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FOR IMMEDIATE RELEASE

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UPCOMING EVENTS

Friday, February 12

MSU Moorhead at Iowa	9:00 am
Iowa State Classic	
Augustana, MSU at Iowa State	11:00 am
Iowa State Classic	

Saturday, February 13

Augustana at Dordt	9:00 am
Dordt Invite	
Augustana, MSU, WSU at Iowa State	11:00 am
Iowa State Classic	
BSU, UM, MSUM, NSU at North Dakota State	12:00 pm
Bison Open	
Wildcat Open at Wayne State (NE)	1:00 pm
Husky Open at St. Cloud State	1:00 pm

Sunday-Monday, February 14-15

NSIC Pentathlon/Heptathlon	11:00 am
Aberdeen, S.D.	

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
02/09/10	Calvin McGruder - Northern State

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
02/02/10	Montrel Richardson - Northern State
02/09/10	Denise Mokaya - Minnesota 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
02/09/10	Brianna Perry - University of Mary

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
02/09/10	Christina King - Wayne State



NSIC Men's Field Athlete of the Week:

Northern State's Calvin McGruder (Jr., Riverview, Fla./Eastbay HS) surpassed the NCAA automatic qualifying standard in the long jump on Saturday at the NSU Parents Day Open. McGruder won that event with a leap of 7.32 meters (24-00.25 feet), a mark that puts him atop the NSIC performance list and tied for sixth on the national list. He also finished second in the high jump with a mark of 2.00 meters (6-06.75).

NSIC Men's Track Athlete of the Week:

Minnesota State's Senior Denise Mokaya broke his old school record in the mile run with a time of 4:06:61 in the Ted Nelson Classic in Mankato, Minn., his previous time was 4:08:45. The mark is the sixth fastest mile time in the nation this year.



NSIC Women's Field Athlete of the Week:



University of Mary's Brianna Perry (Sr., Great Falls, Mt.) claimed three championships and turned in three national provisional qualifying performances in the Northern State Open on Saturday, February 6. The Marauders captain won the high jump (5' 5 3/4"), the long jump (18' 5 1/4") and placed second to teammate Samantha Williams in the triple jump by leaping 36' 6 1/4". The long jump and the triple jump were both provisional marks. Perry also won the 55 meter hurdles in a provisional mark of 8.35 seconds.

NSIC Women's Track Athlete of the Week:

Wayne State's Christina King (Sr., Omaha, Neb.) broke the WSC school record in the 400 meter dash for the third time this season at the Frank Sevigne Husker Invitational, running 55.81 seconds to top her previous school mark of 57.50 set at last weekend's Minnesota State Open in Mankato. It also improves her national provisional qualifying mark which unofficially ranks as the top time in NCAA Division II.



NSIC Team Notes

AUGUSTANA

Women's Track –Annie Pfeifle (Fr., Rapid City, S.D.) won two races at the Ted Nelson Classic on Saturday. Pfeifle finished the 3,000 meters in 10:23.53, marking a personal-best time. She followed that performance by setting a personal-best on her way to winning the mile in 5:10.84.

Men's Track – Diego Oquendo (Jr., Staten Island, N.Y.) took home the 60 meter hurdles at the Ted Nelson Classic this weekend, finishing in 8.37. He also was the runner-up in the 60 meter dash with a time of 6.92.

Men's Field – Cory Sugden (Fr., Beatrice, Neb.) set a personal-best on his way to winning the high jump at the Ted Nelson Classic. Sugden jumped 6-06.75 to win the event, six inches better than the next competitor.

BEMIDJI STATE

Women's Track: Kristi Buerkle (Jr., Stacy, Minn.) posted a pair of Bemidji State University sprint records and she captured a pair of first-place finishes at the Ted Nelson Classic in Mankato, Minn. In the 200, she clocked a time of 25.44, to erase .19 off of her previous school mark (25.63) and down her closest Northern Sun Intercollegiate Conference opponent by nearly a second. She also finished first in the 400-meters, shaving nearly eight-tenths of a second off her previous season-best set just a week ago (57.25) at the Cobber Duals and besting her own school record (57.07) set and the 2009 NCAA indoor championships. She separated herself from the rest of the field by nearly six seconds, clocking a time of 56.42.

Women Field - Pearl Walker (Jr., Bemidji, Minn.) participated in three events at the Tom Nelson Classic, placing in two. She tied for fourth place in the high jump clearing 4-07.00. She also took eighth in the 60-meter hurdles, finishing in a time of 10.09. In addition, she finished fourth in her shot put flight recording a toss of 27-10.25.

Men Field - Senior multi-event athlete Zac Preble (Coleraine, Minn.) cleared a season-best 14-11.50 in the pole vault at the Tom Nelson Classic. His height was good for third place and stands as the best vault by a Bemidji State student-athlete this season.

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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: Jayme Wyss won the pole vault at the Bethel Invitational on Saturday. She matched her previous career best and CU record mark of 11 feet, 5.75 inches, which is an NCAA provisional mark.

Men Field - John Pimental won the long jump at the Bethel Invitational on Saturday. He finished with a day's best jump of 22 feet, 9.75 inches.

MINNESOTA DULUTH

Women Field - Elizabeth Crane (Jr., Crookston, Minn.) won the shot with toss of 45' 11.5" to break her school indoor record set two weeks ago and move to with a foot of the automatic standard for the event. She was also 3rd in the weight throw at 48' just off her PR set last week at the Stevens Point Invitational

Women Track: Bridget Hines had a PR in winning the 5000 (18:08.57). She bettered her PR by 30 seconds to a win in very strong field including several of the NCAA D-3 National Champion UW-Eau Claire ladies.

Men Track - John Knebel (Jr. Pillager, Minn.) broke the school indoor record in winning the 55HH with a provisional National mark of 7.71 seconds. Knebel also competed in the high jump. The mark ranks 2nd in the conference and is the first school record this year by a male as well as our first person with a provisional mark.

Men Field - Dan Larson had a mark of 49' in the weight throw to finish 6th at the 15 team Stevens Point Invite.

MINNESOTA STATE

Women Track - Sophomore Megan Olson had a great day winning the 60 meter hurdles in :09.12, she also placed third in the long jump at 17'00 1/2" in the Ted Nelsen Classic in Mankato, Minn.

Women Field - Junior Brita Johnson took first place in the weight throw with a toss of 50'00 1/2" in the Ted Nelsen Classic in Mankato, Minn.

Men Track - Senior Denise Mokaya broke his old school record in the mile run with a time of 4:06:61 in the Ted Nelsen Classic in Mankato, Minn., his previous time was 4:08:45 It also would have broke the conference record had it been in a conference meet.

Men Field - Todd DeJong competed in both the weight throw and the shut put in Saturday's Ted Nelsen Classic. DeJong earned second place in the weight throw with a distance of 49'08 1/2" and third place in the shot put with a toss of 50'4" in the Ted Nelsen Classic in Mankato, Minn.

MSU MOORHEAD

The Dragons men's 4x200 relay team continued its hot streak on Saturday as they took a first place finish at the Concordia Duals, breaking the MSUM school record as well as the Olson Forum Fieldhouse record. The 4x200 team, comprised of Percy Watson, Brock Keaton, Uchenna Ogbonnaya and Aaron Lund, ran the race in 1:28.55. It was the fastest time the squad has recorded this season. Also topping their respective running events for the Dragons men's team was Matt Weeks in the 55 meter hurdles (7.96), Lund in the 600 meter run (1:22.52), Clayton Foster in the 1000 meter run (2:34.09) and Michael McConnell in the one mile (4:17.64). In the field the Dragons were led by Anthony Enyi who threw the weight 49'5.75".

Men Track - Aaron Lund (Sprints, So./Morris, Minn./Morris) raced to a first place finish in the 600 meter run on Saturday with a time of 1:28.55. He was also a key member of the Dragons 4x200 relay team that broke the eight year old school record by over two seconds, racing to a time of 1:28.55. It was also an Olson Forum Fieldhouse record.

The Dragons women's team saw five first place finishes, led by Anna VanWechel who raced to a fieldhouse record 2:57.40 in the 1000 meter run. Jessica Keesling ran a 8.64 in the 55 meter hurdles, while Kristina Anderson finished first in the 600 meter run with a time of 1:39.85. Kayla Kapsner leaped 5'2.5" over the high jump bar. The women's 4x200 meter relay comprised of Ashley Berg, Anderson, Kendra Mooberry and Jill Steinwand, also raced to a first place finish running the race in a time of 1:46.72.

Women Track - Kristina Anderson (Sprints/Jr./South Range, Wisc./Northwestern H.S.) raced to a first place finish in the 600 meter run on Saturday in a time of 1:39.85. She was also a member of the Dragons first place finishers in the 4x200 relay.

NORTHERN STATE

Men's Field - Calvin McGruder (Jr., Riverview, Fla./Eastbay HS) surpassed the NCAA automatic qualifying standard in the long jump on Saturday at the NSU Parents Day Open. McGruder won that event with a leap of 7.32 meters (24-00.25 feet), a mark that puts him atop the NSIC performance list and tied for sixth on the national list. He also finished second in the high jump with a mark of 2.00 meters (6-06.75).

Men Track - Matt Peterson (So., Brandt, S.D./Estelline HS) won the men's 800 meters while anchoring the NSU "B" squad to a second place finish in the 4x400 meter relay on Saturday at the NSU Parents Day Open. The sophomore clocked in with a personal best time of 1:59.95 in the 800, good for tenth on the NSIC performance list in that event.

Women's Field - Melodi Boke (So., Faulkton, S.D./Faulkton HS) set a new personal best in the shot put with her NCAA provisional qualifying mark of 13.64 meters (44-09.00) on Saturday at the NSU Parents Day Open. With that mark, Boke became the second NSU thrower to qualify in that event this season, joining teammate Amanda Madden in that category. Boke currently ranks fourth on the NSIC performance list and 13th on the national list.

Women's Track - Marisa Aldinger (Sr., Aberdeen, S.D./Roncalli HS) chalked up a pair of personal bests in the 55 meter hurdles and the 55 meter dash on Saturday at the NSU Parents Day Open. The senior did it twice in the hurdle event with a 8.79 second time in the preliminaries. She then followed that up with a time of 8.67 seconds in the finals to claim third in that event. Aldinger also turned in the third fastest qualifying time (7.49 seconds) in the prelims of the 55 meter dash, but claimed second place in the finals with her time of 7.51 seconds. She was also fourth in the long jump with a mark of 5.27 meters (17-03.50).

UNIVERSITY OF MARY

Women's Track - Kristen Stewart (Jr., Kingston, Jamaica) had an outstanding overall performance at the Northern State Open, claiming three wins in three events, turning in a provisional qualifying mark and setting a new fieldhouse record. Stewart won the 200 meter run on the small 160-meter track in a NCAA provisional mark of 25.62 and broke a Barnett center record in the process. She also won the 400 meter and ran on the victorious Marauders 4x400 relay quartet.

Women's Field - Brianna Perry (Sr., Great Falls, MT) claimed three championships and turned in three national provisional qualifying performances in the Northern State Open in Aberdeen, SD, on Saturday, February 6. The Marauders captain won the high jump (5' 5 3/4"), the long jump (18' 5 1/4") and placed second to teammate Samantha Williams in the triple jump by leaping 36' 6 1/4". The long jump and the triple jump were both provisional marks. Perry also won the 55 meter hurdles in a provisional mark of 8.35 seconds. She had run 8.33 in the pre-lims.

Men's Field - Ben Jacobson (Jr., Bismarck, ND) continued his impressive campaign in the Northern Sun Open. Jacobson racked up a pair of wins in the shot put (54-8) and the weight throw (61-4) with provisional national qualifying performances. His effort in the weight throw also set a new Barnett Center Fieldhouse record.

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ST. CLOUD STATE

Women's Track : In action at the Cyclone Open hosted by Iowa State, the women's 4x400 relay team broke their own school record and improved the provisional qualifying time. Kelsey King, Amanda Eggebrecht, Danielle Luhmann and Heather Miller placed third in a time of 3:54.21 to set the school record again. In other events, Luhmann (So., Rushford, Minn.) won the high jump with a height of 5'5". In the 60 meter hurdles, Heather Miller (Sr., Sun Prairie, Wisc.) was third in a time of 9.13 and Kelsey King (Jr., Lakeville) was fifth in 9.49. Back at the Ted Nelson Classic, Nish Rubash (So., New Lisbon, Wisc.) placed first in the high jump with a top mark of 5'1".

Men's Track - Gabe Udia (Sr., Inver Grove Heights, Minn.) won two races at the Ted Nelson Classic hosted by Minnesota State University last Saturday. Udia won the 60 meter dash in 6.88 and the 200 meter race in 22.9. He is closing in on a provisional qualifying mark in the 200 meters. Fred Williams (Jr., Milwaukee, Wisc.) placed second in the long jump with a mark of 23-01.25 and is nearing a provisional mark.

WAYNE STATE

Women's Track - Christina King (Sr., Omaha, Neb.) broke the WSC school record in the 400 meter dash for the third time this season at the Frank Sevigne Husker Invitational, running 55.81 seconds to top her previous school mark of 57.50 set at last weekend's Minnesota State Open in Mankato. It also improves her national provisional qualifying mark which unofficially ranks as the top time in NCAA Division II.

Women Field - Savannah Wakeley - Freshman, Wausa, Nebr. - Wakeley won the high jump at the John Dalton Open in Vermillion, SD with a mark of 5' 3", which is the third week in a row that she has won the high jump. She is currently tied for sixth place in NCAA Division II.

Men's Track - Andrew Jansen - Sophomore, Omaha, Nebr. - set 2 WSC school records over the weekend at the Husker Invite in Lincoln. He raced to a time of 49.78 to break the old WSC school record. On Saturday, he set the second school record by placing 12th in the 600 yard run in a time of 1:14.75.

Men Field - Cody Diehl - Sophomore, Grand Island, Nebr. - won the pole vault at the John Dalton Open in Vermillion, SD. His mark of 15' 6" ranks him 3rd in the NSIC standings.

WINONA STATE

Women Field - Alyssa Lammers (Jr, Mukwonago, WI) won the Long Jump at the Warhawk Classic with a jump of 5.17m (16' 11 1/2").

Women's Track - Kelly Shaw (Fr, Stevens Point, WI) won the 400 meters at the Warhawk Classic in a time of 56.76 seconds provisionally qualifying for the NCAA II Championships.

NSIC TRACK & FIELD
INDOOR CHAMPIONSHIPS
MINNESOTA STATE UNIVERSITY, MANKATO
FEBRUARY 26-27, 2010

Friday February 26

Field Events

12:00 p.m. Long Jump - Men
Pole Vault - Men
High Jump - Women
Weight - Women

2:30 p.m. High Jump - Men
Long Jump - Women
Shot Put - Men

Track Events

3:00 p.m. Mile Prelims - Women/Men
3:30 p.m. 60 Meter High Hurdles - Semis - Women/Men
4:00 p.m. 400 Meter Run - 8 Athletes to Finals
4:30 p.m. 600 Meter Run - 8 Athletes to Finals
5:00 p.m. 60 Meter Dash - Semis - Women/Men
5:20 p.m. 800 Meter Run - Semis-Women/Men
5:40 p.m. 1000 Meter Run - Semis-Women/Men
6:00 p.m. 200 Meter Dash - 8 Athletes to Finals
6:30 p.m. 3000 Meter Run - Finals-Women-Men
7:00 p.m. Distance Medley Relay - Women
7:20 p.m. Distance Medley Relay - Men

Saturday February 27

Field Events

10:00 a.m. Weight Throw - Men
Pole Vault - Women
Triple Jump - Men
12:30 p.m. Shot Put - Women
Triple Jump - Women

Track Events

1:00 p.m. Mile Finals - Women/Men - 1 Heat of 8 each
1:30 p.m. 60 Meter Hurdle Finals - Women/Men, 8 in Finals, 1 heat each.
1:45 p.m. 400 Meter Dash Finals - Women/Men, 8 in finals, 2 Hts, fast last
2:00 p.m. 600 Meter Dash Finals - Women/Men, 8 in finals, 2 Hts, fast last.
2:15 p.m. 60 Meter Dash Finals - Women/Men, 8 in finals, 1 heat each.
2:30 p.m. 800 Meter Run Finals - Women/Men, 8 in finals, 1 heat each.
2:45 p.m. 1000 Meter Run Finals - Women/Men, 8 in finals, 1 heat each
3:05 p.m. 200 Meter Dash Finals - Women/Men, 8 in finals, 2 heats each, fast last
3:15 p.m. 5000 Meter Run Finals - Women, 1 heat.
3:40 p.m. 5000 Meter Run Finals - Men, 1 heat.
4:00 p.m. 4 x 400 Meter Relay Finals - Women/Men, 2 heats each, Fast heat last.
4:30 p.m. Team Awards Presentation

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

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