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FOR IMMEDIATE RELEASE

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UPCOMING EVENTS

Friday, January 29

Mary at Montana State	9:00 am
Montana State Invitational	
AC, BSU, CU, SCSU, WSC & WSU at MSU	4:00 pm
MSU Open & Multi's	
BSU, UM & MSUM at Concordia-Moorhead	5:00 pm
Concordia Multi's	

Saturday, January 30

AC, BSU, CU, SCSU, WSC & WSU at MSU	9:00 am
MSU Open & Multi's	
BSU, UM & MSUM at Concordia-Moorhead	12:00 pm
Concordia Multi's	
Minnesota Duluth at UW-Stout	12:30 pm
Warren Bowlus Open	

Sunday, January 31

Mary, MSU at Northern State	9:00 am
NSU Multi-Events	

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
01/26/10	Ben Jacobson - University of Mary (2)

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
01/26/10	Drew Molacek - Wayne State

Women's Field

12/10/09	Rebecca Stier - Winona State
01/12/10	Kayla Lapsner - MSU Moorhead
01/19/10	Amanda Madden - Northern State
01/26/10	Danielle Luhmann - St. Cloud 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
01/26/10	Kristi Buerkle - Bemidji State



NSIC Men's Field Athlete of the Week:

University of Mary's Ben Jacobson (Jr., Bismarck, N.D.) continued his impressive campaign by winning the weight throw at the Iowa State Open in Ames, Iowa. Jacobson tossed the 35-pound weight 59' 11 3/4" to provisionally qualify for the national indoor championships.

NSIC Men's Track Athlete of the Week:

Wayne State's Drew Molacek (Jr., Stanton, Neb.), at the University of South Dakota Graphic Edge Open, won the 60 meter dash in a time of 7.08 seconds. He was also the top collegiate finisher in the 200 meter dash in a time of 22.57.



NSIC Women's Field Athlete of the Week:

St. Cloud State's Danielle Luhmann (So., Rushford, Minn.) placed second in the high jump at the Iowa State Open and improved her NCAA Division II provisionally qualifying mark with a height of 5'7". She current ranks fifth in the NCAA in the high jump. In addition to performing well in the high jump, Luhmann ran a leg of the school record setting 4x400 relay team. The Huskies ran the race in 3:54.75 to finish fifth overall.

NSIC Women's Track Athlete of the Week:

Bemidji State's Kristi Buerkle (Jr., Stacy, Minn.) posted a pair of event wins at the University of Wisconsin-Superior Blizzard Open Saturday. She claimed first place in the 60-meter dash in her first attempt of the season clocking a Field House record time of 8.04 seconds. In addition, she was first to cross the finish line in the 800-meter run clocking a time of 2:19.11. Her time was not only good to establish a new Blizzard Open record and rank her second in the NSIC this indoor season, she also shattered a 26-year-old BSU record set by Elizabeth Herberg (2:20.12)



NSIC Team Notes

AUGUSTANA

Women's Field – Holli Bloom (Fr., Rapid City, S.D.) cleared the best height in the pole vault at the Graphic Edge Open, along with two other competitors. The personal best height of 11-0.0 was the best of the day, but due to number of attempts, Bloom finished third.

Women's Track – Caitlin Polgreen (Sr., Elk River, Minn.) won the 1,000 meters at the Graphic Edge Open in Vermillion, S.D. on Saturday. Her time of 3:02.10 set a personal best.

Men's Track – Paul Mallory (So., Fairmont, Minn.) earned second place in the 60 meter dash with a time of 8.48.

Men's Field – Cory Sugden (Fr., Beatrice, Neb.) jumped a personal-best of 6-4.0 in the high jump on Saturday, which was the third best height of the day. He finished fifth due to number of attempts.

BEMIDJI STATE

Women's Track: Kristi Buerkle (Jr., Stacy, Minn.) posted a pair of event wins at the University of Wisconsin-Superior Blizzard Open Saturday. She claimed first place in the 60-meter dash in her first attempt of the season clocking a Field House record time of 8.04 seconds. In addition, she was first to cross the finish line in the 800-meter run clocking a time of 2:19.11. Her time was not only good to establish a new Blizzard Open record and rank her second in the NSIC this indoor season, she also shattered a 26-year-old BSU record set by Elizabeth Herberg (2:20.12)

Women's Field - Missy Graber (Sr., Bemidji, Minn.) posted a season-best distance in the weight throw at Saturday's Blizzard Open. She stretched the tape to 46-09.50 (14.26) to claim first place.

Men Track - Sam Bufferding (Jr., Marshall, Minn.) scored a first-place finish at the University of Wisconsin-Superior's Blizzard Open Saturday. His time of 23.91 in the 200-meters is his season best

Men Field - Tandy Juell (Fr., Redwood Falls, Minn.) edged out teammate Raphael Gelo (Fr., Kabetogama, Minn.) for the Blizzard Open pole vault title Saturday reaching a season-best height of 13-05.75.

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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.



CONCORDIA-ST. PAUL

Women Field: Concordia University senior track & field athlete Jayme Wyss (Clear Lake, Wis.) skied for a new career goal at the UW-Stout Open last week. The senior pole vaulter put up an NCAA provisional mark as she cleared 11 feet, 5.75 inches. This improves upon Concordia's all-time record mark that Wyss set just weeks ago at 11 feet, 3.75 inches. It also puts Wyss up for consideration for acceptance to the 2010 NCAA Division II Indoor Track & Field Championships.

Wyss's mark is third best in the NSIC this season behind a set of Mavericks of Minnesota State. She is tied with the 14th best mark in the nation this season, a great place to be, but also giving her reason to improve her career best mark yet again to improve her chances of being accepted to the NCAA Championships. Wyss had to bump up her personal ambitions when she cleared the 11 foot mark just a few weeks ago.

MINNESOTA DULUTH

Women Field - Elizabeth Crane won the shot put at the Blizzard open breaking the school indoor record that she set last year and also bettered the National provisional mark with a 44' 7" toss.

Women Track: Morgan Place won the 5000 in National provisional mark of 17:46.62

Men Track - Seth Urtel won the 60 meter dash in 7.12 and was .01 behind teammate John Knebel in the 60 meter hurdles in the time of 8.36, Knebel ran 8.35-8.25 is National provisional and those marks would be 2-3 on last weeks Conference list

Men Field - Dan Laughran won the weight throw with about a person record toss of 48' 11.5"

MINNESOTA STATE

Men Track -In the ISU Open, Jonathan Stoltman(2:31.41) earned first-place in the 1000 meter run, while Nicholas Ramberg(2:33.60) finished fifth in the same event. In the 1 mile run, Denis Mokaya finished fifth with a time of 4:11.22.

Men Field - In the UW- Stout Open Matt Masloski and Dan Novak tied for first-place in the pole vault with vaults of 4.80 meters, while teammate Robert Gunderson placed first in the first flight in the long jump with a distance of 6.29 meters.

Women Track -In the ISU Open, Minnesota State senior Brittany Henderson earned first place in the 200 meter dash with a time of 24.58. In the 5000 meter run, Ali Paul finished fourth with a time of 18:22.42. Henderson also competed in the 60 meter dash and earned second place with a time of 7.44. In the 400 meter dash, Kelsey Leonard finished fourth with her time of 57.32. Natalie Lyster(2:18.65) and Melissa Clark(2:20.18) each competed in the 800 meter dash and earned first and third, respectively. In the UW- Stout Open, Linnelle Clark earned second place in the 55 meter dash with a time of 7.37.

Women Field - In the UW- Stout Open, three Mavericks placed in the top-five of the pole vault competition, Lauren Stelten earned first place with a height of 3.80 meters, Whitney Kroschel earned second with her vault of 3.65 meters and Laura Schuneman earned fourth with her height of 3.20 meters.

MSU MOORHEAD

The Minnesota State University Moorhead Dragons track and field team split squads on Saturday to compete in both the Jack Johnson Minnesota Classic and the Concordia Open.

Derek Bredy and Anna VanWechel led the Dragons in Minneapolis. Bredy won the long jump event, topping seven NCAA DI athletes with a leap of 7.02 meters (23'0.4"). VanWechel hit a provisional qualifying time in the one-mile run as she set a new school record with a race time of 4:59.23. She finished seventh, behind six NCAA DI athletes.

NORTHERN STATE

Men's Field - Calvin McGruder (Jr., Riverview, Fla./Eastbay HS) won both the high and long jump events for the Wolves in Thursday's dual meet win over Jamestown. McGruder cleared 2.01 meters (6 feet, 7 inches) in the high jump, just three centimeters off the provisional qualifying standard in that event. He then moved on to the long jump, winning that with a leap of 6.98 meters (22-11.00). McGruder edged teammate Trevor Mau by just two centimeters for the event win. With those marks, McGruder currently leads the NSIC in the high jump and is fifth in the long jump.

Men's Track - Bill Cameron (Sr., Aberdeen, S.D./Roncalli HS) claimed the individual title in the 55-meter dash while anchoring the 4x400 meter relay squad to an 8-second victory on Thursday in NSU's dual meet win over Jamestown. Cameron clocked in at 7.89 seconds in the 55-meter dash to win that event by nearly 0.4 second. Converted to a 60-meter time, Cameron ranks fourth in the NSIC in that event. He then ran the anchor leg on the relay team to help secure the overall team victory. NSU's 4-man squad ranks sixth in the conference in that event.

Women's Field - Melodi Boke (So., Faulkton, S.D./Faulkton HS) won the women's shot put in Thursday's dual meet with Jamestown College. Her mark of 13.17 meters (43-2.50) is the fifth best throw in the conference this season and was a mere three centimeters off the NCAA provisional qualifying standard. Boke also completed a 1-2-3 NSU sweep of the weight throw, finishing third with a heave of 13.56 meters (44-6.00).

Women's Track - Maria Franker (So., Viborg, S.D./Viborg HS) won the women's 55-meter dash on Thursday while finishing second in the 200. Franker clocked a personal best time of 7.56 seconds in the 55 meters to lead a 1-2-3 NSU sweep of the event. She came back to post a time of 27.85 seconds in the 200 meters.

UNIVERSITY OF MARY

Women's Field - Brianna Perry (Sr., Great Falls, MT) had a great two days at the Iowa State Open, placing in three jumps and the 60 meter hurdles. After placing sixth in the long jump on the first day, Perry placed third in the triple jump with an effort of 37' 3" to provisionally qualify for the national meet, finished third in the high jump (5' 5") and claimed sixth in the 60 meter hurdles with an excellent 9.13 second clocking.

Women's Track - Nicketa Coombs (Soph., Kingston, Jamaica) had an outstanding meet at the Iowa State Open, placing seventh in the 60 meter dash and third in the 400 meter run. Her times included 7.88 seconds in the short sprint and 57.23 seconds in the 400. Her time in the 400 provisionally qualified Coombs for the national meet.

Men's Track - Eamin Entwisle (Soph., Hot Springs, SD) placed fourth in the 5000 meter run at the Iowa State Open on Friday, January 23. The sophomore standout shattered the U-Mary school record by nearly 35 seconds. Entwisle toured the 300 meter layout in 15:01.60.

Men's Field - Ben Jacobson (Jr., Bismarck, ND) continued his impressive campaign by winning the weight throw at the Iowa State Open in Ames, IA. Jacobson tossed the 35-pound weight 59' 11 3/4" to provisionally qualify for the national indoor championships.

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ST. CLOUD STATE

Women's Field : Danielle Luhmann (So., Rushford, Minn.) placed second in the high jump at the Iowa State Open and improved her NCAA Division II provisionally qualifying mark with a height of 5'7". She current ranks fifth in the NCAA in the high jump. In addition to performing well in the high jump, Luhmann ran a leg of the school record setting 4x400 relay team. The Huskies ran the race in 3:54.75 to finish fifth overall.

Heather Miller won the triple jump and improved her provisional mark by one centimeter with a leap of 39' 6 1/2" which ranks her third in the nation.

Women's Track - 4x400 relay Kelsey King (Jr., Lakeville, Minn) , Amanda Eggebrecht (St., St. Cloud, Minn), Danielle Luhmann (So., Rushford, Minn.) and Heather Miller (Sr., Sun Prairie, Wisc.) set a new school record in the event with a time of 3:54.75. It was also a provisional qualifying mark and the relay ranks ninth in the NCAA rankings.

Men's Track - Kyle Neumann (So., Andover, Minn.) placed second in the 5K with a time of 14:55.05 and set a personal record in the event. He had a solid run and has the top time in the conference in the event.

Dan Allen (Jr., Waite Park, Minn.) is close to hit the provisional mark in the mile. At the ISU Open he ran a 4:16.09 mile and placed tenth overall.

WAYNE STATE

Women's Track - Christina King - Senior, Omaha, Nebraska - At the University of South Dakota Graphic Edge Open, King won the 400 meter dash in an NCAA Provisional National Qualifying Mark time of 57.83 seconds. She also posted a winning time and new Wayne State College record in the 200 meter dash in a time of 25.66 seconds, just missing a second NCAA Provisional Mark.

Women's Field - Savannah Wakeley - Freshman, Wausa, Nebraska - At the University of South Dakota Graphic Edge Open won the women's high jump with a mark of 5' 3 3/4" her best jump of the season.

Men's Track - Drew Molacek - Junior, Stanton, Nebraska - At the University of South Dakota Graphic Edge Open won the 60 meter dash in a time of 7.08 seconds. He was the top collegiate finisher in the 200 meter dash in a time of 22.57.

Men's Field - Jacob Mathieson - Senior, Neligh, Nebraska - At the University of South Dakota Graphic Edge Open, he won the 20 pound weight throw with a mark of 52' 7 1/2" beating all collegiate and university throwers in the competition.

WINONA STATE

Women Field - Rebecca Stier (Jr., Grand Meadow, Minn.) won the Wisconsin Badger Classic this weekend with a school record and NCAA automatic qualifying mark in the Shot Put of 14.88m (48' 10"). This moves her up to #2 on the NCAA II performance list. She followed that up with a Weight Throw of 17.53m (57' 6 1/4") which was good enough for 3rd place behind two division one athletes. She was the only non-division I thrower in the top six in the event.

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

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