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FOR IMMEDIATE RELEASE

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UPCOMING EVENTS

Monday, February 1

Mary, MSU at Northern State
NSU Multi-Events

Saturday, February 6

Wayne State (NE) at South Dakota	10:00 am
USD John Dalton Open	
Augustana at Minnesota State	11:00 am
Ted Nelson Classic	
Winona State at Wisconsin Stevens Point	11:00 am
Eastbay/Pointer Invite, Stevens Point, WI	
Beaver Classic at Bemidji State	1:00 pm
Bemidji State at North Dakota State	1:00 pm
Bison Open Multi	
Cobber Duals at MSU Moorhead	TBA
Mary at Northern State	TBA
NSU Open	

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)
02/02/10 Cody Diehl - Wayne State

Men's Track

12/10/09 Laquone Robinson - MSU Moorhead
01/12/10 Brock Keaton - MSU Moorhead
01/19/10 Domanique Gilmer - Concordia-St. Paul
01/26/10 Drew Molacek - Wayne State
02/02/10 Montrel Richardson - Northern 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
02/02/10 Savannah Wakeley - Wayne 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
02/02/10 Cecilie Udstuen - Augustana



NSIC Men's Field Athlete of the Week:

Wayne State's Cody Diehl (So., Grand Island, Neb.) placed second and set a new WSC school record and NCAA Provisional National Qualifying mark in the heptathlon at the Minnesota State Open with a score of 4,723 points. His mark ranks him 2nd in the NSIC and 9th Nationally.

NSIC Men's Track Athlete of the Week:

Northern State's Montrel Richardson (So., Tracy, Calif./West HS/San Joaquin Delta Coll.) won both the 60-meter and the 200-meter dashes on Saturday at the Black Hills State Dave Little Invitational. Richardson clocked in at 7.04 seconds in the finals of the 60-meter event and finished the 200 meters in 22.87 seconds to win his second event of the day.



NSIC Women's Field Athlete of the Week:

Wayne State's Savannah Wakeley (Fr., Wausa, Neb.) won the high jump with a provisional national qualifying mark of 5' 7" at the Minnesota State Open to put her in tie for 5th place on the NCAA National list. It is the second week in a row that Wakeley has won the high jump.

NSIC Women's Track Athlete of the Week:

Augustana's Cecilie Udstuen (Fr., Karmoy, Norway) won the women's 800 meter at the Minnesota State University Open and Pentathlon, finishing in 2:13.97. This easily surpasses the NCAA provisional qualifying standard of 2:16.50, making Udstuen Augie's second track & field member to make a provisional qualifying mark.



NSIC Team Notes

AUGUSTANA

Women's Field – Bobbi Jo Buyck (Jr., Garvin, Minn.) recorded a NCAA provisional qualifying mark Friday during the first day of the Minnesota State University Open and Pentathlon. Buyck jumped 5.60 meters in the long jump, which passed the provisional mark of 5.55 meters. Buyck finished in fourth place in the heptathlon, amassing 3097 points. She also ran the 60 meter hurdles in 9.31, leaped 1.36 meters (4-5.05 ft) in the high jump, launched the shot put 10.65 meters, and ran the 800 meter run in 2:48.47.

Men's Track – Matt Heesch (Sr., Fairmont, Minn.) was one of four Vikings to win a race at the MSU Open this weekend. He won the 5,000 meters in 15:35.19.

Men's Field – Aaron Jung (So., Watertown, S.D.) finished in second place in the shot put at the MSU Open on Saturday. Jung threw 51-06.50.

BEMIDJI STATE

Women's Track: Kristi Buerkle (Jr., Stacy, Minn.) paced the Bemidji State women's track and field team with a record-setting day at the Cobber Duals Saturday. The junior took first place with an Olsen Forum record and season-best time of 57.25 in the 400-meter dash and took second place, equaling her own school record in the 200-meters clocking a time of 25.63. Both times bettered her provisionally qualified standing for the 2010 NCAA Division II Indoor Track and Field Championships. In addition she ran a leg of the Beavers' 4x200-meter relay that placed third at the meet.

Men Track - Mark Buerkle (Fr., Stacy, Minn.) ran his best 400-meter dash of the season Saturday at the Cobber Duals in Moorhead, Minn. placing second with a time of 51.83. In addition he was a member of the Beavers' fourth-place 4x200-meter relay team.

Men Field - Raphael Gelo (Fr., Kabetogama, Minn.) reached new heights in the pole vault clearing a season-best 14-9 to place second in the event Saturday at the Cobber Duals.

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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: Kaysee Nesmoe (Jr., Mountain Lake, Minn. / Mountain Lake HS) broke her own CU career record in the shot put last weekend with a throw of 42 feet, 9.75 inches. She competed at the MSU Open, taking fifth place at the meet.

Men Field - Diahn Zeon (So., Edina, Minn.) reached a career high and NCAA provisional mark in the long jump on Saturday afternoon at the MSU Open. With a leap of 23 feet, 9.5 inches, Zeon bursted to the top of the NSIC standings and put up the 9th best mark in the NCAA this season. He cleared the previous CU career record, his own record from the 2009 season, by 2.25 inches. Furthermore, Zeon is just two inches away from ensuring himself a place in the 2010 NCAA Indoor Championships with an automatic-qualifying mark. Just a sophomore, Zeon made a trip to the NCAA Championships last season as a freshman. His previous career best jump of 23 feet, 7.25 inches got him into the Championships ranked 9th in the nation and one of 14 participants in the event. He has several more opportunities to improve upon his mark and move even further in the current national rankings before the Championships selection takes place in March. Six student-athletes from around the nation have already posted automatic-qualifying marks. Zeon's 23-9.5 jump is 1.25 inches ahead of the 10th-ranked athlete, 0.75 inches from the 8th-ranked and 13 inches from the best mark in the nation this season.

MINNESOTA DULUTH

Women Field - Elizabeth Crane won the shot with a 43' 5" mark despite having to immediately throw without warmup time after finishing 3rd in the hammer with a 4' PR to 49' 7" at the Warren Bowlus Invite at UW-Stout.

Women Track: Michelle SanCartier won the 1000M with a personal best and one of the better times posted this year by NSIC athletes, 3:01.07 and ran a leg on UMD winning 4 X 400 relay-her time for the event ranks in the all time UMD top 5 for the event

Men Track - John Knebel was 2nd in the 55 hurdles in an all time PR of 7.80 to finish second despite hitting the last two hurdles and stumbling across the finish.

Men Field - Jimmy Warmuth was 2nd in the triple jump in a best of 44' 9.5" and also placed in the meet in the long jump, hurdles and ran leg on a relay

MINNESOTA STATE

Women Track - Brittany Henderson (Sr., Milwaukee, Wis.) finished the MSU Open and Pentathlon, Friday and Saturday, claiming first place in the 200-meter dash with a time of :25.64. Henderson went on to receive second place in the 400-meter dash finishing in a time of :57.79.

Women Field - Lauren Stelten (Jr., PV, Cologne, Minn.) led the Mavericks vaulters with first place at the MSU Open and Pentathlon, Friday and Saturday, with a height of 4.07 meters. While the Mavericks claimed the top-three finishes in pole vault.

MSU MOORHEAD

The Dragons competed at the Cobber Open on Saturday. Laquone Robinson led the team with a first place finish in the 55-meter hurdles, crossing the finish line with a time of 7.80. Aaron Lund took a second place finish in the 600-meter run, as he finished with a time of 1:28.81. Travis Husen also placed second as he ran the 3K race and finished with a time of 9:11.35. The Dragons had two-first place performances and a second place finish in their respective relays.

Men Field - Ryan Barnes (Jumps/Fr./Brainerd, Minn./Brainerd) took first place in the high jump at the Cobber Open, leaping to a season high 1.99 meters (6'6.25"). He also took third place in the 55-meter hurdles with a race of 8.27 seconds.

Men Track - Laquonne Robinson (Hurdles & Jumps/ Fr./Minneapolis, Minn./Brooklyn Center) led the team with a first place finish in the 55-meter hurdles, crossing the finish line with a time of 7.80. He also took eighth place in the triple jump and competed on MSUM's 'B' squad of the 4x400 relay.

The Dragons competed at the Cobber Open on Saturday and were fueled by Kristina Anderson and Anna VanWechel, who each took first in their events. Anderson ran the 600-meter in a time of 1:41.20. With a time of 2:18.52, VanWechel surpassed her competitors in the 800-meter en route to a first place finish. Danielle Thompson who took first place with a time 19:02.35 to win the 5K. Kendra Gaebel ran to a second place finish in the mile, finishing with a time of 5:28.67. The Dragon women field athletes also posted 3 top five finishers, including Kayla Kapsner, whom competed in the high jump. She posted a jump of 1.64 meters (5'4.5") to take sole possession of the top spot coming out in first place.

Women Field - Kayla Kapsner (Fr./High Jump/Pierz, Minn./Pierz-Healy) took first place in the high jump at the Cobber Open on Saturday. She cleared the bar at 1.64 meters (5'4.5").

Women Track - Anna VanWechel (Jr./Distance/Fergus Falls, Minn./Fergus Falls), after breaking the school record in the mile two weeks ago, posted another top finish in a distance race, the 800-meter run. She raced to the top spot with a time of 2:18.52 surpassing her closest competitor by over 12 seconds.

NORTHERN STATE

Men's Field - John Huber (Jr., Herreid, S.D./Herreid HS) finished third in the men's weight throw on Saturday at the Concordia-Moorhead Cobber Open with a personal best throw of 15.51 meters (50-10.75 feet). Huber was fifth in the standings coming out of the preliminary rounds but leap-frogged over two conference opponents into the third place spot in the finals.

Women's Field - Tanya Vassar (So., Cheyenne, Wyo./East HS) finished second in the women's pentathlon on Sunday as part of the NSU Multis. Vassar's point total of 3,062 points was just 48 shy of her personal best and puts her fifth on the conference performance list.

Women's Track - Marisa Aldinger (Sr., Aberdeen, S.D./Central HS) finished second in the 60-meter dash at the Black Hills State Dave Little Invitational on Saturday. The senior had the fastest qualifying times in the preliminaries of that event, then followed it up with a time of 8.03 seconds in the finals, just 0.03 seconds behind the first place finisher. Aldinger was fourth in the 60-meter hurdles with a time of 9.65 seconds.

UNIVERSITY OF MARY

Women's Track - Nicketa Coombs (Soph., Kingston, Jamaica) placed third in the 55 meter dash (7.33 seconds) before anchoring the U-Mary women to victory in the 4x400 meter relay in a provisional national qualifying time of 3:54.59 at the Montana State Open. Earlier this season the Jamaican standout qualified in the 400 meter run (57.33 seconds).

Men's Track - Jarvous Bryant (Jr., Dallas, TX) had an exciting meet at the Montana State Open on Friday night. Bryant placed third in the 55 meter dash (6.47 seconds) before coming back to blaze the 200 meter dash in an NSIC-leading 22.06 seconds to finish fourth in the event.

Men's Field - Ben Jacobson (Jr., Bismarck, ND), the defending NSIC Field Athlete of the Week, had an incredible weekend as he won four events with provisional national qualifying performances in two separate meets 750 miles apart. The Bismarck, ND, native won the shot put (54' 2 3/4") and the weight throw (61' 0") at the tough NCAA Division I Montana State Open on Friday night in Bozeman, MT. Jacobson travelled all night, jumped on a different bus and won the same two events at the Concordia Open on Saturday. He tossed the shot put 52' 10 1/4" and the weight throw 60' 3 3/4".

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ST. CLOUD STATE

Women's Field : Rebecca Kitzman (Jr., Verona, Wisc.) hit a provisional mark in the shot put at the MSU Open. She threw the shot 44-06.25. Danielle Luhmann (So., Rushford, Minn.) equaled her season best in the high jump with a leap of 5'7" to win the event and equal her provisional standard. Heather Miller (Sr., Sun Prairie, Wisc.) placed third in the 600 meter run with a time of 1:35.20. She is closing in on the school record 1:34.85 in the 600.

Men's Track & Field- Dusty McColley (So., Franklin, Minn.) set NCAA Division II provisional qualifying marks in two events at the Minnesota State University Open. McColley tallied 4,702 points and finished third in the heptathlon to meet the provisional mark. Earlier in the meet, he went 6-10.25 in the high jump to provisionally qualify in that event.

Gabe Udia (Sr., Inver Grove Heights, Minn.) had two top-five finishes as he placed second in the 60 meter dash in 6.86 and was fourth in the 200 meter dash in a time of 22.37.

The St. Cloud State men's distance medley relay of Kyle Neumann, Abdi Mohamed, Luke Windholz and Dan Allen set a new school record at the MSU Open. The Huskies ran the relay in 10:14.91 to set the school record and finish second in the race.

WAYNE STATE

Women's Track - Chirstina King - Junior, Omaha, Nebr. - King won the 400 meter dash in a new personal best time of 57.50 seconds at the Mankato State Open. Her mark moved her to first in the NSIC and 12th nationally. She also placed second in the 200 meter dash in a time of 25.77, just behind All-American Brittany Henderson.

Men's Track - York Thomas - Sophomore, Lennox, South Dakota - Thomas placed second in the 5,000 meter run at the Mankato State Open with a personal best time of 15:42.65. He is ranked 5th in the NSIC in the event.

WINONA STATE

Women Field - Rebecca Stier (Jr – Grand Meadow, MN) won both the Shot Put and the Weight Throw at the MSU Open this weekend hitting NCAA qualifying marks in both.

Women's Track - The Winona State University 4x400 meter relay team of Beth Braun (Jr - Maplewood, MN), Cathryn Helmers (Fr – Holmen, WI), Brit Rynda (Fr – New Prague, MN), and Kelly Shaw (Fr – Stevens Point, WI) won the MSU Open this weekend breaking the WSU school record by over five seconds and hitting a NCAA Provisional Qualifying mark. Shaw anchored in a split of 56.7 seconds.

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

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