women's Track** - Kristin Stewart (Jr., Kingston, Jamaica) made her season debut with a strong showing in the 200 meters at the Bison Open, placing second in a time of 25.69 seconds.

**Men's Track** - Jarvovs Bryant (Jr., Dallas, TX). The junior speedster from Texas had an outstanding meet for the Marauders at the Bison Open on Sunday as he notched a pair of third-place finishes. Bryant's performances included a 6.96 timing in the 60 meter dash and a 22.54 clocking in the 200 meter.

**Men's Field** - Ben Jacobson (Jr., Bismarck, ND) reached the NCAA provisional qualifying standards in two events at the Bison Open, winning one event and placing second in the other. Jacobson won the shot put with an effort of 52' 7 1/2". He placed second in the weight throw with a toss of 58' 10 1/4".

### ST. CLOUD STATE

**Women's Field** : Heather Miller (Sr., Sun Prairie, Wisc.) set a new school record in the pentathlon last Friday at the Bemidji State Open. Miller scored 3,792 points, breaking her old mark of 3,686 points set in the NSIC Indoor Championships held in Bemidji last season. She also met an NCAA Division II provisional qualifying mark, was eight points shy of the automatic mark, and her score currently leads the nation. Miller's pentathlon marks included two provisional marks and three personal records. Miller ran the 55 meter hurdles in 8.35, a provisional qualifying time. Her long jump mark of 19' 2 3/4" was a provisional mark and personal record. She hit 5'5" in the high jump, a PR and went 33' 6 3/4" in the shot put, another PR. She finished the night with a time of 2:27.02 in the 800 meters. Junior Kelsey King (Lakeville) placed second in the pentathlon with a personal record, 3,196 points. King ran the 55 hurdles in 8.76. She had a PR 5' 0 1/4" in the high jump and another PR in the shot put with a throw of 29'10". She hit 16'5" in the long jump and ran the 800 meters in 2:30.42.

In women's competition at the Minnesota Open on Saturday, Danielle Luhmann (So., Rushford, Minn.) highlighted the Huskies performance with her first place finish in the high jump. Luhmann had a mark of 5' 3 3/4".

**Men's Track & Field:** Three Huskies had second place finishes at the Minnesota Open on Saturday. Fred Williams (Jr., Milwaukee, Wisc.), Gabe Udia (Sr., Inver Grove Heights), Nick Trisko (Melrose, Minn.) and Dan Allen (Jr. Waite Park, Minn.) all had second place finishes. Williams was second in the long jump with a mark of 22' 3 3/4". Udia was second in the 60 meter dash in 6.90 and also placed third in the 200 meter dash in 22.78. Trisko was second in the 200 meters in 22.59 and Allen helped out the distance events with a second place finish in the mile in 4:15.88.

### WAYNE STATE

**Women's Track** - Christina King - Senior, Omaha, Nebraska - King set a new school record in the 400 meter dash at the UNL Holiday Inn Open with a time of 57.64 seconds and just missed the NCAA Provisional Qualifying Mark by .04. King also ran a time of 7.97 which was the 12th best time in prelims. She completed her weekend by running the 400 meter leg on the distance medley relay team that placed fourth.

**Women's Field** - Casey Buskirk - Junior, Platteview, Nebraska - Buskirk won the 20 pound weight throw at the UNL Holiday Inn Open with a NCAA Provisional Qualifying Mark of 57'6 1/4". She also placed 11th in the shot put with a mark of 39' 10 3/4".

**Men's Track** - Andrew Jansen - Sophomore, Omaha, Nebraska - Jansen placed 10th in the 400 meter dash at the UNL Holiday Inn Open with a mark of 50.68, which is an indoor personal best mark for him. He also ran the 800 meter run as well as a leg on the 4 x 400 relay team that placed 11th overall.

**Men's Field** - Alex Timperley - Sophomore, Norfolk, Nebraska - Timperley placed 9th in the triple jump at the UNL Holiday Inn Open with a mark of 45' 9". He has a season best mark of 46' 8 3/4" earlier in the season, which currently leads the NSIC rankings.

### WINONA STATE

**Women Field** - Mary Theisen (Fr, Eau Claire, WI) won the Shot Put at the Blugold Open with a NCAA Provisional throw of 14.10m (46' 3 1/4") moving her up to #6 in NCAA II. She followed that up with a 3rd place finish in the weight throw with a mark of 15.28m (50' 1 3/4").

**Women's Track** - Kelly Shaw (Fr, Stevens Point, WI) opened her collegiate career with a win in the 400 meters at the Blugold Open, in a time of :59.13. She was also a member of the 2nd place 4x400 relay which ran a 4:05.81.

NCAA Performance List Available at:

[http://www.directathletics.com/performance\\_lists.html](http://www.directathletics.com/performance_lists.html)

For Updated Info Visit: [www.northernsun.org](http://www.northernsun.org)

