

Wayne State College

2008-09 Track and Field

Media Recruiting Guide





2005 NSIC Men's Cross Country Champions



2006 NSIC Men's Indoor Track/Field Champions



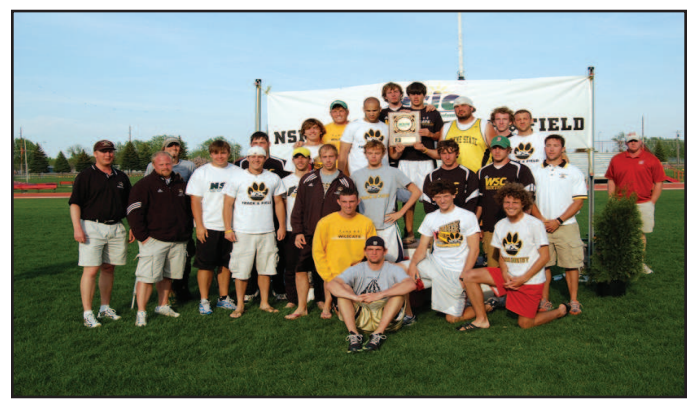
2006 NSIC Women's Cross Country Champions



2006 NSIC Men's Outdoor Track/Field Champions



2007 NSIC Men's Indoor Track/Field Champions



2007 NSIC Men's Outdoor Track/Field Champions



2008 NSIC Men's Outdoor Track/Field Champions



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<u>2008-09 Indoor Schedule</u>		
<u>Date</u>	<u>Meet</u>	<u>Location</u>
December 10	Derek Miles Open	Vermillion, S.D.
December 12-13	UNK Pre-Holiday Open	Kearney, Neb.
January 16-17	UNL/Holiday Inn Invitational	Lincoln, Neb.
January 23-24	Iowa State Open	Ames, Iowa
January 30-31	Minnesota State Open	Mankato, Minn.
February 6-7	USD Hillenbrand Open	Vermillion, S.D.
February 6-7	Husker Invite	Lincoln, Neb.
February 14	Wildcat Open	Wayne, Neb.
February 15-16	NSIC Pentathlon/Heptathlon	Aberdeen, S.D.
February 20	Nebraska Tuneup Open	Lincoln, Neb.
February 27-28	NSIC Indoor Championships	Bemidji, Minn.
March 13-14	NCAA Division II Indoor Nationals	Houston, Texas
<u>2009 Outdoor Schedule</u>		
<u>Date</u>	<u>Meet</u>	<u>Location</u>
March 28	Mount Marty College Open	Yankton, S.D.
April 4	Wildcat Open	Wayne, Neb.
April 9-10	DII Challenge Multis	Emporia, Kansas
April 10-11	DII Challenge	Emporia, Kansas
April 16-18	Kansas Relays	Lawrence, Kansas
April 17-18	Sioux City Relays	Sioux City, Iowa
April 23-25	Drake Relays	Des Moines, Iowa
April 26	UNL Open	Lincoln, Neb.
April 26-27	NSIC Heptathlon/Decathlon	Aberdeen, S.D.
May 1-2	Howard Wood Dakota Relays	Sioux Falls, S.D.
May 8-9	NSIC Outdoor Championships	Wayne, Neb.
May 21-23	NCAA Division II Outdoor Nationals	San Angelo, Texas



ATHLETIC DIRECTORY/QUICK FACTS



All Area Codes (402)

Administration

President's Office 375-7200
 Athletic Department Phone 375-7520
 Athletic Department FAX..... 375-7120
 Eric Schoh, Athletic Director 375-7520
 Mike Barry, Assoc. Athletic Dir./Facilities Director ... 375-7521
 Mitch DeBoer, Asst. AD/Business Management 375-7183
 Shawn Percy, Faculty Athletic Representative..... 375-7078
 Deb Harm, Athletic Staff Assistant 375-7520

Compliance Coordinator/SWA

Marilyn Yates..... 375-7308

Sports Information

Mike Grosz, Sports Information Dir. 375-7326
 Scott Retzlaff, Graduate Assistant 375-7326
 Sports Information FAX..... 375-7271

Training Room

Muffin Morris, Head Athletic Trainer 375-7310

Equipment Room

Alex Wood, Equipment Coordinator..... 375-7157

Baseball

John Manganaro, Head Coach 375-7499
 Brian Disch, Assistant Coach 375-7012

Men's Basketball

Rico Burkett, Head Coach 375-7309
 Matt Murken, Assistant Coach 375-7515

Women's Basketball

Chris Kielsmeier, Head Coach 375-7311
 Kelly Kielsmeier, Assistant Coach 375-7122

Cross Country

Marlon Brink, Head Coach 375-7507

Football

Dan McLaughlin, Head Coach 375-7315
 Clint Brown, Defensive Coordinator..... 375-7313
 Alex Wood, Assistant Coach 375-7157
 Gene Suhr, Offensive Coordinator 375-7115

Golf

Matt Murken, Men's Head Coach..... 375-7515
 Troy Harder, Women's Head Coach 375-1152

Women's Soccer

TBA, Head Coach 375-7506

Softball

Krista Unger, Head Coach 375-7522

Track and Field

Marlon Brink, Head Coach 375-7507

Volleyball

Scott Kneifl, Head Coach 375-7303
 Kim Edwards, Assistant Coach 375-7560

CREDITS

The 2009 Wayne State College track & field media guide is a publication of the WSC Sports Information Department under the direction of Mike Grosz, sports information director. Prepared by Mike Grosz and graduate assistant Scott Retzlaff. Photos by Bob Berry and Mike Grosz. Front and back covers designed by Jane O'Brien.

2009 TRACK & FIELD QUICK FACTS

GENERAL INFORMATION

Location: Wayne, Nebraska
Address: 1111 Main Street
 Wayne, NE 68787
Founded: 1910
Enrollment: 3,200
Nickname: Wildcats
School Colors: Black and Gold
National Affiliation: NCAA Division II
Conference: Northern Sun Intercollegiate Conference
President: Dr. Richard Collings
Athletic Director: Eric Schoh
Assoc. Ath. Dir./Fac. Dir: Mike Barry
Faculty Athletic Rep.: Shawn Percy
Compliance Coord./SWA: Marilyn Yates
Athletic Dept. Phone: (402) 375-7520

TRACK & FIELD INFORMATION

Head Coach: Marlon Brink
Alma Mater: Midland Lutheran (1991)
Office Phone: (402) 375-7507
Best Time to Reach: Weekday mornings
Graduate Asst. Coaches: Aaron Keiser and Josh Whisman

ATHLETIC TRAINING INFORMATION

Head Athletic Trainer: Muffin Morris
Assistant Trainers: Rose Rieger, Mark Schoenfelder, Kari Schoenfish, Chris Stegemann, Eric Urbanec
Athletic Training Phone: (402) 375-7310
Team Orthopedist: Dr. Steven Stokesbary

SPORTS INFORMATION

Sports Information Dir: Mike Grosz
Office Phone: (402) 375-7326
E-mail: migrosz1@wsc.edu
G.A. Sports Information: Scott Retzlaff
Office Phone: (402) 375-7326
Sports Information Fax: (402) 375-7271
Home Page: www.wscwildcats.com

NSIC INFORMATION

Commissioner: Butch Raymond
Office Phone: (651) 288-4015
Assoc. Comm./SWA: Erin Lind
Office Phone: (651) 288-4016
Asst. Commissioner: Nick Kornder
Office Phone: (651) 288-4017
NSIC Fax: (651) 224-8583
NSIC Home Page: www.northernsun.org



ABOUT WAYNE STATE



Innovative programs. Excellent career preparation. Personal attention. Active campus life. Scenic surroundings.

Founded in 1891 as Nebraska Normal College, Wayne State College, in Wayne, Neb. earned a distinguished reputation as a teachers' college from its early days. We're still a great teachers' college—but so much more!

Innovative Programs

Wayne State's four academic schools—Arts and Humanities, Business and Technology, Education and Counseling, and Natural and Social Sciences—offer a comprehensive selection of courses. You'll find over 150 majors and minors ranging from pre-professional studies to criminal justice to a nationally accredited undergraduate sports management program, and many others in 14 academic departments across campus.

The Rural Health Opportunities Program (RHOP) at Wayne State College provides pre-professional training in medicine, pharmacy and dentistry in cooperation with the University of Nebraska Medical Center. Students who successfully complete the program at WSC are automatically accepted into medical, pharmacy, or dental school at UNMC.

Upper-level education majors at Wayne State have the opportunity to participate in the Northeast Nebraska Teacher Academy (NENTA), the first of its kind in the nation, where WSC students receive classroom experience with participating K-12 schools in the region.

Through WSC WebCat On-line, students can register for class, check on grades and student accounts, from the convenience of their home or residence hall room.

Excellent Career Preparation

Whether students plan to be accountants or wildlife biologists, they receive the preparation they need at Wayne State College. In addition to classes taught by experts in their fields, Wayne State College provides internship and cooperative programs for students in a number of majors. Many regional businesses actively recruit Wayne State students for internships, with many of these internships resulting in full-time employment after graduation.

The WSC Career Services office assists students with career exploration, job preparation skills, interviews, as well as arranging internships and cooperative experiences.



Personal Attention

Students at Wayne State College don't get lost in the crowd. With an average class size of 21 and a student/faculty ratio of 19:1, WSC students get to know their professors and classmates. Eighty percent of Wayne State professors have the highest degree in their field—and most teach first-year as well as upper-level classes. You will find dedicated professors and instructors at Wayne State College where teaching is their life's work and their enthusiasm is contagious.

Wayne State College offers a variety of support services and programs to students. The heart of the WSC campus is the Student Center, where academic and personal support services are located. The Learning Center and Peer Tutoring Program are designed to help all students achieve the highest possible level of success in their studies.

Active Campus Life

With more than 90 clubs and organizations on campus, Wayne State College students have many opportunities to be involved in campus and community life.

Wayne State College has an active Greek life, with Greek Olympics being held at Homecoming each fall, as well as other social and service activities. The Student Activities Board (SAB) plans a variety of special programs each year, bringing musical groups such as Three Doors Down, Terri Clark, Vertical Horizon, Five for Fighting, Goo Goo Dolls, Sawyer Brown, Blackhawk, Firehouse, Jason Aldean and others to campus. Comedian Adam Sandler and other national performers have performed on campus.

The Multicultural Center, one of the newest campus programs, provides outreach and support to Wayne State College students and the region through special events during the year.

Wayne State College competes in NCAA Division II, and is a member of the Northern Sun Intercollegiate Conference. Competitive sports include football, volleyball, men's and women's basketball and track, cross country, men's baseball, women's softball, men's and women's golf, and women's soccer.

Scenic Surroundings

You'll feel right at home on Wayne State's beautiful, historic campus located in the northeast Nebraska community of Wayne. The campus combines stately, historic buildings with the newly renovated Student Center, Studio Arts Building and Connell Hall. Ramsey Theatre was recently renovated, with the completion in 2004. A new state-of-the-art indoor track was completed in the summer of 2001 in the WSC Recreation Center.

Wayne State College's seven residence halls provide students with a comfortable, affordable and convenient place to live with easy access to the entire campus community. Each hall has lounges and recreation areas, laundry facilities, mail service, academic tutors and study areas. Six of the seven halls are wired for access to the campus computer network from your personal computer. Smoke-free residence halls are also an option.





WAYNE STATE ADMINISTRATION



Dr. Richard Collings
President

Dr. Richard Collings is in his fifth year as the 11th president of Wayne State College. Prior to assuming the presidency of Wayne State, Collings was vice chancellor for academic affairs and professor of political science and public affairs at Western Carolina University in Cullowhee, North Carolina, a position he held from 1996-2004. At Western Carolina, he led many academic and administration initiatives, including creating a residential honors college, developing technology partnerships with other institutions throughout the nation and implementing a strategic planning process.

From 1991-96, Collings was provost and vice president for academic affairs at Kutztown University of Pennsylvania, where he had served as dean of the College of Liberal Arts and Sciences from 1989-91. Previously, he was assistant provost and chairperson of the department of political science at Southeast Missouri State in Cape Girardeau, Mo.

A native of Louisville, Ky., Collings earned a Ph.D. in political science in 1977 and a master's degree in Latin American studies in 1972, both from Tulane University. He received a bachelor's degree in international studies from the University of Louisville in 1968.

President Collings and his wife, Marilyn, have three grown children: Michael, Kristen and Kelly. They also have four grandchildren, Ethan, Kai, Noah and Olivia.



Eric Schoh
Director of Athletics

Entering his fifth year as athletic director, Eric Schoh has injected enthusiasm and success into the Wildcat athletic department.

Wayne State College placed second in the 2007-08 Northern Sun Conference All-Sports Standings by winning two conference championships (baseball and men's outdoor track and field). 11 of the school's 15 sports finished in the top three in their respective sport in the NSIC while three teams (volleyball, women's basketball and baseball) also qualified for NCAA post-season competition.

"Everyone associated with Wildcat athletics should be proud of our accomplishments this past year," said Schoh. "The student-athletes, coaches, campus community and people of Wayne all had a hand in our success. It is a credit to the quality student-athletes we have at Wayne State when you are able to combine academic accomplishments with athletic success."

Prior to coming to Wayne State, Schoh was the associate athletic director for development at California State University in Bakersfield, Calif. from 2002-2004. From 1998-2002, Schoh was associate director of athletics at the University of South Dakota. He was the regional director of D.D. Marketing Inc. in Pueblo, Colorado from 1997-98 and was the assistant director of athletics at Montana State University in Billings, Montana from 1995-97.

Schoh earned his master's degree in education from Iowa State University. He earned his bachelor's degree in journalism and mass communications from Iowa State University as well.

Schoh is a native of LaCrescent, Minnesota. He and his wife, Stephanie, have three children: Paige, Eric and Tyler.



Mike Barry
*Associate Director of Athletics /
Facilities Director*

Mike Barry is in his ninth season as associate director of athletics and in his 11th year as the director of sports and recreational facilities. His duties include scheduling athletic contests and practices, home game management and serving as the athletic and recreational facilities' coordinator.

Barry was the Wayne State women's basketball head coach for seven seasons. He compiled a 97-92 record, which is third all-time on the school's career victory list. His best team was the 1993-94 squad which posted a 22-5 record.

Barry came to Wayne State following two years as an assistant women's basketball coach at Pratt Community College in Kansas. He also coached at Chadron State, Eastern New Mexico University, and Fullerton and Stuart high schools in Nebraska.

Barry, a native of Grant, Neb., was a four-sport athlete at Chadron State. He was a three-time NAIA national qualifier in the triple jump, and also lettered in basketball, football, and cross country.

Barry earned his Bachelor's Degree in Physical Education from Chadron State in 1983 and earned his Master's Degree in Secondary Education in 1988. He and his wife, Jeannette, have two sons, Jordan, 16, and Jalen, 13. Barry also has a son Rick, who lives in Crawford, Nebraska.



Dr. Shawn Pearcy
Faculty Athletic Representative

Dr. Shawn Pearcy is in his fifth year as Faculty Athletic Representative at Wayne State College. Pearcy, an associate professor in the Life Sciences Department, is in his 10th year teaching at the school. An Indiana native, he attended Purdue University and Indiana University, earning his bachelors degree from Indiana University in 1989. While an undergraduate, he participated in crew, ultimate and lacrosse.

Pearcy attended graduate school at Washington State University completing his doctorate in Zoophysiology in 1996. He enjoys teaching general biology, human physiology and vertebrae embryology at WSC. Pearcy is also a nationally-certified EMT and firefighter and serves on the Wayne Volunteer Fire and Rescue Department.



STUDENT-ATHLETE SERVICES



Wayne State College offers numerous academic support services designed to help students succeed in the classroom. The WSC Athletic Department utilizes many of these services to assist its student-athletes in their pursuit of a four-year degree.

"We have a very strong supporting cast here at Wayne State College," says Compliance Coordinator Marilyn Yates, noting the Athletic Department administration, the coaches, and the staffs from the Learning Center, STRIDE office and the registrar's office. "They are the reason for our academic success."

Some of the services utilized by the Athletic Department are study tables, the Peer Tutor Program, the Writing Help Desk, the STRIDE Program, and the Athletic Academic Program.

Study Tables

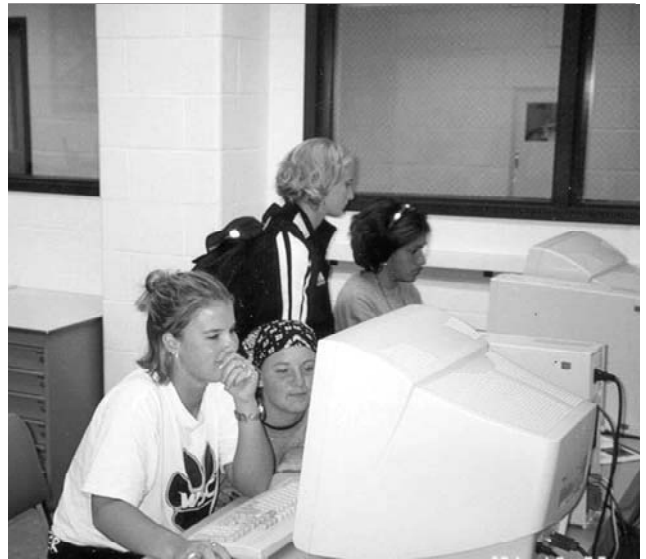
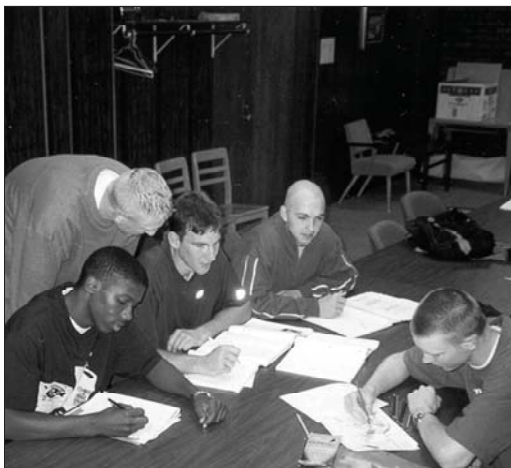
Each head coach has the option of conducting and monitoring a study table for his or her players.

Writing Help Desk

The Writing Help Desk, coordinated by the Student Learning Center, is designed to help students' written communication and academic writing skills. The Help Desk will help students clarify concepts, improve critical thinking, work on organization, increase vocabulary, and write logical, grammatically correct sentences.

Peer Tutor Program

WSC's nationally certified Peer Tutor Program consists of upper level students who are highly recommended by their academic divisions and meet stringent qualifications. The program, coordinated by the Learning Center, provides peer tutoring for all four academic schools. Tutors work with the faculty and in turn academically assist students.



STRIDE Program

A federally-funded program, STRIDE (Students Taking Responsibility in Development and Education) is a program for students who meet one of the following criteria: 1. a first generation college student; 2. has some type of a learning disability; 3. meets federal low income guidelines. STRIDE offers peer tutoring in all required general education courses and many upper level courses. A mentor program is offered to first-year students to assist with the transition to college life. Students with a learning disability are provided with an individualized, cooperatively planned program of services and accommodations. These may include taped textbooks, alternative exam arrangements, note taking assistance, adaptive computer equipment and course modifications.

At the midpoint of each semester, STRIDE sends out progress reports, charting the student's attendance, performance on daily assignments, projects and exams, and class participation.

Athletic Academic Program

Co-sponsored by the Student Learning Center and the Athletic Department, the AAP is designed to help the at-risk student-athlete. All transfer students, partial qualifiers and student-athletes with a cumulative GPA of 2.20 or below are placed in the program. Graduate students work as mentors with the athletes five hours per week with the following purposes: 1. increase the probability of a student's success in passing academic subject; 2. increase the student's self-confidence and motivation; 3. develop study skills; 4. individualize the learning-teaching process for the student; 5. supplement instructional resources.



WAYNE STATE FACILITIES



Memorial Stadium / Bob Cunningham Field

Memorial Stadium has been "Home of the Wildcats" since 1931 when the college purchased 11 acres of land for athletic fields. The grandstand was constructed in 1933. The stadium was officially designated Memorial Stadium following World War II in honor of the Wayne State students who served in the war. Bob Cunningham Field was named in 1993 for the WSC three-sport Hall of Fame standout (1936-39).

The press box was built at the time of the grandstand construction with a second level being added in 1969. Bob Cunningham Field features a natural grass surface and has seating for 2,500 fans with another 750 seats available for visiting fans on the east side of the stadium.



Recreation Center

The Wayne State College Recreation Center opened in 1987 and is the college's main facility for student recreation and selected athletic activities.

The main area in the Recreation Center provides a state-of-the-art six-lane running track that was resurfaced in 2001 and three full-size courts for basketball, volleyball, tennis, and badminton. Racquetball, weight training, aerobics, gymnastics, wrestling and sauna facilities are all available to WSC students, faculty and staff as well as residents of the Wayne community.

The Recreation Center also houses locker rooms for Wildcat athletic teams, and offices for the WSC athletic department.

Carlson Natatorium

Carlson Natatorium adjoins the Recreation Center and Rice Auditorium. The 25-yard long pool is used for a variety of functions, including lap swimming, aqua-size classes, senior wellness aquasize classes, HHPS classes, intramural activities and athletic training rehabilitation exercises. The natatorium is open in the summer for use by the athletic camps and Rec Center members.





ATHLETIC TRAINING SERVICES



Muffin Morris *Head Athletic Trainer*

Muffin Morris is in her first year at Wayne State College as the head athletic trainer. She will oversee athletic training responsibilities for 15 varsity sports at Wayne State College.

Before coming to Wayne State, Morris served four years at the University of South Dakota. She served as a graduate assistant athletic trainer and worked with football, softball, swimming/diving, track/cross country and volleyball programs at USD.

The Chariton, Iowa native earned her bachelor's degree from Buena Vista University in athletic training in 2004. Morris then obtained her master's degree from the University of South Dakota in 2006 in health, physical education and recreation and recently earned her doctorate degree in adult/higher education from the University of South Dakota on July 31, 2008.

Morris served as the head trainer for the Wildcat football team this fall and resides in Wayne.



Dr. Steven Stokesbary *Team Orthopedist*

Dr. Steven Stokesbary enters his seventh season as Wayne State's team orthopedist.

Dr. Stokesbary is a partner in The Center for Neurosciences, Orthopaedics, and Spine Sports Medicine, P.C. (CNOS) in Dakota Dunes, South Dakota. He graduated from the University of Iowa and earned his medical degree also from the University of Iowa College of Medicine, after which he completed his residency at the University of Missouri Health Services.

Dr. Stokesbary has been practicing for CNOS Sports Medicine for over seven years, which provides athletic training services for over 40 area high schools, colleges and professional organizations.



Athletic Training Room

The Athletic Training Room is the site of taping, treatment and injury evaluations. It has recently moved from Rice Auditorium to the Recreation Center. It has a variety of up-to-date, quality equipment. A partial inventory of modalities available for athletes include: three whirlpools, RichMar Theratouch 7.7 electrical stimulation machine, RichMar HV-II combination ultrasound/electrical stimulation machine, RichMar portable ultrasound machine, Game-ready intermittent compression machine, Therabath Parafin machine, and Hydrocollator heat pack units. The athletic training room also has three computers. **Head athletic trainer Muffin Morris oversees a staff of five, including assistant athletic trainers Rose Rieger and Mark Schoenfelder and graduate assistant athletic trainers Kari Schoenfish, Chris Stegemann and Eric Urbanec.**

PMC Wildcat Sports Medicine Center

The PMC Wildcat Sports Medicine Center, which opened December 1, 2005, is a 4,000 square foot state-of-the-art facility. The center is located next to the Wayne State College Recreation Center and serves as the hub for therapy and athletic training services.

In August 2007, Providence Physical Therapy and Wayne State College collaborated to provide therapy services at the PMC Wildcat Sports Medicine Center. This partnership provides the finest in sports rehabilitation, therapy services and athletic training services to Wayne State student-athletes, the campus community and the general public.

Providence Physical Therapy offers physical, occupational and speech therapy services and is staffed by six physical therapists, two physical therapy assistants, two occupational therapists and one speech therapist. Providence Physical Therapy staff also provides aquatic therapy at the Carlson Natatorium.

Dedicated to excellence and quality care, the PMC Wildcat Sports Medicine Center athletic training staff and Providence Physical Therapy staff is committed to the health and wellness of WSC students, faculty and the Wayne community.



2008 MEN'S CROSS COUNTRY



Wayne State College competed in six meets during the 2008 season. The Wildcats won one meet, earned a top three finish at the NSIC Championships and a top eight finish at the NCAA Central Regional Championships and had an NCAA All-American for just the second time in school history under ninth-year head coach Marlon Brink.

During the regular season, the Wildcats captured the team title at the Dakota State Invitational on September 27 by placing five runners in the Top 11 and cruised to the team title 24-75 over the University of Sioux Falls.

Wayne State placed third at the 2008 Northern Sun Conference Championships held in Aberdeen, South Dakota on October 25. Minnesota State easily beat Augustana 22-74 for the team title with the Wildcats in third at 108 points. Senior Nate Preston earned a third place finish overall with a time of 25:46 on the 8,000-meter course to claim First Team All-NSIC honors for the second straight season. Sophomore York Thomas was next for the Wildcats, finishing 16th place overall with a time of 26:45 to earn Second Team All-NSIC honors.

At the NCAA Division II Central Regional Championships in Kearney, Nebraska on November 8, Wayne State placed eighth out of 21 teams in the team race with 237 points, falling just short of a top six team finish that would have qualified WSC as a team for the national championships. Individually, senior Nate Preston placed 12th overall with a time of 31:54 on the 10,000 meter course to qualify for the NCAA Division II National Championships for the second year in a row.

Two weeks later at the NCAA Division II National Championships in Slippery Rock, Pennsylvania on November 22, Wildcat senior Nate Preston earned All-American honors with a 27th place finish in a time of 32:00 on a snow-covered course and temperatures in the mid 20's. Preston became the first Wildcat athlete to qualify for back-to-back NCAA national cross country meets and was the third individual to represent Wayne State College at an NCAA national cross country meet. James McGown competed at nationals in 1995 and '97, earning All-American honors in 1997, while Mark Merritt qualified for nationals in 1997.



Nate Preston captured NCAA Division II All-American honors at the Division II National Championships in Slippery Rock, Pennsylvania on November 22, 2008 by placing 27th out of 184 runners with a time of 32:00 on a snow-covered course.



**2008 Dakota State Invitational
Men's Cross Country Champions**



Nate Preston
2008 NCAA DII All-American
2008 First Team All-NSIC



York Thomas
2008 Second Team
All-NSIC



2008 WOMEN'S CROSS COUNTRY



Nine runners comprised of the 2008 Wayne State College women's cross country team for ninth-year head coach Marlon Brink. In six meets during the season, the Wildcats earned a second place finish at the Dakota State Invitational, finished sixth at the Northern Sun Conference Championships and had two runners earn NSIC All-Conference honors.

A highlight during the regular season was a second place finish at the Dakota State Invitational on September 27 as Dordt edged the Wildcats 67-78 for the team title. WSC had three runners place in the top 10 as Melissa Schmit finished in fifth place, Sarah Thomsen was sixth and Megan Zavorka took ninth overall.

At the NSIC Championships in Aberdeen, South Dakota on October 25, WSC finished sixth out of 11 teams with a team score of 142 but was just six points out of fourth place. Two runners picked up All-Conference honors as Melissa Schmit and Sarah Thomsen collected Second Team All-NSIC honors with 13th and 17th place finishes respectively. For Schmit, it was the third time in as many years that she earned All-NSIC honors after finishing fourth in 2007 and third in 2006 to collect First Team All-NSIC honors.

At the NCAA Division II Central Regional Championships in Kearney, Nebraska on November 8, the WSC women finished 11th out of 23 teams with a team score of 335. The Wildcats were hoping for a top 10 finish at the meet, but competed without top runner Melissa Schmit, who missed the meet due to illness. WSC still competed hard with most runners achieving season-best times at the meet. Sarah Thomsen and Megan Zavorka were the top two runners for WSC at the regional meet, placing 38th and 40th overall with times of 23:22 and 23:23 respectively.

With five juniors, three sophomores and one freshman, the Wildcats can look for better things in 2009.



Melissa Schmit
2008 All-NSIC
Second Team



2008 WSC Women's Cross Country Team



Sarah Thomsen
2008 All-NSIC
Second Team

2008 NSIC Cross Country Championships
October 25, 2008 at Aberdeen, South Dakota

Women's Team Standings

1. Augustana	32
2. Minn. Duluth	56
3. Minnesota State	105
4. Univ. of Mary	137
5. MSU Moorhead	138
6. Wayne State	142
7. Winona State	155
8. Northern State	190
9. St. Cloud State	219
10. Conc., St. Paul	255
11. Bemidji State	313

Individual Placings

1. Morgan Place, UMD	21:46
2. Liz Palkie, UMD	22:30
3. Alyssa Anderson, AUGIE	22:39
4. Bridget Hines, UMD	22:41
5. Miranda Wagner, AUGIE	22:47

WSC Runners

13. Melissa Schmit	23:39
17. Sarah Thomsen	23:50
29. Megan Zavorka	24:15
42. Molly Gibson	24:54
50. Melissa McIntosh	25:12
68. Meghan Jacob	25:56
81. Tatiana DeLosSantos	26:44



WILDCAT COACHING STAFF



HEAD COACH MARLON BRINK



Marlon Brink enters his ninth year as the head men's and women's track and field coach for Wayne State College and has elevated the Wildcat program into one of the best in the Northern Sun Intercollegiate Conference.

In 2008, Brink coached the Wildcat men's squad to a third straight NSIC outdoor team title while recording a third place finish in the indoor season, ending the Wildcats' two-year reign as indoor team champions. The Wayne State women's squad recorded a pair of third place finishes at the NSIC indoor and outdoor championships last season, but posted the school's best-ever finish at the NCAA Division II National Outdoor Championships in May when the Wildcats scored 18 points to finish in 17th place overall. WSC had three All-Americans with Katie Wilson posting a first place finish in the shot put to become the school's first-ever NCAA individual champion. She also placed fourth in the discus while Kylie Herian recorded a sixth place finish in the 100 meter hurdles to round out Wayne State's All-American performers.

Under his tenure, WSC athletes have won 53 (27 indoor, 26 outdoor) individual NSIC championships for men and 35 more for women (17 indoor, 18 outdoor) in track and field. In addition to the success at the conference level, WSC tracksters have also excelled on the national level. The Wildcats have had a total of 17 NCAA Division II national qualifiers in indoor track and field (four men, 13 women) with one male All-American and four female All-Americans with another 17 national qualifiers (four men, 13 women) in outdoor track and field with four female All-Americans, including the school's first NCAA individual national champion in May, 2008 when Katie Wilson won the women's shot put to make school history.

In the past five years, Brink has helped Wayne State host several conference championship events, including the 2004 NSIC Indoor Track and Field Championships and the 2006 and 2008 NSIC Outdoor Track and Field Championships. He has been awarded the NSIC Men's Indoor Track and Field Coach of the Year three times (co-2004, 2006 and 2007) and has received the NSIC Men's Outdoor Track and Field Coach of the Year award the last three seasons (2006, 2007 and 2008) after coaching the Wildcats to the team title.

Before coming to Wayne State College, Brink spent six years at Mount Marty College in Yankton, S.D. He spent his last five years at Mount Marty as the head coach of the men's and women's cross country and track and field programs. He was an assistant coach with the Lancers during the 1994-95 season. Brink was instrumental in building successful programs at Mount Marty. He took over the programs in their third year of existence and quickly turned them into one of the top teams in the South Dakota Intercollegiate Conference. He has coached 34 SDIC individual conference champions, 16 NAIA Scholar-Athlete award winners and 9 NAIA All-Americans. In addition, 72 school records have been set or broken during Brink's tenure. The Lancer women's track team placed 20th at the NAIA Outdoor National Championships. On the men's side, the cross country team placed second at the 1995 SDIC Championships, while the indoor track and field team finished second at the SDIC Championships in 1998.

Brink, a native of Atkinson, Neb., began his coaching career as an assistant coach at South Dakota State University. He spent two years with the Jackrabbits. A 1991 graduate of Midland Lutheran College, Brink was a standout cross country and track and field performer for the Warriors. He qualified for the 1990 NAIA National Cross Country Championships, and he was a two-time national qualifier in the marathon. In 1991, Brink placed 12th at the NAIA Outdoor National Championships. In addition, Brink earned three NAIA Scholar-Athlete awards.

Marlon and his wife Jeanne are the parents of three children - daughter Courtney (4), son Andrew (2) and newborn son Lance (7-10-08) and they reside in Wayne.

WAYNE STATE COLLEGE ASSISTANT COACHES



Josh Whisman
Assistant Coach

Josh Whisman begins his third season as an assistant coach with the Wayne State College track and field teams, working primarily in the field events with throwers. He has coached numerous WSC throwers to personal and career best marks in his two seasons with the Wildcats in the throwing events. Katie Wilson won the NCAA Outdoor national championship in the shot put in 2008 and Brett Suckstorf was an NCAA national qualifier in the men's hammer throw in 2008 as well.

Whisman was named the United States Track and Field and Cross Country Coaches Association (USTFCCA) NCAA Division II North Central Region Assistant Men's Outdoor Track and Field Coach of the Year in May, 2008 after his throwers had a big hand in helping WSC win a third straight NSIC outdoor men's track and field championship.

Josh is a graduate of the University of Tennessee where he was a three year letter winner (2002-05) while competing in the hammer throw, shot put and weight throw. Whisman was a NCAA outdoor national qualifier in the hammer throw in 2005 and a USATF National Indoor Meet qualifier in the 35-pound weight throw in 2006.

Whisman assisted in coaching throwers at the University of Tennessee in 2006 and coached USA Championship qualifier Garland Porter. He graduated from the University of Tennessee in May of 2006 with a bachelors degree in sport management and graduated from Wayne State College in May of 2008.



Thomas Crummy
Graduate Assistant Coach

Thomas Crummy is in his first season as a graduate assistant coach for the Wayne State College track and field program. Crummy will coach sprints, hurdles and jumps for the Wildcats.

Crummy, a native of Argyle, Minnesota, comes to Wayne State following a successful track and field career at Bemidji State University in Minnesota. He won the pole vault at the 2005 NSIC Outdoor Track and Field Championships, clearing 14' 6 1/4" and was second during the 2005 NSIC Indoor Championships as a sophomore with a top mark of 14' 6". Crummy also competed in the heptathlon and decathlon during his NSIC career at Bemidji State, placing second in the 2006 indoor heptathlon (4,097 points) and earned a third place finish in the 2007 NSIC Indoor Heptathlon by scoring 4,419 points. He also placed fifth in the 2006 NSIC Outdoor Decathlon.

During his senior season, Crummy placed third in the 2008 NSIC Outdoor Championships (held in Wayne) after clearing 15' 4 1/4". He was a multiple All-Conference performer while competing at Bemidji State University and earned his bachelor's degree in elementary education with minors in mathematics, communication arts and literature and coaching.

Crummy is pursuing a master's degree at Wayne State College in sport management and resides in Wayne.



2009 WILDCAT ROSTERS



WOMEN'S ROSTER

<u>Name</u>	<u>Year</u>	<u>Event</u>	<u>Hometown (Last School)</u>
Casey Buskirk	Sophomore	Throws	Springfield, Neb. (Platteview HS)
Tatiana DeLosSantos	Freshman	Middle Distance	Papillion, Neb. (Papillion LaVista HS)
Molly Gibson	Junior	Middle Distance	Grand Island, Neb. (Northwest HS)
Brianne Hofstetter	Freshman	Jumps	Daykin, Neb. (Meridian HS)
Meghan Jacob	Sophomore	Distance	Fremont, Neb. (Fremont HS)
Christina King	Junior	Sprints	Omaha, Neb. (Millard West HS)
Jadrienne Lippman	Senior	Multis	Pierce, Neb. (Pierce HS)
Jenna McCoy	Sophomore	Middle Distance	Lincoln, Neb. (Pius X HS)
Melissa McIntosh	Sophomore	Distance	Ainsworth, Neb. (Ainsworth HS)
Lachelle Milander	Freshman	Throws	Pierce, Neb. (Pierce HS)
Kylee O'Neill	Freshman	Throws	Gretna, Neb. (Gretna HS)
Paige Pollard	Sophomore	Middle Distance	Newcastle, Neb. (Newcastle HS)
Misty Rystrom	Junior	High Jump	Meadow Grove, Neb. (Pierce HS)
Andrea Steele	Junior	Distance	Grand Island, Neb. (Garden City CC)
Sarah Thomsen	Junior	Distance	Wahoo, Neb. (Wahoo HS)
Danielle Wessel	Freshman	Middle Distance	Humphrey, Neb. (St. Francis HS)
Katie Wilson	Senior	Throws	Glenwood, Iowa (Glenwood HS)
Megan Zavorka	Junior	Distance	Torrington, Wyo. (Southeast HS)

MEN'S ROSTER

<u>Name</u>	<u>Year</u>	<u>Event</u>	<u>Hometown (Last School)</u>
Lee Anderson	Sophomore	Middle Distance	Omaha, Neb. (Millard West HS)
Mack Baumann	Freshman	Sprints	Pierce, Neb. (Pierce HS)
Landon Berg	Freshman	Sprints	York, Neb. (York HS)
Nathaniel Bergen	Senior	Middle Distance	Sutton, Neb. (Nebraska Christian HS)
Ryan Callahan	Freshman	Distance	Syracuse, Neb. (Syracuse HS)
Cheto Cerda	Senior	Distance	Baytown, Texas (Robert E. Lee HS)
Joe Chebul	Freshman	Middle Distance	Bellevue, Neb. (Bellevue West HS)
Jon Dickey	Junior	Multis	Laurel, Neb. (Laurel-Concord HS)
Cody Diehl	Freshman	Pole Vault	Grand Island, Neb. (Northwest HS)
Garrett Flamig	Senior	Hurdles/Multis	Hartington, Neb. (Humphrey HS)
Andy Jansen	Freshman	Middle Distance	Omaha, Neb. (Bryan HS)
Benjamin Jansen	Senior	Middle Distance	Omaha, Neb. (Bryan HS)
John Kern	Sophomore	Distance	Cedar Bluffs, Neb. (Cedar Bluffs HS)
Jacob Mathieson	Junior	Throws	Neligh, Neb. (Neligh-Oakdale HS)
Adam Meyer	Freshman	Distance	Papillion, Neb. (Papillion LaVista South HS)
Travis Michaelis	R-Freshman	Middle Distance	Spencer, Neb. (Univ. of South Dakota)
Drew Molacek	Sophomore	Sprints	Stanton, Neb. (Stanton HS)
Kyle O'Neill	Freshman	Throws	Gretna, Neb. (Gretna HS)
Nathaniel Preston	Senior	Distance	Omaha, Neb. (Benson HS)
Jason Schaaf	Freshman	Middle Distance	Stuart, Neb. (West Holt HS)
Michael Schinstock	Freshman	Middle Distance	Lincoln, Neb. (Lincoln East HS)
Matt Schneider	Senior	Distance	Nebraska City, Neb. (Nebraska City HS)
Matt Seiler	Freshman	Distance	Columbus, Neb. (Columbus HS)
John Sloup	Senior	Throws	Staplehurst, Neb. (Seward HS)
York Thomas	Sophomore	Distance	Lennox, S.D. (Lennox HS)
Alex Timperley	Freshman	Jumps	Norfolk, Neb. (Norfolk HS)
Travis Toepfer	Freshman	Jumps	Blue Hill, Neb. (Blue Hill HS)
Brad Wright	Freshman	Throws	Ewing, Neb. (Ewing HS)

Head Coach: Marlon Brink

Assistant Coaches: Josh Whisman, Thomas Crummy



2009 SEASON OUTLOOK



WOMEN

The 2008 Wayne State College women's track and field team is coming off one of its most successful seasons in school history. The 2007-08 team finished 21st at the NCAA Indoor National Meet and 17th at the NCAA Outdoor National Meet – both were school record finishes. A total of five All-American honors were captured (2 indoor and 3 outdoor, including an NCAA National Champion) which was also a school record. In NSIC competition, the Wildcats picked up a pair of third place team finishes in indoor and outdoor competition. The 2009 Wildcats will feature several talented individuals who will be seeking to make a big impact on both the NSIC and NCAA meets. "We will be trying to mix some very experienced athletes like Katie Wilson, Megan Zavorka, Christina King, and Sarah Thomsen with several younger athletes that have great potential. It should be an exciting year with many new milestones capable of being achieved," stated head coach Marlon Brink.

Sprints (55m/200m/400m/4 x 400 Relay)

The Wildcats will be led by junior Christina King. King was a finalist in the 100 meter and 400 meter dashes at the NSIC Outdoor Championships. She was the runner-up in the 600 meter dash in the indoor season. Jade Lippman and Paige Pollard will add additional strength in the long sprints during the season for the Cats. The trio will form the nucleus for the sprint relays as well.

Hurdles (55 meters)

Indoor and Outdoor NCAA All-American Kylie Herian and Rachel Roebke NSIC Conference Champion – 100 meter hurdles both graduated and will leave a large void in the hurdle events. However, Jade Lippman returns as a senior and finalist in the NSIC indoor 55 meter and outdoor 100 meter hurdle finals. Paige Pollard, a sophomore, returns and will seek to make the NCAA Outdoor National Meet in the 400 meter hurdles after missing by less than .5 seconds in a great freshman season.

Middle Distance (600m/800m/1000m/Distance Medley Relay)

The middle distance squad will be led by junior Molly Gibson fourth in the 800m run Outdoor Championships. Sophomore Melissa McIntosh will seek to score points in the mile. Freshman Tatiana DeLosSantos will join the duo to add additional depth in the middle distance events from the 800 meter run through the 3000 meter run. Also joining the mix is Danielle Wessel, a member of the Wildcat volleyball team, who was a standout 800, 1600 and 3200 meter runner in high school at Humphrey St. Francis.

Distance (Mile and 5000 m)

The distance crew will be led by juniors Megan Zavorka and Sarah Thomsen. Zavorka red-shirted the outdoor season last year after being named Newcomer of the Year her first year at WSC. She will look to contend for a national qualifying mark in the 3000 meter steeplechase outdoors as well as titles in the 5000 and 10,000 meter runs. Thomsen will look to defend her title in the 3000 meter steeplechase that she captured last year. Sophomore Meghan Jacob will seek to score in the 5000 indoor and 10,000 meter run outdoors.

Jumps & Multi Events (Pentathlon/Long Jump/Triple Jump/Pole Vault/High Jump)

The jumping events will be led by junior Misty Rystrom in the high jump, who just missed qualifying for the NCAA National Meet last year. Freshman Brianna Hoffstetter will look to score in the triple and long jump for the Cats. Senior Jade Lippman and sophomore Paige Pollard will team up in the pentathlon and heptathlon to give the Wildcats a pair of talented multi event athletes who should both score in the NSIC and possibly earn a national qualifying mark.

Throws (Shot Put/20 pound weight throw)

NCAA National Champion Katie Wilson will lead the Wildcats' throwing squad in what could be the strongest event group of the team. Wilson won the shot put at the Outdoor National Meet in 2008. She will look to defend her shot put title as well as earn All-American honors again in the discus and possibly the hammer throw as well. Wilson will only compete in the outdoor season as she has completed her indoor eligibility. Sophomore Casey Buskirk will look to place again in both the shot put and the weight throws after placing in both as a freshman. Freshman Lachelle Milander will look to score in the shot and also the hammer throw. Freshman Kylee O'Neill will add depth in the weight throw and discus.



2009 SEASON OUTLOOK



MEN

The 2008-09 Wayne State College men's track and field team is the three-time defending NSIC outdoor champions and will be looking to extend that streak to four this season. "This team will need to mix several new athletes into the scoring mix with several seniors to put us into a position to compete for another title," remarked WSC head coach Marlon Brink. "We have guys that can contend for individual event championships and other guys that can score points in the fifth, sixth, seventh, and eighth spots. It should be interesting to see how that plays out for us."

Sprints (55m/200m/400m/4 x 400 Relay)

The sprints will be an area that will rely on several new faces to pick up the scoring for graduated seniors Tim Pilakowski and JJ Washington. Freshman Mack Baumann has a strong resume from high school and should make an immediate impact in the 200 and 400 meter dashes. Freshman Andy Jansen also has strong credentials as a 400 meter runner and should provide additional strength in that event. Freshman Landon Berg will cover the short sprints for the Cats.

Hurdles (55m)

The hurdles will be led by two-time NSIC runner-up Garrett Flamig. Flamig also has had a provisional national qualifying mark in the event last year and will be trying to earn a trip to the National Meet in that event. Drew Molacek will also add depth to the hurdles events.

Middle Distance (600m/800m/1000m/Distance Medley Relay)

The middle distance squad will be looked upon to help carry a large portion of the team points with a talented squad of performers. Ben Jansen, a senior, is the three time defending conference champion in the 800 meters outdoors and will be aiming to make it four in a row. He was a national qualifier in the event in 2007 and just missed qualifying for the NCAA National Championships in 2008. Cheto Cerda, who placed 3rd in the 800 meter run indoor and 6th in the 1500 will be a key returner who should factor into scoring. Nathaniel Bergen, a senior who placed both indoors and outdoors will also be looked on to score again in the middle distance races. The distance medley relay will also return to defend its indoor NSIC title in that event. Sophomore Lee Anderson and several freshmen - Joe Chebul, Jason Schaaf, and Michael Schinstock, will be trying to provide additional points.

Distance (Mile/5000m)

The distance squad will be led by Nate Preston. Preston was an All-American in cross country this fall. Last year he won 3 gold medals at the NSIC Outdoor Championships in the 3000 meter steeplechase, 5000 meter and 10,000 meter runs. He just missed qualifying for Nationals by less than 2 seconds in the steeplechase. Senior Matt Schneider will return for his final track season. He will cover a combination of events from the mile through the 5,000 meter run and will also seek to return to Nationals in the steeplechase, which he qualified for in 2006.

Sophomores John Kern and York Thomas will also be looked to for points in the long distance track races. Kern placed in the 5000 meter run and steeplechase last year. Matt Seiler and Adam Meyer will be added depth.

Jumps (Long Jump/Triple Jump/Pole Vault/High Jump)

Several newcomers will be looked upon for points in the jumping events. In the long and triple jump, Travis Toepfer and Alex Timperley are two newcomers who have the potential to score for the Wildcats. Cody Diehl will lead the 'Cats vaulters this season. Jon Dickey, runner-up and school record holder in the decathlon will give the Wildcats strength in the multi events. Drew Molacek and Diehl will also try to score in the multi events for the Wildcats.

Throws (Shot Put/35 pound weight Throw)

The throws have the potential to make score significant points. John Sloup, a senior, returns after placing in the weight throw, hammer and discus. He also had a provisional national qualifying mark in the hammer throw and just missed making nationals. Junior Jake Mathieson will also add depth to the squad of throwers and placed in both the weight throw and hammer throw last year. Freshman Kyle O'Neill will be looking to place in the discus.



2009 WILDCAT WOMEN'S BIOS



Katie Wilson
Senior
Throws
Glenwood, Iowa
(Glenwood HS)

Nine time National Qualifier

Three time All-American

**2008 NCAA Outdoor
Shot Put Champion**



2008 Outdoor: Became first NCAA female individual champion for WSC after winning the shot put with new school record throw of 51' 11 3/4" on 5-23-08 at the NCAA Division II Outdoor Nationals in California... also earned All-American honors in discus with fourth place finish on 5-24-08, setting new school record with throw of 154' 5" as an added qualifier in the discus...also competed in hammer throw at NCAA Nationals, taking 11th out of 19 competitors with mark of 160' 9"...at the NSIC Championships, threw new school record of 172' 7" to win the hammer throw...also won the discus (145' 0") and was second in the shot put (47' 3/4")...finished the outdoor season with three new school records (discus, hammer and shot put)...was named NSIC Women's Field Athlete of the Week on 4-8-08 after recording three NCAA provisional qualifying marks at the WSC Wildcat Classic on 4-5-08...set a new meet record (and school record at the time) with a throw of 49' 10 3/4" to win the shot put at the Sioux City Relays on 4-18-08.

2008 Indoor: Earned NCAA Division II All-American honors for the second time in three seasons with fourth place finish in the shot put (47' 7")...also competed in weight throw at NCAA Nationals and was 10th out of 15 competitors with top throw of 55' 2 1/4"...placed second in the shot put (47' 5 1/4") at NSIC Indoor Championships and was third in the weight throw (55' 9 3/4")...set new school record in the weight throw (57' 7 3/4") at the Prairie Wolf Open in Lincoln on 2-22-08 to earn NSIC Women's Field Athlete of the Week honors...also named NSIC Women's Field Athlete of the Week on 1-29-08 after winning the shot put (45' 5") and the weight throw (53' 5 3/4") at the Iowa State Open in Ames, Iowa.

2007 Outdoor: Redshirted due to injury.

2007 Indoor: Competed in three meets before undergoing season-ending shoulder surgery...had NCAA provisional national qualifying marks in shot put and weight throw before injury...threw season-best 52' 0" in shot put for fifth place finish at UNL Holiday Inn Invitational on 1-12-07 and won weight throw at season-opening Derek Miles Open at South Dakota on 12-7-06 with season-best throw of 51' 10 1/2"...also won shot put at Derek Miles Open with top mark of 45' 11 3/4".

2006 Outdoor: Placed second in the shot put (46' 3/4") and discus (142' 3") at the NSIC Championships in Wayne...topped her own school record in the shot put with throw of 46' 4 3/4" at the Howard Wood Relays on 5-5-06 to qualify for NCAA Division II National Meet for second straight season...finished 14th out of 18 competitors at the NCAA Div. II National Track and Field Championships on 5-26-06 with top throw of 44' 7"...named finalist for WSC Female Athlete of the Year...selected NSIC Women's Field Athlete of the Week on 4-5-06...also selected to the NSIC All-Academic Team.

2006 Indoor: Finished fifth at the NCAA Division II National Indoor Championships with a throw of 47' 3/4" to earn All-American honors. Won the shot put with a school record throw of 48' 1 3/4" at the NSIC Indoor Championships to earn All-NSIC honors. Finished third in the weight throw (52' 1 1/4") at the NSIC Indoor Championships to earn All-NSIC honorable mention honors.

2005 Outdoor: NCAA National Qualifier in the shot put as a freshman, placing 19th with throw of 42' 8 3/4". Won NSIC championship in the shot put (43' 1 1/2") and was second in the discus (144' 7") to earn All-NSIC honors in both events. Named NSIC Female Field Athlete of the Year with two others. Set all-time NSIC record in the shot put (45' 11 1/2"), and a new WSC school record, at the Nebraska Wesleyan meet on 5-2-05.

2005 Indoor: NCAA National Qualifier in the shot put, placing 14th at 43' 9 1/4". Won the NSIC Indoor shot put championship with throw of 44' 5 3/4". Also placed sixth at the NSIC meet in the weight throw (47' 5"). Set new WSC school record in shot put with mark of 45' 2", winning the WSC Wildcat Open on 2-12-05. First-ever collegiate event, threw 43' 8 3/4" to reach national provisional qualifying mark. Broke her own school record four times during season. Also held record in weight throw until bettered by teammate Lindsey Stockwell.





2009 WILDCAT WOMEN'S BIOS



Jadrienne Lippman
Senior
Hurdles/High Jump/Multis
Pierce, Neb.
(Pierce HS)

2008 Outdoor: Set new school record in the heptathlon by scoring 4,250 points at the NSIC Heptathlon on 4-28-08 and 4-29-08 in Aberdeen, South Dakota...also scored points at the NSIC Outdoor Championships in the 100 meter hurdles, taking sixth in 15.79 seconds...also made finals of 400 meter hurdles, but placed eighth in a time of 1:05.74...finished eighth in Division II Challenge Heptathlon at Emporia, Kansas on 4-12-08 with 4,158 points...selected to the NSIC Spring All-Academic Team for the second straight season.

2008 Indoor: Placed in two events at the NSIC Indoor Championships and set a new school record in the women's pentathlon during the indoor season...scored 2,960 points to finish fifth in the NSIC Pentathlon and ran leg on sixth place 4 x 400 meter relay team (4:07.08)...set new school record in the pentathlon with 3,035 points at the Minnesota State Open in Mankato, Minnesota on 2-2-08 and finished fourth place in the event...selected to the NSIC Winter All-Academic Team for the second straight season.

2007 Outdoor: Set two new school records during the 2007 outdoor season for WSC...scored 4,236 points (new school record) in heptathlon at NSIC Championships and placed third in 400 meter hurdles with new school record and NCAA national provisional qualifying mark of 1:03.02...both previous school records broken by Lippman were set by Tiffani Jensen in 1990 season...ran legs on 4 x 100 meter relay team (4th-49.31) and 4 x 400 meter relay team (5th-4:01.85) at NSIC Championships in Moorhead, Minnesota...named to the NSIC Spring All-Academic Team.

2007 Indoor: Scored points in four events at NSIC Indoor Championships in Bemidji, Minnesota on 2-23/24-07...placed third in pentathlon (2,950 points) and fifth in 600 meter run (1:42.72)...ran legs on two relay teams that set new school records-4 x 400 meter relay team that was first at NSIC meet in time of 4:03.62 and distance medley relay team that was second in time of 12:36.74...selected to the NSIC Winter All-Academic Team.

2006 Outdoor: Finished sixth in the heptathlon at the NSIC Outdoor Championships with 3,684 points...also placed sixth in the 400 meter hurdles (1:07.94) and ran legs on the fourth place 4 x 400 meter relay team (4:09.77) and the sixth place 4 x 100 meter relay team (55.95)...also competed in high jump during the year, clearing a season-best 5' 3" at the Division II Challenge on 4-15-06 in Emporia, Kansas.

2006 Indoor: Finished sixth in the high jump (5' 1/4") at the NSIC Indoor Championships. Had season-best time of 9.14 in the 55 meter hurdles at the NSIC Pentathlon on 2-12-06. Also ran season-best time of 9.87 in the 60 meter hurdles at the DII Challenge on 2-4-06.

High School: Multi-sport standout at Pierce High School...lettered in volleyball, basketball and track and field...three-year state qualifier in track and field...top point scorer for Pierce track in 2005...named academic all-state in basketball and track and field in 2004.

Personal: Daughter of Ron and VerJean Lippman...Born on Dec. 12, 1986...majoring in advertising at WSC.



Molly Gibson
Junior
Middle Distance
Grand Island, Neb.
(Northwest HS)

2008 Outdoor: Scored points in three events at the NSIC Outdoor Championships in Wayne...finished fourth in the 800 meter run (2:23.10) and ran legs on third place 4 x 800 meter relay team and fourth place 4 x 400 meter relay team at NSIC meet...named to the NSIC Spring All-Academic Team.

2008 Indoor: Just missed earning a medal at the NSIC Indoor Championships in Bemidji, Minnesota with an eighth place finish in the 600 meter run (1:41.63), a season-best time in that event...competed in 1,000 meter run and one mile run at the USD Hillenbrand Invitational, placing sixth in both events...one of seven Wildcat runners selected to the NSIC Winter All-Academic Team.

2007 Outdoor: Scored points in two events at NSIC Outdoor Championships, placing fourth in 1,500 meter run (5:00.39) and running leg on fourth place 4 x 800 meter relay team (9:36.53)...just missed placing in 800 meter run at NSIC meet, finishing eighth in time of 2:28.17...versatile athlete during spring season, competing in 400 meter hurdles, 3,000 meter steeplechase, 800 and 1,500 meter runs.

2007 Indoor: Placed fourth in 1,000-meter run (3:12.00) at NSIC Indoor Championships...also ran leg on distance medley relay team (Gibson, Jade Lippman, Erin Oswald, Megan Zavorka) that set new school record time of 12:36.74 to place second at NSIC Meet...won 600 meter run at Wildcat Open on 2-10-07 in 1:44.33.

High School: Attended Grand Island Northwest HS where she lettered in track, cross country and softball. . . Earned Academic All-State and Academic All-Conference honors in 2005 in track. . . Two-time state qualifier in cross country and holds the school record with a time of 15:49 at the York Country Club. . . Also holds the school record in high and low hurdle relays.

Personal: Daughter of Craig and Kim Gibson. . . Born on June 26, 1987. . . Majoring in English Secondary Education.





2009 WILDCAT WOMEN'S BIOS



Christina King
Junior
Sprints
Omaha, Neb.
(Millard West HS)

Member of the Wayne State College women's soccer team that joined the Wildcats' track team during the 2007 outdoor season.

2008 Outdoor: Ran leg on fourth place 4 x 100 meter relay team (48.88) at the NSIC Outdoor Championships...just missed placing in the 400 meter dash, taking seventh in 58.85 seconds...also made finals of 100 meter dash, but suffered injury during finals and didn't finish race...ran season-best time of 58.21 seconds in the 400 meter dash at the Sioux City Relays and the USD Qualifier Meet on 5-4-08.

2008 Indoor: Scored points in three events at the NSIC Indoor Championships in Bemidji, Minnesota and set three new school records during indoor season...placed second in the 600 meter run at NSIC meet in new school record time of 1:36.97...also ran legs on two relay teams at the NSIC Championships, the fourth place distance medley relay team (12:38.17) and the sixth place 4 x 400 meter relay team (4:07.08)...set new school record in the 500 meter dash (1:20.01) at the Minnesota State Open on 2-2-08 and set new school record of 58.95 seconds in the 400 meter dash at the Prairie Wolf Open in Lincoln on 2-22-08...named NSIC Women's Track Athlete of the Week after winning 600 meter dash and placing sixth in the 200 meter dash at the John Dalton Open in South Dakota on 2-16-08.

2007 Outdoor: Placed in three events at the NSIC Outdoor Championships, taking fifth place in the 400 meter dash in 58.73 seconds...also ran legs on two relay teams that placed at the NSIC meet, the fourth place 4 x 100 meter relay team (49.31) and the fifth place 4 x 400 meter relay team (4:01.85).

High School: Attended Millard West High School where King earned four letters in soccer...member of the 2005 All-Metro Soccer Team...received All-State honorable mention honors in 2004, 2005 and 2006...member of the 2004 and 2005 Millard West District runner-up team and 2003 District Championship team...played in the Shrine Bowl Soccer Game.

Personal: Daughter of Mark and Jean King...born on February 7, 1988...majoring in history education.



Misty Rystrom
Junior
High Jump
Meadow Grove, Neb.
(Pierce HS)

2008 Outdoor: Finished fifth in the high jump (5' 2 1/4") at the NSIC Outdoor Championships in Wayne on 5-09-08...cleared season-high 5' 5" to take first place in high jump at USD Qualifier on 5-4-08...took third with top effort of 5' 3 3/4" at the WSC Sunshine Invite on 4-14-08.

2008 Indoor: Tied for sixth in the high jump (5' 1 1/4") at the NSIC Indoor Championships in Bemidji, Minnesota...cleared season-best 5' 5" to win the high jump at the Wildcat Open in Wayne on 2-9-08...took third at the Minnesota State Open in Mankato on 2-2-08 clearing 5' 3".

Before WSC: Transferred to the Wildcat track and field program from Chadron State where she placed at both indoor and outdoor Rocky Mountain Athletic Conference meets...Rystrom will have three seasons of eligibility remaining.

High School: Rystrom helped Pierce High School win the Class B Girls State Track title in 2006 and was a teammate in high school with current Wildcat track and field standouts Kylie Herian and Jadrianne Lippman.

Personal: Daughter of Brent and Ranea Rystrom...born on May 26, 1988...majoring in psychology.





2009 WILDCAT WOMEN'S BIOS



Andrea Steele
Junior
Distance
Grand Island, Neb.
(Garden City CC)



Sarah Thomsen
Junior
Distance
Wahoo, Neb.
(Wahoo HS)

Before WSC: Transferred to Wayne State in 2008 from Garden City Community College in Kansas...helped GCCC to a pair of fourth place finishes at the Region VI Junior College Cross Country Meets in 2006 and 2007...placed 17th in 2006 as a freshman with time of 20:23.78 and was 22nd in 2007 as a sophomore in time of 20:43.56.

High School: Steele attended Grand Island High School where she was a four-time state qualifier in cross country...best finish was as a junior at the 2004 Class A Meet, placing 26th with a time of 16:57.77...was a two-time individual state qualifier in cross country as a sophomore and junior in high school...also qualified for the Class A 400 meter dash as a freshman at 2003 State Track Meet.

Personal: Daughter of Scott and Kathryn Steele...born on August 2, 1988...majoring in biology at Wayne State College.

2008 Outdoor: Took first place in the 3,000 meter steeplechase (11:45.58) at the NSIC Outdoor Championships in Wayne...also competed in the 5,000 meter run and finished in eighth place with time of 19:40.26...won the 3,000 meter run at the WSC Sunshine Invite on 4-14-08 with time of 10:56.40... named to the 2008 NSIC Spring All-Academic Team.

2008 Indoor: Ran season-best time of 19:12.87 to finish fifth in the 5,000 meter run at the NSIC Indoor Championships in Bemidji, Minnesota...placed second in the 3,000 meter run at the Wildcat Open in Wayne on 2-9-08 with time of 11:16.39...ran season-best time of 11:07.40 in the 3,000 meter run at the Prairie Wolf Open in Lincoln on 2-22-08...selected to the 2008 NSIC Winter All-Academic Team.

2007 Outdoor: Placed in two events at the 2007 NSIC Outdoor Championships in Moorhead, Minnesota, taking fourth in the 10,000 meter run in a season-best time of 42:27.63...also ran season-best time of 12:30.69 in the 3,000 meter steeplechase to place fifth at the NSIC Championships.

2007 Indoor: Competed in the 3,000 and 5,000 meter runs during the indoor season...placed sixth at the NSIC Indoor Championships in the 5,000 meter run with season-best time of 19:40.91...ran season-best time of 11:15.18 in the 3,000 meter run at the John Dalton Open at South Dakota to place second on 2-15-07.

High School: Attended Wahoo HS where she lettered in track and cross country. . . Qualified for state in the 1600 and 3200 meter run. . . Won the Distance Award at Wahoo HS and Will to Win Athlete (Gatorade Award). . . Also Player of the Year (Gatorade Award) honors.

Personal: Daughter of Scott and Kathy Thomsen. . . Born on October 6, 1987. . . Major is Spanish and journalism.



2007 All-American Tanna Walford

Tanna Walford was a two-time All-American for Wayne State in the 2007 season. The York, Neb. native cleared 5' 7 1/4" to place seventh at the NCAA Indoor Nationals in March and placed seventh again at the NCAA Outdoor Nationals in Charlotte, North Carolina in May with a career-best mark of 5' 8 3/4".





2009 WILDCAT WOMEN'S BIOS



Megan Zavorka
Junior
Distance
Torrington, Wyo.
(Southeast HS)

2008 Outdoor: Sat out 2008 outdoor season with an injury and redshirted.

2008 Indoor: Competed in only three meets due to injury...placed fourth in the 800 meter run at the NSIC Indoor Championships with time of 2:23.07 and ran leg on fourth place distance medley relay team (12:38.17)...won the 5,000 meter run at the USD Derek Miles Open on 12-6-07 with time of 19:24.68...named to the NSIC Winter All-Academic Team for the second straight season.

2007 Outdoor: Selected NSIC Newcomer of the Year after winning two events at the NSIC Outdoor Championships in Moorhead, Minnesota...Megan took first in the 10,000 meter run (40:08.99) and set a new school record while winning the 3,000 meter steeplechase in a time of 11:40.51, bettering the previous school mark of 11:42.24 set by Erin Norenberg in 2006...also placed second in the 5,000 meter run (19:16.79) at NSIC meet...named to the NSIC Spring All-Academic Team.

2007 Indoor: Earned All-NSIC honors in three events at NSIC Indoor Championships in Bemidji, Minnesota...won the 5,000 meter run (18:47.35) and took second in the one mile run (5:15.86)...also ran leg on distance medley relay team that set new school record time of 12:36.74 that placed second at NSIC meet...selected to the NSIC Winter All-Academic Team.

Personal: Daughter of Joe and Sharon Zavorka. . . Born on September 25, 1986. . . Majoring in Chemistry and Biology.



Casey Buskirk
Sophomore
Throws
Springfield, Neb.
(Platteview HS)

2008 Outdoor: Just missed placing in two events at 2008 NSIC Outdoor Championships in Wayne, taking seventh in the shot put (37' 6 1/2") and ninth in the hammer throw (138' 10")...threw season-high 140' 5" in hammer throw at the Wildcat Classic in Wayne on 4-5-08 and had top shot put mark of 38' 2 1/4" at the USD Last Chance Qualifier on 5-4-08.

2008 Indoor: Placed in two events at the 2008 NSIC Indoor Championships in Bemidji, Minnesota on 2-29-08 and 3-1-08, taking fifth in the shot put (41' 5 1/4") and fifth in the weight throw (51' 3 1/2")...both marks at NSIC Championships were season-best throws...finished fourth in the shot put at the Minnesota State Open (1-12-08) and the Wildcat Open (2-9-08) and took fourth in the weight throw at the South Dakota Qualifier on 2-23-08.

High School: Attended Platteview High School where she was a four-time letter winner in both track and basketball and won two letters in volleyball... holds school records in both shot put (40' 2") and discus (123' 9").

Personal: Daughter of Tom and Jody Buskirk...born on July 17, 1989... majoring in criminal justice.





2009 WILDCAT WOMEN'S BIOS



Meghan Jacob
Sophomore
Distance
Fremont, Neb.
(Fremont HS)

2008 Outdoor: Placed sixth in the 10,000 meter run in a time of 41:46.01 at the NSIC Outdoor Championships in Wayne...also competed in the 5,000 meter run and took 12th at 19:58.70...took fourth in 10,000 meter run at Sioux City Relays on 4-18-08 with time of 40:46.54...finished second in the 3,000 meter run with time of 11:28.88 at the WSC Sunshine Invite on 4-14-08.

2008 Indoor: Competed in 5,000 meter run at the NSIC Indoor Championships and placed 12th with time of 20:13.75...placed sixth in the 3,000 meter run at Wildcat Open in time of 11:47.68...competed in one mile run at the USD John Dalton Open on 2-16-08 and finished 14th with time of 5:48.82...finished fourth in the 5,000 meter run at the Derek Miles Open in South Dakota on 12-6-07 in a time of 21:00.17.

High School: Attended Fremont High School where Jacob earned three letters each in track and field and cross country...earned Academic All-Conference honors as a senior and was named to the Lincoln Journal Star Academic All-State track and field and cross country teams as a junior.

Personal: Daughter of Jeff and Carol Jacob...born on September 28, 1988...majoring in Spanish Education.



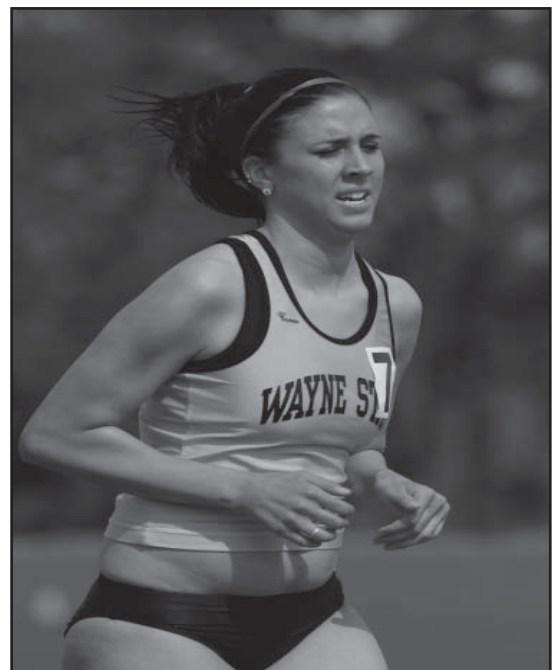
Jenna McCoy
Sophomore
Middle Distance
Lincoln, Neb.
(Pius X HS)

2008 Outdoor: Competed in two events at the NSIC Outdoor Championships in Wayne, placing eighth in the 3,000 meter steeplechase (12:46.41) and was 13th in the 1,500 meter run at 5:31.95...ran season-best time of 12:42.14 to place seventh at the Sioux City Relays in the 3,000 meter steeplechase...posted season-best time of 5:20.49 in the 1,500 meter run at the USD Qualifier on 5-4-08.

2008 Indoor: Finished 14th in the 1,000 meter run (3:23.18) at the NSIC Indoor Championships in Bemidji, Minnesota...took second in the 800 meter run with a time of 2:33.46 at the Wildcat Invite in Wayne on 2-9-08...ran season-best time of 3:21.60 to finish seventh in the 1,000 meter run at the Minnesota State Open on 1-12-08.

High School: Attended Pius X High School in Lincoln where she lettered in cross country and track and field for four years...also lettered in basketball two years...was named to the All-State and All-City cross country teams for the 2004 season...helped Pius X cross country teams to state championships in 2004 and 2005 and a state runner-up finish in 2006.

Personal: Daughter of Paul and Mary McCoy...born on September 24, 1988...majoring in elementary and special education.





2009 WILDCAT WOMEN'S BIOS



Melissa McIntosh
Sophomore
Distance
Ainsworth, Neb.
(Ainsworth HS)

2008 Outdoor: Competed in two events at the NSIC Outdoor Championships in Wayne, taking 10th in the 1,500 meter run (5:10.84) and 11th in the 5,000 meter run (19:54.28)...ran season-best time of 5:03.61 in the 1,500 meter run at the Sioux City Relays on 4-19-08 to take 10th place.

2008 Indoor: Placed sixth in the one mile run (5:24.18) at the NSIC Indoor Championships and ran leg on fourth place distance medley relay team (12:38.17)...took first place in the one mile run at the Wildcat Open in Wayne on 2-9-08 with time of 5:35.05...ran season-best time of 5:22.13 in the one mile run at the Prairie Wolf Open in Lincoln on 2-22-08...took second place in the 1,000 meter run (3:15.11) at the Bill Hillenbrand Invitational in Vermillion, South Dakota on 1-19-08.

High School: Attended Ainsworth High School where she lettered in track and cross country for four years...was a State Cross Country qualifier in 2003, 2004, 2005 and 2006...also a State Track qualifier in 2004, 2005 and 2006...helped lead her cross country team to an undefeated season and State Championship in 2004...also was a member of the 2005 State Cross Country runner-up team in 2005...member of the 3,200 meter relay team that finished sixth at state in 2004...member of the 3,200 meter relay team that set a new school record in 2005.

Personal: Daughter of John and Rebecca McIntosh...born on January 11, 1989...majoring in elementary education.



Paige Pollard
Sophomore
Hurdles/Middle Distance
Newcastle, Neb.
(Newcastle HS)

2008 Outdoor: Set new school record in the 400 meter hurdles with a time of 1:01.95, good for second place, at the NSIC Outdoor Championships in Wayne on 5-10-08...also ran legs on two relay teams at NSIC Championships, the third place 4 x 800 meter relay team and fourth place 4 x 400 meter relay team...had five first-place finishes in the 400 meter hurdles, including the Sioux City Relays (1:03.31) and the UNK Twilight Meet (1:03.18)...took second at the University of Nebraska Open in 400 hurdles with time of 1:03.22.

High School: Graduate of Newcastle High School who will compete in basketball and track and field at Wayne State College...Pollard helped Red Raiders win Class D State Track and Field title as a senior, scoring 31 of her team's 43 points...won the 300 meter hurdles (45.45), 400 meter dash (59.41) and 800 meter run (2:20.25)...also placed in four events at 2006 Class D State Track Meet as a junior, taking second in the 800 (2:21.25), third in the 300 meter hurdles (46.89) and fifth in the 100 meter hurdles (16.29) along with running leg on fourth place 4 x 400 meter relay team...Pollard earned Class D-2 All-State First Team honors in basketball as a senior, averaging 16.0 points and 9.4 rebounds per game for the Raiders, helping Newcastle reach the Class D-2 semi-finals...also helped Newcastle win the Class D-2 State Championship in volleyball as a junior.

Personal: Daughter of Gregg and Donna Pollard...born on August 14, 1989...majoring in physical therapy.





2009 WILDCAT WOMEN'S BIOS



Tatiana DeLosSantos
Freshman
Distance
Papillion, Neb.
(Papillion-LaVista HS)

Personal: Daughter of Argentina DeLosSantos...born on January 26, 1990...Pre-Dentistry major at WSC.



Kylee O'Neill
Freshman
Throws
Gretna, Neb.
(Gretna HS)

High School: Was a state qualifier in the Class B discus as a senior in 2007 for Gretna High School...joins brother Kyle as the only brother/sister duo on the Wildcat track and field team.

Personal: Daughter of Kevin and Anita O'Neill...born on June 30, 1988... undecided on major.



Brianne Hofstetter
Freshman
Jumps
Daykin, Neb.
(Meridian HS)

High School: Was a two-year state track qualifier at Meridian High School...competed in Class D triple jump as a senior in 2008 and was a state qualifier as a junior in 2007 in the long jump.



Danielle Wessel
Freshman
Middle Distance
Humphrey, Neb.
(St. Francis HS)

Joins WSC track and field team after playing volleyball four seasons with Wildcats

High School: Wessel was a very successful distance runner at Humphrey St. Francis High School, helping Flyers to a pair of second place finishes as a junior and senior...medaled all four years at State Track Meet from 2002-05...as a senior in 2005, was second in the Class C 800 meter run (2:22.88) and third in 3200 meter run (12:06.70) and ran legs on first place 1600 meter relay and fifth place 3200 meter relay...as a junior in 2004, ran anchor leg on Class D first place 3200 meter relay team and was second in the 3200 meter run (12:06.09), second in the 800 meter run (2:22.29) and fifth in the 1600 meter run (5:31.06)...as a sophomore in 2003, won the Class C 3200 meter run (11:53.31) and was third in the 1600 meter run (5:31.41)...also ran anchor leg on fourth place 3200 meter relay team as a sophomore...during freshman season in 2002, placed second in the 3200 meter run (11:57.87) and ran anchor leg on fifth place 3200 meter relay.

Personal: Daughter of Dan and Sheri Wessel...Born on February 8, 1987... majoring in education/K-12 Physical Education and Health.



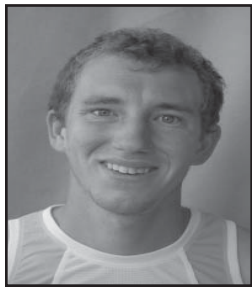
Lachelle Milander
Freshman
Throws
Pierce, Neb.
(Pierce HS)

High School: Was a two-year state track qualifier at Pierce High School...ranked in the top 10 in Class B in the shot put as a senior with a top throw of 42' 3/4"...competed in the shot put and discus at 2008 Class B State Track Meet as a senior and was a state qualifier in the shot put as a junior...also lettered two seasons in volleyball and basketball at Pierce High School.

Personal: Daughter of Bob and Brenda Milander...born on November 27, 1989...undecided on major.



2009 WILDCAT MEN'S BIOS



Nathaniel Bergen
Senior
Middle Distance
Sutton, Neb.
(Nebraska Christian HS)

2008 Outdoor: Placed fifth in the 1,500 meter run (4:05.26) at the NSIC Outdoor Championships in Wayne on 5-10-08...also competed in 800 meter run and just missed placing with seventh place finish in season-best time of 1:57.52 and ran leg on second place 4 x 800 meter relay team (7:47.80) at the NSIC Championships...ran 1:58.37 in the 800 meter run at Azusa Pacific Meet in California on 4-18-08.

2008 Indoor: Collected fifth place finish in the 1,000 meter run with time of 2:37.18 at the NSIC Indoor Championships in Bemidji, Minnesota on 3-1-08...ran season-best time of 2:35.80 in 1,000 meter run to place 12th at Iowa State Open in Ames, Iowa on 1-25-08...took third in the 800 meter run (2:02.46) at the WSC Wildcat Open in Wayne on 2-9-08.

2007 Outdoor: Scored points in two events at the NSIC Championships in Moorhead, Minnesota, taking fifth in the 1,500 meter run (4:05.39) and ran leg on first place 4 x 800 meter relay team that was clocked in 7:52.42...finished third in one mile run (4:33.82) and fifth in 800 meter run (1:59.77) at the Wildcat Open on 4-16-07.

2007 Indoor: Finished fifth at the NSIC Championships in the 1,000 meter run with time of 2:38.42...posted season-best time of 4:34.99 in the one mile run at Wildcat Open on 2-10-07.

2006 Outdoor: Just missed placing in the 1500 meter run at the NSIC Championships, finishing eighth at 4:38.57.....ran season-best time of 4:15.15 at the Sioux City Relays on 4-22-06....also competed in 3,000 meter steeplechase and ran 11:09.24 at the Wildcat Classic on 4-8-06.

2006 Indoor: Finished third in the 1,000 meter run with a season-best time of 2:39.45 at the NSIC Indoor Championships to earn All-NSIC honorable mentions honors. Ran a season-best 4:46.1 at the NSU Quadrangular on 1-21-06.

Personal: Son of Mac and Iris Bergen...born on July 29, 1985...majoring in business management at Wayne State College.



Cheto Cerda
Senior
Middle Distance
Houston, Texas
(Robert E. Lee)

2008 Outdoor: Competed in three events at the NSIC Outdoor Championships in Wayne, taking sixth in the 1,500 meter run (4:06.03) and finishing 10th in the 800 meter run at 1:59.89...also ran leg on second place 4 x 800 meter relay team (7:47.80) at the NSIC meet...had season-best time of 1:57.81 in the 800 meter run at Azusa Pacific Invite in California on 4-18-08.

2008 Indoor: Placed third in the 800 meter run in a time of 1:59.18 at the NSIC Indoor Championships in Bemidji, Minnesota...also ran leg on first place distance medley relay team at NSIC Championships with time of 10:23.19...ran season-best time of 1:58.15 in the 800 meter run at the Bill Hillenbrand USD Open on 1-19-08...had season-best time of 2:34.27 in the 1,000 meter run at Iowa State Open in Ames on 1-25-08 to place 10th.

Before Wayne State: Cheto Cerda was an Academic All-American at Garden City Community College in Kansas and placed 84th at the National Junior College Cross Country Meet in 2006 with a time of 26:36...in high school, Cerda was a four-year letter winner in cross country and track and field at Robert E. Lee High School in Baytown, Texas.

Personal: Majoring in history and physical education at Wayne State...born on November 5, 1985.





2009 WILDCAT MEN'S BIOS



Garrett Flaming
Senior
Hurdles
Humphrey, Neb.
(Humphrey HS)

2008 Outdoor: Placed fourth in the 110 meter hurdles (14.88) and the 400 meter hurdles (54.53) at the NSIC Outdoor Championships in Wayne on 5-10-08...also ran leg on third place 4 x 400 meter relay team (3:30.14) at the NSIC meet...ran season-best time of 14.83 seconds in the 110 hurdles at the Howard Wood Dakota Relays on 5-3-08...named to the NSIC Spring All-Academic Team for the second straight season.

2008 Indoor: Finished fourth in the 55 meter hurdles (7.95 seconds) at the NSIC Indoor Championships in Bemidji, Minnesota...also ran legs on first place distance medley relay team and fourth place 4 x 400 meter relay team at the NSIC meet...ran leg on new school record 4 x 400 meter relay team at Iowa State Open on 1-26-08, joining Jake Davis, Ben Jansen and Kelly Brink with new school record time of 3:25.77... selected to the NSIC Winter All-Academic Team for second straight season.

2007 Outdoor: Placed third in the 110 meter high hurdles (14.91) and fifth in the 400 meter intermediate hurdles (56.08) at the NSIC Championships...picked up a couple of second place finishes in the 110 meter high hurdles and the 400 meter intermediate hurdles at the Wildcat Classic (4-16-07) with times of 14.87 and 56.35 respectively... named to the NSIC Spring All-Academic Team.

2007 Indoor: Earned All-Conference honors after placing second in the 55 meter hurdles with a personal best and provisional national qualifying mark of 7.64...won the Bill Hillendenbrand Invitational in the 60 meter hurdles with a time of 8.33...just missed qualifying for the NCAA Division II Championships in the 60 meter hurdles...named to the NSIC Winter All-Academic Team.

2006 Outdoor: Capped stellar freshman season with a pair of second place finishes at the NSIC Championships, taking second in the 110 meter hurdles (14.74) and the 400 meter hurdles (57.86)...also ran leg on third place 4 x 100 meter relay team (43.62)...season-best times were 14.74 in the 110 hurdles at NSIC Championships and 56.89 in the 400 hurdles at the Hornet Invite in Sacramento on 3-25-06.

2006 Indoor: Finished second in the 55 meter hurdles with a time of 7.86 to earn All-NSIC honors at the NSIC Indoor Championships. Had a season-best time of 8.49 in the 60 meter hurdles at the Iowa State Open on 1-28-06.

High School: Four-year track standout at Humphrey High School...also started two years in football and basketball while earning four letters in each sport...earned medals at state track as a junior and senior.

Personal: Son of Russell and Karen Flaming...Born on April 30, 1987...majoring in theatre...father Russell competed in track and WSC from 1979-82, still has name on 4 x 400 meter relay school record in 1981.



Ben Jansen
Senior
Middle Distance
Omaha, Neb.
(Bryan HS)

2008 Outdoor: Won the 800 meter run at the NSIC Outdoor Championships for the third straight season with time of 1:53.27...also ran legs on second place 4 x 800 meter relay team (7:47.80) and third place 4 x 400 meter relay team (3:30.14) at the NSIC meet...ran season-best time of 1:52.34, an NCAA provisional national qualifying mark, at the USD Qualifier on 5-4-08.

2008 Indoor: Won the 1,000 meter run (2:34.36) and placed third in the 600 meter run (1:22.49) at the NSIC Indoor Championships in Bemidji, Minnesota...also ran legs on first place distance medley relay team (10:23.19) and fourth place 4 x 400 meter relay team (3:28.21) at the NSIC meet...ran season-best time of 1:53.46 in the 800 meter run to place sixth at the Iowa State Open on 1-26-08...ran leg on new school record 4 x 400 meter relay team at Iowa State Open on 1-26-08, joining Jake Davis, Kelly Brink and Garrett Flaming for new school record time of 3:25.77...also set new school record in the 600 meter run, recording time of 1:22.49 at the NSIC Indoor Championships in Bemidji, Minnesota.

2007 Outdoor: Capped off great sophomore season at the NSIC Championships by placing first in the 800 meter run for the second straight year (1:54.57), fifth in the 400 meter run (49.79), and ran anchor legs on the conference champion 4 x 800 meter relay team (7:52.42), just missing the conference meet record, and on the fourth place 4 x 400 meter relay team (3:22.95)...ran a personal best and provisional national qualifying time of 1:52.13 (new school record) to win the Howard Wood Relays...earned NSIC Track Athlete of the Week honors on 5-1-07 after winning the 800 meter run at the University of Nebraska Open in a time of 1:53.50.

2007 Indoor: Had a stellar sophomore indoor season... placed first in the 800 meter run at the NSIC Championships for the second straight year (1:55.82)...also placed fifth in the 400 meter run (51.03) and ran anchor leg on the fourth place 4 x 400 meter relay team (3:27.47)...ran a personal best and provisional national qualifying time of 1:52.46 (new school record) at the Prairie Wolf Open placing fifth in an elite field...ran a time of 1:53.60 at the NCAA Division II National Championships Meet placing 10th out of 14 runners and missing an All-American spot by .55 seconds...ran leg on 4 x 800 meter relay team (Matt Schneider, Nate McIntire, Ryan Williams and Jansen) that set new school record at Wildcat Open (2-10-07) with time of 7:56.29.

2006 Outdoor: Earned Co-Most Valuable Athlete of the Year honors and Men's Newcomer of the Year award at the NSIC Championships...won the 400 meter dash (49.30) and 800 meter dash (1:56.40) and anchored first place 4 x 800 meter relay team (8:02.56) and second place 4 x 400 meter relay (3:21.47) teams...set new school record in the 800 meter run (1:52.45) at the Howard Wood Dakota Relays on 5-6-06...also anchored 4 x 800 meter relay team that set new school record (7:39.70) at the Drake Relays (4-27-06).

2006 Indoor: Won the 800 meter run with a time of 1:56.73 and ran the leg of the distance medley relay team (10:22.86) at the NSIC Indoor Championships to earn All-NSIC honors. Set the school record as a member of the distance medley relay team with a time of 10:05.29 at the Prairie Wolf Open on 2-17-06. Set school records in the 800 meter run (1:54.26) at the Iowa State Open on 1-28-06 and in the 600 meter run (1:23.26) at the Wildcat Open on 2-11-06.

High School: Graduate of Omaha Bryan High School, where Ben was a standout cross country and track and field performer...placed third in the Class A 800 meter run at the 2004 State Track Meet with time of 1:55.55...three-year state track qualifier...also qualified for state cross country in 2003 in lone season of running high school cross country.

Personal: Son of John and Glenda Jansen...Born on June 18, 1986...majoring in elementary/physical education.





2009 WILDCAT MEN'S BIOS



Nate Preston
Senior
Distance
Omaha, Neb.
(Benson HS)



Matt Schneider
Senior
Distance
Nebraska City, Neb.
(Nebraska City HS)

2008 Outdoor: Named NSIC Men's Newcomer of the Year after winning three events at the NSIC Outdoor Championships in Wayne on May 9-10, 2008...took first in the 10,000 meter run (32:31.80) and also won the 3,000 meter steeplechase (9:20.09) and the 5,000 meter run (15:36.67)...took second in the 3,000 meter steeplechase in NCAA provisional qualifying mark of 9:19.06 at the Long Beach State Invite in California on 4-19-08...took first in the 5,000 meter run (15:30.39) and the 3,000 steeplechase (9:26.59) at the Nebraska Open in Lincoln on 4-27-08.

2008 Indoor: Placed in two events at the NSIC Indoor Championships in Bemidji, Minnesota, taking third in the one mile run (4:24.66) and fourth in the 1,000 meter run (2:36.57)...ran leg on first place distance medley relay team (10:23.19) at the NSIC meet...also ran in the 5,000 meter run and took 10th at 16:26.00...ran season-best time of 4:20.27 in the one mile run at the Prairie Wolf Open in Lincoln on 2-22-08... had top time of 15:02.11 in the 5,000 meter run to place second at the Iowa State Open in Ames, Iowa on 1-26-08.

Before Wayne State: Preston was a two-time national junior college All-American in cross country and track and field at Garden City Community College in Kansas, placing 24th in the 2006 National Junior College Cross Country Championships with a time of 25:12 over 8,000 meters...Preston also earned Academic All-American honors in 2006...will have three years of eligibility in track and field and two in cross country at Wayne State College.

High School: Graduate of Omaha Benson High School...was a standout track and field and cross country runner, earning letters all four years in both sports...Preston was a two-time Class A runner up in cross country as an individual...placed fourth in Class A State 3200 meter run as a junior with time of 9:45.80 and just missed medal with seventh place finish in 1600 meter run at 4:26.71...also qualified for state in both events as a senior in 2005 for Omaha Benson.

Personal: Son of David Preston...Born on June 4, 1987...majoring in industrial technology.

2008 Indoor/Outdoor: Redshirted due to injury.

2007 Indoor: Placed in three events at the NSIC Indoor Championships, helping WSC win second straight NSIC Indoor title...won the one mile run in a time of 4:21.10 and took third in the 1,000 meter run (2:36.96)...also ran leg on first place distance medley relay team, joining Ryan Williams, Matt Walsh and Nate McIntire for winning time of 10:24.88.

2006 Outdoor: Won the 3,000 meter steeplechase (9:52.43) at the NSIC Championships... also placed fourth in the 10,000 meter run (34:19.16), fourth in the 1,500 meter run (4:18.92) and fifth in the 5,000 meter run (16:14.18)... set two new school records during the season, running 3:59.61 in the 1,500 meter run at the Morning-side Open on 4-1-06 and a 9:14.82 in the 3,000 meter steeplechase at teh Division II Challenge on 4-15-06 to qualify for the NCAA Div. II National Meet.. finished 15th out of 17 competitors at teh NCAA Div. II National Track and Field Championships on 5-25-06 in the 3,000 meter steeplechase with time of 9:52.23... named NSIC Men's Track Athlete of the Week on 4-25-06.. also selected to the NSIC All-Academic Team.

2006 Indoor: NSIC Indoor Champion in the 1,000 meter run (2:37.11). Also ran leg on first place distance medley relay team (10:22.86) and placed fourth in the 5,000 meter run (15:51.76). Ran leg on school-record distance medley relay team that ran 10:05.29 at the Prairie Wolf Open on 2-17-06. Selected to the NSIC Winter All-Academic Team.

2005 Outdoor: Set new school record by winning the 3,000-meter steeplechase at the NSIC Outdoor Championships with time of 9:36.9. . . Also earned NSIC honorable mention honors in two events, running leg on second place 3200 meter relay team (8:04.20) and taking third in the 1,500-meter run at 4:11.33. . . Named NSIC Men's Track Athlete of the Week on 4-26-05 after taking fourth in 1,500-meter run at Kansas Relays and fourth in the 3,000 meter steeplechase at Sioux City Relays on the same weekend. . . Selected Wayne State Male Freshman Athlete of the Year at WSC Athletic Honors Banquet.

2005 Indoor: Had outstanding meet at NSIC Indoor Championships, taking first in three events to earn NSIC All-Conference recognition. . . Individually, Matt won the one mile run (4:26.16) and the 5,000-meter run (15:43.89) and ran a leg on the first place distance medley relay team (10:31.24). . . Won the 3,000-meter run at the WSC Wildcat Open on 2-12-05 with time of 9:13.30.

Personal: Son of Roy and Holly Schneider...born on October 17, 1985...Exercise Science major at WSC.





2009 WILDCAT MEN'S BIOS



John Sloup
Senior
Throws
Staplehurst, Neb.
(Seward HS)

2008 Outdoor: Finished second in the hammer throw (180' 3") at the NSIC Outdoor Championships in Wayne on May 9-10, 2008...also placed fifth in the discus at NSIC meet with top throw of 139' 3"...recorded NCAA provisional qualifying mark of 182' 6" with second place finish at the WSC Sunshine Invite on 4-14-08...threw season-high 140' 0" in the discus at the USD Qualifier on 5-4-08.

2008 Indoor: Placed fourth in the weight throw with a season-best throw of 57' 0" at the NSIC Indoor Championships in Bemidji, Minnesota... earned second place finish at John Dalton USD Open on 2-16-08 with throw of 56' 1/2".

2007 Outdoor: Scored well in two events to help WSC men win second straight conference title...set new school record with second place finish in the hammer throw (165'4") and took fourth in the discus with a top mark of 140'8"...named NSIC Men's Field Athlete of the Week on 4-24-07 after placing second at Sioux City Relays with new school record mark of 164'4", breaking old mark by more than 16 feet.

2007 Indoor: Collected All-NSIC honors with second place finish in the weight throw at the NSIC Indoor Championships in Bemidji, Minnesota, throwing season-best mark of 54' 3 1/4".

2006 Outdoor: Placed fourth in the hammer throw at the NSIC Championships with a new school record throw of 148' 3".....finished 10th in the discus with top throw of 107' 2".....season best mark in discus was 124' 2" at the Howard Wood Dakota Relays on 5-5-06.

2006 Indoor: Competed in the weight throw during the indoor season. Set the school record in the weight throw with a throw of 48' 3 3/4" at the Wildcat Open on 2-11-06.

Personal: Son of Bill and Deb Sloup...born on May 11, 1987.



Jon Dickey
Junior
Sprints/Multis
Laurel, Neb.
(Laurel-Concord HS)

2008 Outdoor: Set new school record with 5,709 points and a second place finish in the NSIC Decathlon at the NSIC Outdoor Championships... also placed sixth in the javelin throw (143' 6") and tied for 11th in the high jump clearing 5' 10"...competed in four events at the Sioux City Relays on 4-18-08 and 4-19-08, participating in the 100 meter dash, 110 hurdles, long jump and discus.

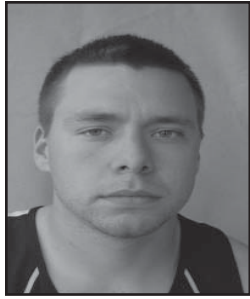
2008 Indoor: Placed second in the NSIC Indoor Heptathlon with new school record 4,337 points...also competed in high jump and long jump at the NSIC Indoor Championships in Bemidji, Minnesota on 3-1-08, finishing in a tie for eighth in the high jump (5' 10 3/4") and 11th in the long jump (20' 1 3/4").

2007 Outdoor: Joined Wildcat track and field squad and competed in several meets during the outdoor season...ran 11.59 in 100 meter dash (11th) and 23.70 in the 200 meter dash (10th) at Wildcat Open in Wayne on 4-16-07...ran time of 53.69 seconds in the 400 meter dash at the Sioux City Relays on 4-21-07.





2009 WILDCAT MEN'S BIOS



Jacob Mathieson
Junior
Throws
Neligh, Neb.
(Neligh-Oakdale HS)

2008 Outdoor: Finished in fourth place in the hammer throw (168' 0") at the NSIC Outdoor Championships in Wayne...also competed in the discus and placed 10th at 118' 0"...threw season-best 168' 5" in the hammer throw at the WSC Sunshine Invite on 4-14-08 and had top mark of 138' 9" in the discus at the USD Qualifier on 5-4-08...selected to the NSIC Spring All-Academic Team.

2008 Indoor: Captured fifth place in the weight throw (52' 0") at the NSIC Indoor Championships in Bemidji, Minnesota...threw season-high 54' 8 3/4" to place eighth in the weight throw at the Prairie Wolf Open in Lincoln on 2-22-08...one of seven WSC athletes named to the NSIC Winter All-Academic Team.

2007 Outdoor: Placed in two events at NSIC Championships in Moorhead, Minnesota to help Wildcats win second straight NSIC team title...took fourth in the hammer throw with mark of 145'1", just the third time all season he participated in event....also finished sixth in the discus with throw of 128' 9".

2007 Indoor: Just missed placing at the NSIC Indoor Championships in the weight throw with season-best mark of 44' 3/4"...improved by four feet from start of indoor season through NSIC Championships.



Lee Anderson
Sophomore
Distance
Omaha, Neb.
(Millard West HS)

2008 Outdoor: Took 15th place in the 800 meter run (2:02.78) at the NSIC Outdoor Championships in Wayne...also ran leg on second place 4 x 800 meter relay team (7:47.80) at the NSIC meet...recorded season-best time of 1:59.84 for a sixth place finish at the South Dakota Qualifier on 5-4-08...had season-best time of 4:17.80 in the 1,500 meter run at the Sioux City Relays on 4-19-08.

2008 Indoor: Competed in the 1,000 meter run at the NSIC Indoor Championships in Bemidji, Minnesota and finished in eighth place with time of 2:40.34...ran season-best time of 2:40.28 at the South Dakota John Dalton Open on 2-16-08

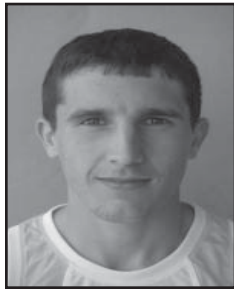
High School: Was a two-time state qualifier in cross country and track and field at Millard West High School...ran leg on Millard West's second-place Class A 4 x 800 meter relay team as a junior (8:02.64) and seventh place 4 x 800 meter relay team as a senior...in cross country, was Millard West's #1 finisher at 2005 Class A State Cross Country Meet as a junior and helped team to ninth place finish as a senior.

Personal: Son of Gary and Judy Anderson...born on June 16, 1988...majoring in exercise science.





2009 WILDCAT MEN'S BIOS



John Kern
Sophomore
Distance
Cedar Bluffs, Neb.
(Cedar Bluffs HS)

2008 Outdoor: Placed fifth in two events at the NSIC Outdoor Championships in Wayne on May 9-10, 2008, finishing fifth in the 3,000 meter steeplechase (10:01.12) and fifth in the 5,000 meter run in the wind and rain on May 10 in a time of 16:10.68...also competed in the 10,000 meter run and finished in 13th place at 35:37.84.

2008 Indoor: Just missed placing in the one mile run at the NSIC Indoor Championships in Bemidji, Minnesota, finishing seventh at 4:36.82...also competed in the 5,000 meter run and took 15th in 17:14.85...ran season-best time of 9:12.79 in the 3,000 meter run at the Prairie Wolf Open in Lincoln on 2-22-08...won the one mile run (4:38.89) at the WSC Wildcat Open on 2-9-08.

High School: Kern is a graduate of Cedar Bluffs High School and won two state titles as a senior at the 2007 Class D State Track Meet, winning the 1600 meter run (4:36.22) and the 3200 meter run (10:05.57)...just missed winning medals as a junior, taking seventh in the 1600 (4:44.12) and seventh in the 3200 (10:34.61).

Personal: Son of Jay and Dot Kern...born on November 19, 1988...majoring in biology at Wayne State College.



Drew Molacek
Sophomore
Multis
Stanton, Neb.
(Stanton HS)

2008 Outdoor: Competed in five events at the WSC Sunshine Invite on 4-14-08 and finished third in javelin throw with top mark of 141' 11"...also competed in long jump (18' 10 3/4"), 110 meter hurdles (17.91), shot put and discus...had season-best time of 17.80 seconds in the 110 hurdles at Sioux City Relays (4-18-08) and 1:00.82 in the 400 meter hurdles at the Sioux City Relays.

2008 Indoor: Ran season-best time of 7.41 seconds in the 60 meter dash at the Derek Miles USD Open on 12-6-07...had top mark of 23.77 seconds in the 200 meter dash at the John Dalton USD Open on 2-16-08 and ran 53.84 seconds in the 400 meter dash at the Minnesota State Open in Mankato on 2-2-08.

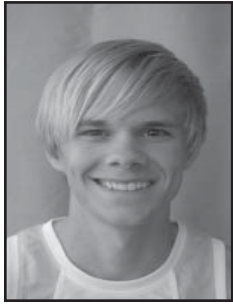
High School: Former member of the WSC football team that joined the Wildcat track and field team in 2008...was a three-year state track qualifier in high school running leg on 4 x 100 meter relay team for Stanton High School...ran leadoff leg on Class C second place 400 meter relay team as a sophomore and was anchor on Class C sixth place relay team as a senior in 2006...

Personal: Son of Dan and Kim Molacek...born on September 28, 1987.





2009 WILDCAT MEN'S BIOS



York Thomas
Sophomore
Distance
Lennox, S.D.
(Lennox HS)

2008 Outdoor: Finished 15th in the 5,000 meter run (17:36.55) at the NSIC Outdoor Championships in Wayne on May 9-10, 2008...had top time of 16:24.06 in the 5,000 meter run at the Nebraska Open in Lincoln on 4-27-08...ran season-best time of 9:35.80 in the 3,000 meter run at the WSC Sunshine Invite on 4-14-08.

2008 Indoor: Competed in the 5,000 meter run at the NSIC Indoor Championships and took eighth with a time of 16:18.16...ran season-best time of 15:55.04 in the 5,000 meter run at the Minnesota State Open on 2-2-08...had top time of 9:09.98 in the 3,000 meter run at the Iowa State Open on 1-25-08.

High School: Thomas was a standout cross country and track and field performer at Lennox High School in South Dakota...was a two-time Class A State Cross Country qualifier and placed 10th in the Class A 3200 Meter Run as a senior with a time of 10:32.99.

Personal: Son of Lynn Thomas...born on May 19, 1988...majoring in applied human sport physiology.



Mack Baumann
Freshman
Sprints
Pierce, Neb.
(Pierce HS)

High School: Was a four-year letter winner and three year state qualifier in track and field at Pierce High School...as a senior, competed in four events at state and scored points in three of them with a seventh place finish in the Class B 400 meter dash (51.9) along with running legs on fourth place 4 x 100 and 4 x 400 meter relay teams for Pierce...also qualified in the 200 meter dash at state as a senior...was also a two-year starter on Pierce's high school football team and helped Bluejays to an unbeaten season and Class C-1 State title as a senior.

Personal: Son of Mike and Kim Baumann...born on August 24, 1989...undecided on major.



Landon Berg
Freshman
Sprints
York, Neb.
(York HS)

High School: Was a two-year state track qualifier for York High School, running a leg on the 4 x 100 meter relay team...placed eighth in Class B as a junior in 2007.

Personal: Son of Keith and Janeen Berg...born on March 31, 1990...undecided on major.



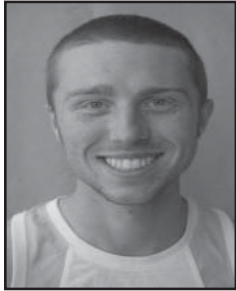
Ryan Callahan
Freshman
Distance
Syracuse, Neb.
(Syracuse HS)

High School: State Track Qualifier as a senior, running leg on 4 x 800 meter relay team for Syracuse High School...was a two-year state qualifier in cross country, helping team to Class C runner up spot as a junior.

Personal: Son of Tim and Gaylene Callahan...born on March 22, 1990...majoring in Law Enforcement at WSC.



2009 WILDCAT MEN'S BIOS



Joe Chebul
Freshman
Middle Distance
Bellevue, Neb.
(Bellevue West HS)

High School: Chebul was a three-year letter winner in track and field at Bellevue West and a two year state track qualifier...ran a leg on fifth place 4 x 800 meter relay team as a junior in 2007.

Personal: Son of Michael and Tammy Chebul...born on June 20, 1990...majoring in Speech Communications at WSC.



Adam Meyer
Freshman
Distance
Papillion, Neb.
(Papillion LaVista South HS)

High School: Was a two-year state track and cross country qualifier at Papillion LaVista South High School...ran in the 1600 and 3200 meter runs at Class A State Track Meet as a senior in 2008, placing 10th in the 3200 meter run with time of 10:07.62...also qualified in 3200 meter run at Class A State Track as a junior.

Personal: Son of Bernie and Pattie Meyer...born on December 29, 1989...majoring in Architecture at Wayne State College.



Cody Diehl
Freshman
Pole Vault
Grand Island, Neb.
(Northwest HS)



Travis Michaelis
Redshirt Freshman
Distance
Spencer, Neb.
(Spencer HS)

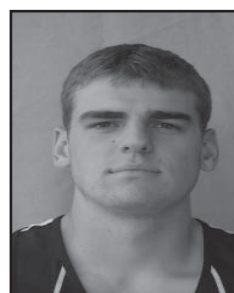
Personal: Son of Layne and Delphine Michaelis...born on July 18, 1988...majoring in Physical Education with a coaching endorsement at WSC...transferred to Wayne State after spending one year at the University of South Dakota.



Andy Jansen
Freshman
Middle Distance
Omaha, Neb.
(Bryan HS)

High School: Two-year state qualifier in track and field at Omaha Bryan High School...placed fourth in the Class A 400 meter dash (50.00) as a senior in 2008...was a qualifier in the 800 meter run as a junior in 2007.

Personal: Son of John and Glenda Jansen...undecided on major.



Kyle O'Neill
Freshman
Throws
Gretna, Neb.
(Gretna HS)

Personal: Son of Kevin and Anita O'Neill...undecided on major.



2009 WILDCAT MEN'S BIOS



Jason Schaaf
Freshman
Middle Distance
Stuart, Neb.
(West Holt HS)

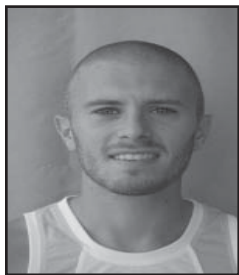
High School: Was a four year state cross country qualifier and placed eighth in the Class C 1600 meter run as a senior with a time of 4:45.65... just missed a medal at the 2007 Class D State Cross Country Meet as a senior, finishing 18th in a time of 18:16.92...also excels in the classroom, earning Academic All-State honors in basketball and track and field.

Personal: Son of Randy and Lynette Schaaf...born on July 12, 1989... undecided on major...older brother Troy Schaaf was a WSC cross country and track runner from 2002-05.



Alex Timperley
Freshman
Jumps
Norfolk, Neb.
(Norfolk HS)

Personal: Born on January 4, 1990...major in undecided.



Michael Schinstock
Freshman
Middle Distance
Lincoln, Neb.
(Lincoln East HS)

High School: Was a four year letter winner in both cross country and track and field at Lincoln East High School...competed in Class A State Cross Country Meet three years for Spartans...qualified for the Class A 800 meter run as a senior and was also a state track qualifier as a junior in 2007.

Personal: Son of Jack Schinstock...born on March 8, 1990...Majoring in Secondary Education and History at Wayne State.



Travis Toepfer
Freshman
Jumps
Blue Hill, Neb.
(Blue Hill HS)

High School: Was a Class C State Track Meet qualifier in the triple jump as a senior for Blue Hill High School.

Personal: Son of Kevin and Lori Toepfer...born on May 2, 1990...undecided on major.



Matt Seiler
Freshman
Distance
Columbus, Neb.
(Columbus HS)

Personal: Son of Dan and Carol Seiler...born on April 11, 1988...majoring in Economics at WSC.



Brad Wright
Freshman
Throws
Ewing, Neb.
(Ewing HS)

Member of the Wayne State Football Team as a defensive lineman

High School: Was a three-year state track qualifier in the discus for Ewing High School...was Class D Discus State Champion as a senior with winning throw of 156' 8"...placed second as a junior in 2007 at 153' 6".

Personal: Son of George and Gina Wright..born on May 24, 1989... undecided on major.



2009 NCAA QUALIFYING MARKS



2009 Division II Men's Indoor Track and Field Championships Qualifying Standards (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.30@	-	6.40@	-
60 Meters	6.78@	-	6.88@	-
55-Meter Hurdles	7.51@	-	7.72@	-
60-Meter Hurdles	8.04@	-	8.25@	-
200 Meters				
(Under 200m/220 yds)*	22.05	-	22.30	-
(200m/220 yds-Flat)*	21.85	-	22.10	-
(200m/220 yds-Banked)*	21.55	-	21.80	-
(Over 200m/220 yds)*	21.45	-	21.70	-
400 Meters				
(Under 200m/220 yds)*	48.45	48.0	49.55	49.1
(200m/220 yds-Flat)*	48.15	47.7	49.25	48.8
(200m/220 yds-Banked)*	47.75	47.3	48.85	48.4
(Over 200m/220 yds)*	47.65	47.2	48.75	48.3
800 Meters#				
(Under 200m/220 yds)*	1:53.20	1:52.9	1:54.90	1:54.6
(200m/220 yds-Flat)*	1:52.80	1:52.5	1:54.50	1:54.2
(200m/220 yds-Banked)*	1:52.30	1:52.0	1:54.00	1:53.7
(Over 200m/220 yds)*	1:52.20	1:51.9	1:53.90	1:53.6
Mile#				
(Under 200m/220 yds)*	4:10.50	4:10.2	4:15.00	4:14.7
(200m/220 yds-Flat)*	4:10.00	4:09.7	4:14.50	4:14.2
(200m/220 yds-Banked)*	4:09.20	4:08.9	4:13.70	4:13.4
(Over 200m/220 yds)*	4:08.80	4:08.5	4:13.30	4:13.0
5,000 Meters#				
(Under 200m/220 yds)*	14:24.70	14:24.4	14:54.70	14:54.4
(200m/220 yds-Flat)*	14:22.20	14:21.9	14:52.20	14:51.9
(200m/220 yds-Banked)*	14:20.00	14:19.7	14:50.00	14:49.7
(Over 200m/220 yds)*	14:19.00	14:18.7	14:49.00	14:48.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:17.10	3:16.8	3:21.60	3:21.3
(200m/220 yds-Flat)*	3:15.60	3:15.3	3:20.10	3:19.8
(200m/220 yds-Banked)*	3:14.00	3:13.7	3:18.50	3:18.2
(Over 200m/220 yds)*	3:13.60	3:13.3	3:18.10	3:17.8
Mile Relay				
(Under 200m/220 yds)*	3:18.30	3:18.0	3:22.80	3:22.5
(200m/220 yds-Flat)*	3:16.80	3:16.5	3:21.30	3:21.0
(200m/220 yds-Banked)*	3:15.20	3:14.9	3:19.70	3:19.4
(Over 200m/220 yds)*	3:14.80	3:14.5	3:19.30	3:19.0
Metric Distance Medley Relay				
(Under 200m/220 yds)*	9:56.10	9:55.8	10:11.10	10:10.8
(200m/220 yds-Flat)*	9:55.00	9:54.7	10:10.00	10:09.7
(200m/220 yds-Banked)*	9:52.60	9:52.3	10:07.60	10:07.3
(Over 200m/220 yds)*	9:51.70	9:51.4	10:06.70	10:06.4
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	9:59.60	9:59.3	10:14.60	10:14.3
(200m/220 yds-Flat)*	9:58.50	9:58.2	10:13.50	10:13.2
(200m/220 yds-Banked)*	9:56.10	9:55.8	10:11.10	10:10.8
(Over 200m/220 yds)*	9:55.20	9:54.9	10:10.20	10:09.9

	METRIC	IMPERIAL	METRIC	IMPERIAL
High Jump	2.11	6'11"	2.05	6'8-3/4"
Pole Vault	5.03	16'6"	4.75	15'7"
Long Jump	7.30	23'11-1/2"	7.08	23'2-3/4"
Triple Jump	15.20	49'10-1/2"	14.40	47'3"
Shot Put	17.40	57'1"	15.85	52'
35-Pound Weight	19.00	62'4"	17.45	57'3"
Heptathlon	NS		4,500 points	

*—Size of track.

#—Altitude adjustment available.

@ - Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude 3,000-5,999 feet, add .02 seconds.

2009 Division II Men's Outdoor Track and Field Championships Qualifying Standards (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	10.45	—	10.65	—
200 Meters	21.08	—	21.48	—
400 Meters	46.80	46.4	48.00	47.6
800 Meters	1:50.00	1:49.7	1:53.00	1:52.7
1,500 Meters#	3:47.00	3:46.7	3:53.50	3:53.2
Mile # \$	4:05.16	4:04.8	4:12.18	4:11.8
3,000-Meter Steeplechase#	9:09.00	9:08.7	9:26.00	9:25.7
5,000 Meters#	14:10.00	14:09.7	14:45.00	14:44.7
10,000 Meters#	29:45.00	29:44.7	31:00.00	30:59.7
110-Meter Hurdles	14.15	—	14.65	—
400-Meter Hurdles	51.65	51.2	53.45	53.1
400-Meter Relay	40.25	39.9	41.35	40.9
440-Yard Relay	40.45	40.1	41.55	41.1
1,600-Meter Relay	3:11.00	3:10.7	3:15.00	3:14.7
Mile Relay	3:12.20	3:11.9	3:16.20	3:15.9

	METRIC	IMPERIAL	METRIC	IMPERIAL
High Jump	2.12	6'11-1/2"	2.05	6'8-3/4"
Pole Vault	5.05	16'6-3/4"	4.80	15'9"
Long Jump	7.50	24'7-1/4"	7.15	23'5-1/2"
Triple Jump	15.30	50'2-1/2"	14.45	47'5"
Shot Put	16.90	55'5-1/2"	15.90	52'2"
Discus	53.00	173'11"	48.80	160'1"
Javelin	63.50	208'4"	59.00	193'7"
Hammer	59.00	193'7"	54.00	177'2"
Decathlon	6,900 points		6,400 points	

#—Altitude adjustment available.

\$—Time must be converted to 1,500 Meters by dividing by 1.08. Example: Athlete timed in 4:11.70 (251.70 seconds) in the mile. 251.70÷1.08=233.01 seconds (3:53.01) for 1,500 Meters. Athlete becomes a provisional qualifier. (Note: When the mile is contested at a site where an altitude adjustment is available, subtract the adjustment for the mile from the actual time and then convert the adjusted time to 1,500 meters.)

@—Time must be converted to 1,500 Meters by dividing by 1.08. Example: Athlete timed in 4:13.0 (253.0 seconds) in the mile. 253.0÷1.08=234.3 seconds (3:54.3) for 1,500 Meters. Athlete is not a provisional qualifier. (Note: When the mile is contested at a site where an altitude adjustment is available, subtract the adjustment for the mile from the actual time and then convert the adjusted time to 1,500 meters.)



Brett Suckstorf was a national qualifier for Wayne State at the 2008 NCAA Division II National Outdoor Championships in Walnut, California in the hammer throw. He holds WSC school records in the hammer throw and weight throw.



2009 NCAA QUALIFYING MARKS



2009 Division II Women's Indoor Track and Field Championships Qualifying Standards (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	7.02@	-	7.24@	-
60 Meters	7.55@	-	7.77@	-
55-Meter Hurdles	8.08@	-	8.43@	-
60-Meter Hurdles	8.65@	-	9.00@	-
200 Meters				
(Under 200m/220 yds)*	25.10	-	25.70	-
(200m/220 yds-Flat)*	24.90	-	25.50	-
(200m/220 yds-Banked)*	24.60	-	25.20	-
(Over 200m/220 yds)*	24.50	-	25.10	-
400 Meters				
(Under 200m/220 yds)*	56.30	55.9	58.10	57.7
(200m/220 yds-Flat)*	56.00	55.6	57.80	57.4
(200m/220 yds-Banked)*	55.70	55.3	57.50	57.1
(Over 200m/220 yds)*	55.60	55.2	57.40	57.0
800 Meters#				
(Under 200m/220 yds)*	2:13.40	2:13.3	2:17.60	2:17.3
(200m/220 yds-Flat)*	2:13.10	2:12.8	2:17.30	2:17.0
(200m/220 yds-Banked)*	2:12.80	2:12.5	2:17.00	2:16.7
(Over 200m/220 yds)*	2:12.70	2:12.4	2:16.90	2:16.6
Mile#				
(Under 200m/220 yds)*	4:57.60	4:57.3	5:06.10	5:05.8
(200m/220 yds-Flat)*	5:57.10	4:56.8	5:05.60	5:05.3
(200m/220 yds-Banked)*	4:56.50	4:56.2	5:05.00	5:04.7
(Over 200m/220 yds)*	4:56.10	4:55.8	5:04.60	5:04.3
5,000 Meters#				
(Under 200m/220 yds)*	17:40.50	17:10.2	17:55.50	17:55.2
(200m/220 yds-Flat)*	17:08.00	17:07.7	17:53.00	17:52.7
(200m/220 yds-Banked)*	17:06.20	17:05.9	17:51.20	17:50.9
(Over 200m/220 yds)*	17:05.50	17:05.2	17:50.50	17:50.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:49.50	3:49.2	3:59.30	3:59.0
(200m/220 yds-Flat)*	3:48.00	3:47.7	3:57.80	3:57.5
(200m/220 yds-Banked)*	3:46.80	3:46.5	3:56.60	3:56.3
(Over 200m/220 yds)*	3:46.40	3:46.1	3:56.20	3:55.9
Mile Relay				
(Under 200m/220 yds)*	3:49.55	3:49.2	4:00.50	4:00.2
(200m/220 yds-Flat)*	3:48.00	3:47.7	3:59.00	3:58.7
(200m/220 yds-Banked)*	3:46.80	3:46.5	3:57.80	3:57.5
(Over 200m/220 yds)*	3:46.40	3:46.1	3:57.40	3:57.1
Metric Distance Medley Relay				
(Under 200m/220 yds)*	11:53.20	11:52.9	12:26.20	12:25.9
(200m/220 yds-Flat)*	11:51.70	11:51.4	12:24.70	12:24.4
(200m/220 yds-Banked)*	11:50.00	11:49.7	12:23.00	12:22.7
(Over 200m/220 yds)*	11:49.10	11:48.8	12:22.10	12:21.8
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	11:53.20	11:52.9	12:46.70	12:46.4
(200m/220 yds-Flat)*	11:51.70	11:51.4	12:46.20	12:44.9
(200m/220 yds-Banked)*	11:53.50	11:53.2	12:43.50	12:43.2
(Over 200m/220 yds)*	11:52.60	11:52.3	12:42.60	12:42.3

	METRIC	IMPERIAL	METRIC	IMPERIAL
High Jump	1.74	5'8-1/2"	1.67	5'5-3/4"
Pole Vault	3.85	12'7-1/2"	3.55	11'7-3/4"
Long Jump	5.80	19'-1/4"	5.50	18'-1/2"
Triple Jump	11.95	39'2-1/2"	11.40	37'5"
Shot Put	14.30	46'11"	13.20	43'3-3/4"
20-Pound Weight	18.00	59'3/4"	16.00	52'6"
Pentathlon	NS		3,100	Points

*—Size of track.

#—Altitude adjustment available.

@ - Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude 3,000-5,999 feet, add .02 seconds.

2009 Division II Women's Outdoor Track and Field Championships Qualifying Standards (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	11.65	—	12.12	—
200 Meters	24.08	—	24.80	—
400 Meters	55.00	54.6	56.80	56.4
800 Meters	2:10.40	2:10.1	2:15.00	2:14.7
1,500 Meters#	4:31.00	4:30.7	4:38.00	4:37.7
Mile # \$	4:52.70	4:52.4	5:00.25	4:59.9
3,000 Meters #	9:40.00	9:39.7	10:15.00	10:14.7
3,000-Meter Steeplechase#	10:55.00	10:54.7	11:20.00	11:19.7
5,000 Meters#	17:05.00	17:04.7	17:35.00	17:34.7
10,000 Meters#	35:50.00	35:49.7	37:20.00	37:19.7
100-Meter Hurdles	14.00	—	14.60	—
400-Meter Hurdles	1:00.00	59.6	1:03.00	1:02.6
400-Meter Relay	46.00	45.6	47.40	47.0
440-Yard Relay	46.20	45.8	47.60	47.2
1,600-Meter Relay	3:45.00	3:44.7	3:51.00	3:50.7
Mile Relay	3:46.20	3:45.9	3:52.20	3:51.9

	METRIC	IMPERIAL	METRIC	IMPERIAL
High Jump	1.75	5'8-3/4"	1.68	5'6"
Pole Vault	3.95	12'11-1/2"	3.65	11'11-3/4"
Long Jump	5.90	19'4-1/4"	5.62	18'5-1/4"
Triple Jump	12.15	39'10-1/2"	11.55	37'10-3/4"
Shot Put	14.70	48'2-3/4"	13.25	43'5-3/4"
Discus	47.70	156'6"	43.00	141'1"
Javelin	45.00	147'8"	41.00	134'6"
Hammer	54.60	179'1"	49.50	162'5"
Decathlon	4,800	points	4,400	points

#—Altitude adjustment available.

\$—Time must be converted to 1,500 Meters by dividing by 1.08. Example: Athlete timed in 5:03.85 (303.85 seconds) in the mile. $303.85 \div 1.08 = 281.34$ seconds (4:41.34) for 1,500 Meters. Athlete is not a provisional qualifier. (Note: When the mile is contested at a site where an altitude adjustment is available, subtract the adjustment for the mile from the actual time and then convert the adjusted time to 1,500 meters.)

@—Time must be converted to 1,500 Meters by dividing by 1.08. Example: Athlete timed in 4:59.4 (299.4 seconds) in the mile. $299.4 \div 1.08 = 277.2$ seconds (4:37.2) for 1,500 Meters. Athlete becomes a provisional qualifier. (Note: When the mile is contested at a site where an altitude adjustment is available, subtract the adjustment for the mile from the actual time and then convert the adjusted time to 1,500 meters.)



Kylie Herian earned a pair of All-American honors for WSC in 2008. The Pierce native was seventh in the 60 meter hurdles (8.73) at the NCAA Indoor Nationals in March and placed sixth in the 100 meter hurdles (14.14) at the NCAA Outdoor Nationals in May.



2008 NSIC WOMEN'S RESULTS



NSIC INDOOR TRACK AND FIELD CHAMPIONSHIPS

Feb. 18-March 1, 2008
Bemidji, Minnesota

WOMEN'S TEAM SCORES: 1. University of Mary 177.0; 2. MSU Moorhead 131.0; 3. Wayne State 77.5; T4. Bemidji State 54; T4. Winona State 54; 6. Northern State 33.5; 7. Concordia University-St. Paul 31.0.

NSIC Track Athlete of the Year: Ashley Roemer, MSUM
NSIC Field Athlete of the Year: Sheena Devine, BSU
NSIC Newcomer of the Year: Anna VanWechel, MSUM
NSIC Coach of the Year: Mike Thorson, UM

**NSIC All-Conference honors are awarded to 1st and 2nd place individual events and 1st place relay teams.
NSIC Honorable Mention honors are awarded to 3rd place individual events and 2nd place relay teams.**

(TOP 3 FINISHERS AND WAYNE STATE ATHLETES WHO SCORED)

55 METER DASH: 1. Kacie Sweep, UM, 7.21; 2. Lindsey Derby, WSU, 7.34; 3. **Kylie Herian, WSC, 7.35**

200 METER DASH: 1. Kacie Sweep, UM, 25.48; 2. Mishay Weber, UM, 25.63; 3. Kristi Buerkle, BSU, 26.05; 4. **Kylie Herian, WSC, 26.12**

400 METER DASH: 1. Cassie Blazer, UM, 57.50; 2. Kristi Buerkle, BSU, 57.69; 3. Katie Johnson, CSP, 58.57

600 METER RUN: 1. Michelle Huxtable, UM, 1:36.95; 2. **Christina King, WSC, 1:36.97**; 3. Sara Julsrud, MSUM, 1:37.33; 6. **Jade Lippman, WSC, 1:40.09**

800 METER RUN: 1. Ashley Roemer, MSUM, 2:16.33; 2. Hanna Moen, UM, 2:18.87; 3. Brandee DeVine, UM, 2:23.02; 4. **Megan Zavorka, WSC, 2:23.07**

1000 METER RUN: 1. Jenny Baus, NSU, 3:01.89; 2. Cassie Blazer, UM, 3:02.73; 3. Anna VanWechel, MSUM, 3:04.82; 6. **Meghan Costello, WSC, 3:11.50**

1 MILE RUN: 1. Anna VanWechel, MSUM, 5:10.55; 2. Alyson Piccolo, UM, 5:14.06; 3. Rayna Berndt, MSUM, 5:15.10; 5. **Melissa Schmidt, WSC, 5:17.78**; 6. **Melissa McIntosh, WSC, 5:24.18**

5000 METER RUN: 1. Alyson Piccolo, UM, 18:39.04; 2. Anna VanWechel, MSUM, 18:56.28; 3. Rayna Berndt, MSUM, 19:05.08; 5. **Sarah Thomsen, WSC, 19:12.87**

55 METER HURDLES: 1. **Kylie Herian, WSC, 8.14**; 2. **Rachel Roebke, WSC, 8.14**; 3. Jess Devine, WSU, 8.33

4X400 METER RELAY: 1. Minnesota State Moorhead 3:55.64; 2. University of Mary 3:57.27; 3. Bemidji State 3:59.95; 6. **Wayne State 4:07.08 (Rachel Roebke, Kylie Herian, Jade Lippman, Christina King)**

DISTANCE MEDLEY: 1. Minnesota State Moorhead 12:14.57; 2. University of Mary 12:32.55; 3. Winona State 12:34.45; 4. **Wayne State 12:38.17 (Melissa McIntosh, Christina King, Megan Zavorka, Melissa Schmit)**

LONG JUMP: 1. Brianna Perry, UM, 19' 2 1/2" (5.85 m); 2. Destinee Keller, UM, 18' 9 3/4" (5.73 m); 3. Katie Johnson, CSP, 18' 4 1/4" (5.59 m)

TRIPLE JUMP: 1. Destinee Keller, UM, 39' 1 3/4" (11.93 m); 2. Katie Johnson, CSP, 38' 3/4" (11.60 m); 3. Ashley Grammens, UM, 36' 11" (11.25 m); 6. **Danae Stuhler, WSC, 34' 7" (10.54 m)**

HIGH JUMP: 1. Ashley Roemer, MSUM, 5' 5 1/4" (1.66 m); 2. Ashley Hagen, MSUM, 5' 3 1/4" (1.61 m); 3. Brianna Perry, UM, 5' 3 1/4" (1.61 m); T6 **Misty Rystrom, WSC, 5' 1 1/4" (1.56 m)**

POLE VAULT: 1. Kaylyn Roenke, MSUM, 11' 1" (3.38 m); 2. Nicole Ackerman, UM, 10' 7" (3.23 m); 3. Angela Winsor, BSU, 10' 7" (3.23 m)

SHOT PUT: 1. Sheena Devine, BSU, 51' 7 3/4" (15.74 m); 2. **Katie Wilson, WSC, 47' 5 1/4" (14.46 m)**; 3. Chelsea Brown, WSU, 42' 11 3/4" (13.10 m); 5. **Casey Buskirk, WSC, 41' 5 1/4" (12.63 m)**

20 POUND WEIGHT THROW: 1. Sheena Devine, BSU, 57' 4 3/4" (17.49 m); 2. Amanda Madden, NSU, 56' 9 1/4" (17.30 m); 3. **Katie Wilson, WSC, 55' 9 3/4" (17.01 m)**; 4. **Lacey Jensen, WSC, 54' 8" (16.66 m)**; 5. **Casey Buskirk, WSC, 51' 3 1/2" (15.63 m)**

PENTATHLON: 1. Ashley Roemer, MSUM, 3517 points; 2. Brianna Perry, UM, 3470 points; 3. Ashley Grammens, UM, 3112 points; 5. **Jade Lippman, WSC, 2960 points**

NSIC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

May 10-11, 2008
Wayne, Neb.

WOMEN'S TEAM SCORES: 1. University of Mary 214.5; 2. MSU Moorhead 145; 3. **Wayne State 106**; 4. Winona State 103; 5. Bemidji State 48.5; 6. Northern State 37; 7. Concordia University-St. Paul 28.

NSIC Track Athlete of the Year: Kacie Sweep, UM
NSIC Field Athlete of the Year: Ashley Roemer, MSUM
NSIC Newcomer of the Year: Anna VanWechel, MSUM
NSIC Coach of the Year: Mike Thorson, UM

(TOP 3 FINISHERS AND WAYNE STATE ATHLETES WHO SCORED)

100 METER DASH: 1. Kacie Sweep, UM, 12.11; 2. Mishay Weber, UM, 12.23; 3. Lindsey Derby, WSU, 12.48

200 METER DASH: 1. Kacie Sweep, UM, 24.72; 2. Kristi Buerkle, BSU, 25.10; 3. Mishay Weber, UM, 25.12

400 METER DASH: 1. Kristi Buerkle, BSU, 56.43; 2. Cassie Blazer, UM, 56.54; Jennifer Bradford, WSU, 57.21

800 METER RUN: 1. Ashley Roemer, MSUM, 2:15.36; 2. Hannah Moen, UM, 2:20.53; 3. Jenny Baus, NSU, 2:22.17; 4. **Molly Gibson, WSC, 2:23.10**

1500 METER RUN: 1. Anna VanWechel, MSUM, 4:42.73; 2. Jenny Baus, NSU, 4:46.58; 3. Hannah Moen, UM, 4:48.31; 4. **Melissa Schmit, WSC, 4:53.72**

3000 METER STEEPLECHASE: 1. **Sarah Thomsen, WSC, 11:45.58**; 2. Jenna Southworth, WSU, 11:48.37; 3. Ivy Roe, UM, 11:50.90

5000 METER RUN: 1. Anna VanWechel, MSUM, 18:35.88; 2. Alyson Piccolo, UM, 18:49.80; 3. Kristen Neumiller, UM, 18:52.54; 4. **Melissa Schmit, WSC, 19:10.13**

10,000 METER RUN: 1. Alyson Piccolo, UM, 39:09.26; 2. Kristen Neumiller, UM, 39:09.65; 3. Kari Bloch, MSUM, 40:41.77; 6. **Meghan Jacob, WSC, 41:46.01**

100 METER HURDLES: 1. **Rachel Roebke, WSC, 14.26**; 2. **Kylie Herian, WSC, 14.32**; 3. Brianna Perry, UM, 15.21; 6. **Jade Lippman, WSC, 15.79**

400 METER HURDLES: 1. Sara Julsrud, MSUM, 1:01.43; 2. **Paige Pollard, WSC, 1:01.95**; Lisa Meyer, WSU, 1:01.96

4X100 METER RELAY: 1. University of Mary 47.72; 2. Winona State 48.27; 3. MSU Moorhead 48.61; 4. **Wayne State 48.88 (Jade Lippman, Kylie Herian, Christina King, Rachel Roebke)**

4X400 METER RELAY: 1. MSU 3:59.88; 2. University of Mary 4:05.59; 3. Winona State 4:07.78; 4. **Wayne State 4:14.90 (Rachel Roebke, Jade Lippman, Christina King, Paige Pollard)**

4X800 METER RELAY: 1. MSU Moorhead 9:13.36; 2. University of Mary 9:30.43; 3. **Wayne State 9:36.01 (Melissa Schmit, Meghan Costello, Molly Gibson, Paige Pollard)**

LONG JUMP: 1. Katie Johnson, CSP, 18' 1/2" (5.50 m); 2. Brianna Perry, UM, 17' 11 3/4" (5.48 m); 3. M'Kelle Tomberlin, BSU, 17' 10 3/4" (5.45 m)

TRIPLE JUMP: 1. Destinee Keller, UM, 38' 4 3/4" (11.70 m); 2. Brianna Perry, UM, 37' 9 1/4" (11.51 m); 3. Ashley Grammens, UM, 37' 1 1/4" (11.31 m)

HIGH JUMP: 1. Ashley Roemer, MSUM, 5' 6" (1.68 m); 2. Ashley Grammens, UM, 5' 2 1/4" (1.58 m); 3. Brianna Perry, UM, 5' 2 1/4" (1.58 m); 5. **Misty Rystrom, WSC, 5' 2 1/4" (1.58 m)**

POLE VAULT: 1. Jennifer Hensel, MSUM, 12' 10" (3.91 m); 2. Kaylyn Ronke, MSUM, 10' 10 1/4" (3.31 m); 2. Jayme Anderson, CSP, 10' 10 1/4" (3.31 m)

SHOT PUT: 1. Sheena Devine, BSU, 48' 1/2" (14.64 m); 2. **Katie Wilson, WSC, 47' 3/4" (14.34 m)**; Rebecca Stier, WSU, 42' 2 3/4" (12.87 m)

DISCUS: 1. **Katie Wilson, WSC, 145' (44.21 m)**; 2. Allison Swenson, MSUM, 139' (42.36 m); 3. Rebecca Stier, WSU, 131' 11" (40.21 m)

HAMMER THROW: 1. **Katie Wilson, WSC, 172' 7" (52.61 m)**; 2. Amanda Madden, NSU; 161' 4" (49.18 m); 3. **Lacey Jensen, WSC, 160' 7" (48.95 m)**

JAVELIN: 1. Holly Hassler, UM, 128' 9" (39.25 m); 2. Chelsey Geisler, BSU, 124' (37.80 m); 3. Lauren Brown, WSU, 119' 9" (36.44 m)

HEPTATHLON: 1. Ashley Roemer, MSUM, 4755 points; 2. Brianna Perry, UM, 4274 points; 3. **Jade Lippman, WSC, 4250 points**



2008 NSIC MEN'S RESULTS



NSIC INDOOR TRACK AND FIELD CHAMPIONSHIPS

Feb. 18-Mar. 1 2008

Bemidji, Minn.

MEN'S TEAM SCORES: 1. University of Mary 127; 2. Northern State 111.50; 3. Wayne State 109; 4. MSU Moorhead 79; 5. Concordia-St. Paul 75.50 50; 6. Bemidji State 55

NSIC Track Athlete of the Year: Jake Hamik, NSU
NSIC Field Athlete of the Year: Joe Remitz, BSU
NSIC Newcomer of the Year: Tyler Zacher, UM
NSIC Coach of the Year: Mike Thorson, UM

NSIC All-Conference honors are awarded to 1st and 2nd place individual events and 1st place relay teams.

NSIC Honorable Mention honors are awarded to 3rd place individual events and 2nd place relay teams.

(TOP 3 FINISHERS AND WAYNE STATE ATHLETES WHO SCORED)

55 METER DASH: 1. Kawaskii Bacon, CSP, 6.46; 2. Calvin McGruder, NSU, 6.65; 3. JJ Washington, WSC, 6.67

200 METER DASH: 1. Kawaskii Bacon, CSP, 22.05; 2. Jake Hamik, NSU, 22.54; 3. Jeffery Brunnette, MSUM, 22.65

400 METER DASH: 1. Jake Hamik, NSU, 49.46; 2. Percy Watson, MSUM, 50.32; 3. Jake Davis, WSC, 51.05; 5. Kelly Brink, WSC, 51.50

600 METER RUN: 1. Tony Wood, UM, 1:21.65; 2. Bill Cameron, NSU, 1:22.19; 3. Ben Jansen, WSC, 1:22.49; 5. Andy Bachman, WSC, 1:24.27

800 METER RUN: 1. Matt Eicheldinger, CSP, 1:57.94; 2. Taylor Ford, NSU, 1:58.71; 3. Cheto Cerda, WSC, 1:59.18

1000 METER RUN: 1. Ben Jansen, WSC, 2:34.36; 2. Kurt Rettig, UM, 2:35.39; 3. Kyle Eckhoff, MSUM, 2:35.50; 4. Nate Preston, WSC, 2:36.57; 5. Nathaniel Bergen, WSC, 2:37.18

1 MILE RUN: 1. Matt Neff, UM, 4:22.72; 2. Kurt Rettig, UM, 4:23.11; 3. Nate Preston, WSC, 4:24.66

5000 METER RUN: 1. Scott Egeberg, MSUM, 15:25.17; 2. Adam Kne, MSUM, 15:29.17; 3. Andrew Reichenberger-Walz, UM, 15:42.06

55 METER HIGH HURDLES: 1. Jesse Piper, UM, 7.58; 2. Jake Hamik, NSU, 7.68; 3. Bill Cameron, NSU, 7.77; 4. Garrett Flamig, WSC; 6. Cody Gregory, WSC, 8.12

4X400 METER RELAY: 1. Northern State 3:23.04; 2. University of Mary 3:23.13; 3. Bemidji State 3:26.27; 4. Wayne State College 3:28.21 (Jake Davis, Kelly Brink, Ben Jansen, Garrett Flamig)

DISTANCE MEDLEY: 1. Wayne State (Cheto Cerda, Garrett Flamig, Ben Jansen, Nate Preston) 10:23.19; 2. University of Mary 10:24.94; 3. MSU Moorhead 10:41.92

LONG JUMP: 1. JJ Washington, WSC, 23' 6" (7.16 m); 2. John Pimental, CSP, 23' 2" (7.06 m); 3. Tre Sayles, CSP, 23' (7.01 m) 6. Peter Ray, WSC 22'3" (6.78 m)

TRIPLE JUMP: 1. Tyler Zacher, UM, 47' 4 1/2" (14.44 m); 2. Tre Sayles, CSP, 47' 1/4" (14.33 m); 3. JJ Washington, WSC, 44' 9 3/4" (13.66 m); 6. Peter Ray, WSC, 43' 1 3/4" (13.15 m)

HIGH JUMP: 1. Tre Sayles, CSP, 6' 6 3/4" (2.00 m); 2. Jon Clemons, BSU, 6' 4 3/4" (1.95 m); 3. Austin Simons, NSU, 6' 4 3/4" (1.95 m)

POLE VAULT: 1. Jake Alexander, UM, 15' 2 1/4" (4.63 m); 2. Wade Royer, NSU, 15' 2 1/4" (4.63 m); 3. Jerry Jonas, MSUM, 15' 2 1/4" (4.63 m)

SHOT PUT: 1. Joe Remitz, BSU, 59' 7 1/2" (18.17 m); 2. Zac Preble, BSU, 50' 3 1/2" (15.33 m); 3. Lance York, NSU, 49' 11 3/4" (15.23 m); 5. Brett Suckstorf, WSC, 45' 3" (13.79 m)

WEIGHT THROW: 1. Joe Remitz, BSU, 60' 11 1/4" (18.57 m); 2. Ben Jacobson, UM, 59' 5 1/2" (18.12 m); 3. Brett Suckstorf, WSC, 58' 10 3/4" (17.95 m); 4. John Sloup, WSC, 57' (17.37 m); 5. Jacob Mathiesen, WSC, 52' (15.85 m)

HEPTATHLON: 1. Zac Preble, BSU, 4832 points; 2. Jon Dickey, WSC, 4337 points; 3. Greg Schenavar, UM, 4314 points

NSIC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

May 10-11, 2008

Wayne, Neb.

MEN'S TEAM SCORES: 1. Wayne State 164; 2. University of Mary 156.50; 3. Northern State 135; 4. MSU Moorhead 104; 5. Concordia-St. Paul 61.50; 6. Bemidji State 58

NSIC Track Athlete of the Year: Jake Hamik, NSU
NSIC Field Athlete of the Year: Joe Remitz, BSU
NSIC Newcomer of the Year: Nate Preston, WSC
NSIC Coach of the Year: Marlon Brink, WSC

(TOP 3 FINISHERS AND WAYNE STATE ATHLETES WHO SCORED)

100 METER DASH: 1. Kawaskii Bacon, CSP, 10.85; 2. Tim Pilakowski, WSC, 11.03; 3. Jeffery Brunnette, MSUM, 11.21

200 METER DASH: 1. Kawaskii Bacon, CSP, 21.85; 2. Luke Schander, UM, 22.31; 3. Tim Pilakowski, WSC, 22.43

400 METER DASH: 1. Jake Hamik, NSU, 48.40; 2. Percy Watson, MSUM, 49.58; 3. Taylor Ford, NSU, 49.89

800 METER RUN: 1. Ben Jansen, WSC, 1:53.27; 2. Kurt Rettig, UM, 1:54.50; 3. Matt Eicheldinger, CSP, 1:55.51

1.500 RUN: 1. Russ Neff, UM, 4:00.96; 2. Kurt Rettig, UM, 4:01.41; 3. Matt Neff, UM, 4:2.91; 5. Nathaniel Bergen, WSC, 4:05.26; 6. Cheto Cerda, WSC, 4:06.03

3.000 METER STEEPLECHASE: 1. Nate Preston, WSC, 9:20.09; 2. Kurt Rettig, UM, 9:22.13; 3. Matt Walberg, NSU, 9:25.87; 5. John Kern, WSC, 10:01.12

5000 METER RUN: 1. Nate Preston, WSC, 15:36.67; 2. Kyle Eckhoff, MSUM, 15:55.31; 3. Scott Egeberg, MSUM, 15:59.38; 5. John Kern, WSC, 16:10.68

10.000 METER RUN: 1. Nate Preston, WSC, 32:31.80; 2. Dan Scott, NSU, 32:39.28; 3. David Teige, MSUM, 33:12.54

110 METER HIGH HURDLES: 1. Jesse Piper, UM, 14.39; 2. Jake Hamik, NSU, 14.57; 3. Bill Cameron, NSU, 14.79; 4. Garrett Flamig, WSC, 14.88; 6. Cody Gregory, WSC, 15.34

400 METER HURDLES: 1. Jake Hamik, NSU, 52.60; 2. Jesse Piper, UM, 52.77; 3. Bill Cameron, NSU, 52.94; 4. Garrett Flamig, WSC, 54.53; 6. Cody Gregory, WSC, 56.88

4X100 METER RELAY: 1. University of Mary 42.41; 2. Northern State 42.64; 3. Concordia-St. Paul 42.89; 4. Wayne State (Peter Ray, Tim Pilakowski, Kelly Brink, JJ Washington) 42.93

4X400 METER RELAY: 1. Northern State 3:27.55; 2. University of Mary 3:29.62; 3. Wayne State (Cody Gregory, Jacob Davis, Garrett Flamig, Ben Jansen) 3:30.14

4X800 METER RELAY: University of Mary 7:46.86; Wayne State (Nathaniel Bergen, Lee Anderson, Cheto Cerda, Ben Jansen) 7:47.80; 3. MSU Moorhead, 7:53.78

LONG JUMP: 1. Tim Pilakowski, WSC, 22' 8" (6.91 m); 2. Nick Meseck, MSUM, 22' 1/2" (6.77 m); 3. John Pimental, CSP, 22' 1/4" (6.71 m); 5. Peter Ray, WSC, 21' 8 1/4" (6.61 m)

TRIPLE JUMP: 1. Nick Meseck, MSUM, 46' 4 3/4" (14.14 m); 2. Tyler Zacher, UM, 46' 4" (14.12 m); 3. Peter Ray, WSC, 44' 3/4" (13.43 m); 4. Tim Pilakowski, WSC, 43' 10 3/4" (13.38 m)

HIGH JUMP: 1. Tre Sayles, CSP, 6' 4" (1.93 m); 2. Jon Clemons, BSU, 6' 2" (1.88 m); 3. Nick Meseck, MSUM, 6' 2" (1.88 m)

POLE VAULT: 1. Jake Alexander, UM, 15' 10" (4.83 m); 2. Derik Brugger, MSUM, 15' 4 1/4" (4.68 m); 3. Tommy Crummy, BSU, 15' 4 1/4" (4.68 m)

SHOT PUT: 1. Joe Remitz, BSU, 61' 6 3/4" (18.76 m); 2. Josh Obrigewitch, UM, 54' 4 3/4" (16.58 m); 3. Lance York, NSU, 46' 10 1/4" (14.28 m)

DISCUS: 1. Brett Suckstorf, WSC, 150' 7" (45.89 m); 2. Joe Remitz, BSU, 149' 6" (45.57 m); 3. Ben Jacobson, UM, 146' 2" (44.56 m); 5. John Sloup, WSC, 139' 3" (42.45 m)

JAVELIN: 1. Jon Evenson, NSU, 174' 1" (53.06 m); 2. Brandon Larson, MSUM, 170' 9" (52.04 m); 3. Andrew Weidel, WSC, 158' 8" (48.37 m); 4. Cody Gregory, WSC, 151' 5" (46.15 m); 6. Jon Dickey, WSC, 143' 6" (43.75 m)

HAMMER THROW: 1. Brett Suckstorf, WSC, 181' 1" (55.20 m); 2. John Sloup, WSC, 180' 3" (54.95); 3. Joe Remitz, BSU, 177' (53.95 m); 4. Jake Mathiesen, WSC, 168' (51.20 m)

DECATHLON: 1. Zac Preble, BSU, 6669 points; 2. Jon Dickey, WSC, 5709 points; 3. Brian Schiller, UM, 5585 points



PAST ALL-AMERICANS



ALL-AMERICANS (MEN)

Name, Year	Event	Dist./Time	Place
Indoor Track			
Mark Vollmer, 1985	Triple Jump	47' 9"	6th
Mark Vollmer, 1988	Triple Jump	47' 7 1/2"	5th
Lamart Cooper, 1995	55 Meter Dash	6.29	3rd
Lamart Cooper, 1996	55 Meter Dash	6.30	1st
James McGown, 1998	5,000 Meter Run	14:34.19	4th
Matt Kneifl, 2001	55 Meter Hurdles	7.55	7th
Outdoor Track			
Fred Kjer, 1959	440 Yard Dash	48.5	6th
Merle McGee, 1959	2 Mile Run	9:19.5	2nd
Don Weitzenkamp, 1961	Mile Run	4:16.8	4th
Tom Katsis, 1962	Javelin	210' 8"	3rd
Frank Burgasser, 1969	Javelin	242' 3"	1st
Ed Blackburn, 1980	110 Meter Hurdles	14.2	5th
Ed Blackburn, 1981	110 Meter Hurdles	14.7	6th

ACADEMIC ALL-AMERICANS (MEN)

Year	Name	Event
1983	Joe Ortmeier	Track & Field
1988	Mark Vollmer	Track & Field
1994	James McGown	Cross Country
1995	James McGown	Cross Country
1996	Men's Cross Country Team	
	Men's Track & Field Team	
1997	Men's Cross Country Team	
	Men's Track & Field Team	
	James McGown	Cross Country
1998	James McGown	Cross Country
	James McGown	(GTE Spring At-Large Third Team)
	Men's Track & Field Team	
1999	Men's Cross Country Team	
	Men's Track & Field Team	
2001	Matt Kneifl	Track & Field
2003	Brian Dixon	Track & Field

ALL-AMERICANS (WOMEN)

Name, Year	Event	Dist./Time	Place
Indoor Track			
Kelley Peterson, 1982	60 Yard Hurdles	8.63	6th
Vicki Wamberg, 1983	High Jump	5'4"	5th
Vicki Wamberg, 1984	High Jump	5'6"	4th
Diana Asay, 1986	Shot Put	43' 9 1/4"	5th
Katie Wilson, 2006	Shot Put	47' 3/4"	5th
Tanna Walford, 2007	High Jump	5' 7 1/4"	7th
Kylie Herian, 2008	60 Meter Hurdles	8.73	7th
Katie Wilson, 2008	Shot Put	47' 7"	4th
Outdoor Track			
Kelley Peterson, 1982	100 Meter Hurdles	14.54	3rd
Janet Lee, 1982	1,500 Meter Run	4:43.26	4th
Vicki Quaites, Lisa Pyle, 1982	800 Meter Medley Relay	1:48.25	5th
Vicki Quaites, Marian Borgman			
Kelley Peterson, 1983	100 Meter Hurdles	14.8	4th
Kelley Peterson, Kim Pohlman, 1983	400 Meter Relay	49.01	6th
Marian Borgmann, Cindy Heesacker			
Kelley (Peterson) Snyder, 1984	100 Meter Hurdles	14.38	4th
Cindy Heesacker, 1984	400 Meter Dash	55.47	6th
Kelley Snyder, Lisa Pyle, 1984	800 Meter Medley Relay	1:45.31	4th
Missy Stoltenberg, Cindy Heesacker			
Kim Pohlman, Kandy Schott, 1985	800 Meter Medley Relay	1:46.26	5th
Missy Stoltenberg, Cindy Heesacker			
Linda Schnitzler, Cindy Heesacker, 1986	800 Meter Medley Relay	1:46.4	6th
Missy Stoltenberg, Ann Eisenmenger			
Linda Schnitzler, 1989	Long Jump	18' 9 1/2"	6th
Tanna Walford, 2007	High Jump	5' 8 3/4"	7th
Kylie Herian, 2008	100 Meter Hurdles	14.14	6th
Katie Wilson, 2008	Shot Put	51' 11 3/4"	1st
Katie Wilson, 2008	Discus	154' 5"	4th

ACADEMIC ALL-AMERICANS (WOMEN)

1983	Kelley Peterson	Track & Field
1988	Diana Asay	Track & Field
	Linda Schnitzler	Track & Field
1989	Linda Schnitzler	Track & Field
1991	Stacey Dieckman	Track & Field
	Lucy Peter	Track & Field
1995	Women's Cross Country Team	
1996	Women's Cross Country Team	
	Women's Track & Field Team	
	Kathy Dalton	Cross Country
	Kathy Dalton	GTE Fall/Winter At-Large First Team
1997	Women's Cross Country Team	
	Women's Track & Field Team	
	Kathy Dalton	GTE Spring At-Large First Team
1998	Women's Track & Field Team	
1999	Women's Cross Country Team	
	Women's Track & Field Team	
	Marsha Krienke	Cross Country
	Marsha Krienke	GTE Fall/Winter At-Large Third Team
	Darr Nickerson	Cross Country
2000	Marsha Krienke	Cross Country
2002	Women's Cross Country Team	
2003	Women's Track & Field Team	
2005	Women's Cross Country Team	
2006	Women's Track & Field Team	
2006	Women's Cross Country Team	
2007	Women's Track & Field Team	
2007	Women's Cross Country Team	
2008	Women's Track & Field Team	



The 2008 Wayne State College women's track and field team ranked 13th in NCAA Division II with a 3.401 team cumulative grade point average.



NSIC MEN'S CHAMPIONS



NSIC INDOOR CHAMPIONS

Year	Name	Event	Dist./Time
<i>1999 - at Bemidji, Minnesota 5th place, 28 points</i>			
		None	
<i>2000 - at Bemidji, Minnesota 5th place, 47 points</i>			
		None	
<i>2001 - at Bemidji, Minnesota Tie-4th place, 60 points</i>			
2001	Matt Kneifl	55 Meter Hurdles	7.68
2001	James Bruhn	1,000 Meter Run	2:33.56
2001	Andy Tucknott	5,000 Meter Run	15:26.83
<i>2002 - at Bemidji, Minnesota 5th place, 91 points</i>			
2002	Andy Tucknott	5,000 Meter Run	15:40.49
2002	Eric Havranek	Long Jump	22' 7 3/4"
2002	Dave Dooley	Triple Jump	45' 4 1/2"
<i>2003 - at Bemidji, Minnesota 4th place, 95.5 points</i>			
2003	Matt Schaffer	400 Meter Dash	50.90
2003	Eric Havranek	Long Jump	23' 10 3/4"
<i>2004 - at Bemidji, Minnesota 2nd place, 125 points</i>			
2004	Korey Kriz	800 Meter Run	1:55.96
2004	Nate McIntire, Brian Dixon, Matt Schaffer, Korey Kriz	4x400 Meter Relay	3:30.43
<i>2005 - at Bemidji, Minnesota 4th place, 99 points</i>			
2005	Matt Schneider	Mile Run	4:26.16
2005	Matt Schneider	5,000 Meter Run	15:43.89
2005	Matt Schneider, Eric Klein, Kelly Brink, Nate McIntire	Distance Medley Relay	10:31.24
2005	J.J. Washington	Long Jump	23' 3 1/4"
<i>2006 - at Bemidji, Minnesota 1st place, 166 points</i>			
2006	Ben Jansen	800 Meter Run	1:56.73
2006	Matt Schneider	1,000 Meter Run	2:37.11
2006	Casey Ide, Ryan Williams, Ben Jansen, Matt Schneider	Distance Medley Relay	10:31.24
<i>2007 - at Bemidji, Minnesota 1st place, 147 points</i>			
2007	Tim Pilakowski	200 Meter Dash	22.10
2007	Ben Jansen	800 Meter Run	1:55.82
2007	Matt Schneider	One Mile Run	4:21.10
2007	Tim Pilakowski	Long Jump	23' 1 3/4"
2007	J.J. Washington	Triple Jump	46' 10 1/4"
2007	Sam Haase	High Jump	6' 8 1/4"
2007	Ryan Williams, Matt Walsh, Nate McIntire, Matt Schneider	Distance Medley Relay	10:24.88
<i>2008 - at Bemidji, Minnesota 3rd place, 109 points</i>			
2008	Ben Jansen	1,000 Meter Run	2:34.36
2008	J.J. Washington	Long Jump	23' 6"
2008	Cheto Cerda, Garrett Flamig, Ben Jansen, Nate Preston	Distance Medley Relay	10:23.19



The 2008 Wayne State College men's track and field team captured a third straight Northern Sun Conference outdoor team title scoring 164 points

NSIC OUTDOOR CHAMPIONS

Year	Name	Event	Dist./Time
<i>1999 - at Moorhead, Minnesota 4th place, 52 points</i>			
1999	Andy Tucknott	10,000 Meter Run	33:20.7
<i>2000 - at Duluth, Minnesota 5th place, 55.5 points</i>			
2000	Matt Kneifl	110 Meter Hurdles	14.74
2000	Matt Kneifl	400 Meter Hurdles	54.32
<i>2001 - at Moorhead, Minnesota 5th place, 104 points</i>			
2001	Jason Kneifl	High Jump	6-6
2001	Matt Kneifl	110 Meter Hurdles	14.48
<i>2002 - at Duluth, Minnesota 4th place, 94 points</i>			
2002	Eric Havranek	Long Jump	45' 9"
<i>2003 - at Duluth, Minnesota 5th place, 73.5 points</i>			
2003	Adam Meier	Javelin	185' 0"
2003	Eric Havranek	Long Jump	23' 4"
<i>2004 - at Duluth, Minnesota 3rd place, 135.5 points</i>			
2004	Korey Kriz	800 Meter Run	1:53.39
2004	Eric Klein, Nate McIntire, Matt Schaffer, Korey Kriz	4x800 Meter Relay	8:11.79
2004	Eric Havranek	Long Jump	22' 8"
2004	David Dooley	Triple Jump	45' 2 1/2"
<i>2005 - at Moorhead, Minnesota 4th place, 82 points</i>			
2005	Matt Schneider	3,000 Meter Steeplechase	9:36.90
<i>2006 - at Wayne, Nebraska 1st place, 225 points</i>			
2006	Ben Jansen	400 Meter Dash	49.30
2006	Ben Jansen	800 Meter Run	1:56.40
2006	Matt Schneider	3,000 Meter Steeplechase	9:52.43
2006	Tim Pilakowski	Long Jump	23' 4"
2006	J.J. Washington	Triple Jump	45' 9 3/4"
2006	Nate McIntire, Casey Ide, Ryan Williams, Ben Jansen	4x800 Meter Relay	8:02.56
<i>2007 - at Moorhead, Minnesota 1st place, 166 points</i>			
2007	Ben Jansen	800 Meter Run	1:54.57
2007	Tim Pilakowski	Long Jump	22' 9"
2007	Nate McIntire, Ben Jansen, Nathaniel Bergen, Ryan Williams	4x800 Meter Relay	7:52.42
<i>2008 - at Wayne, Nebraska 1st place, 164 points</i>			
2008	Ben Jansen	800 Meter Run	1:53.27
2008	Nate Preston	3,000 Meter Steeplechase	9:20.09
2008	Nate Preston	5,000 Meter Run	15:36.67
2008	Nate Preston	10,000 Meter Run	32:31.80
2008	Tim Pilakowski	Long Jump	22' 8"
2008	Brett Suckstorf	Discus	150' 7"
2008	Brett Suckstorf	Hammer Throw	181' 1"

Special Awards

2004	Marlon Brink	NSIC Men's Indoor Co-Coach of the Year
2005	Marlon Brink	NSIC Men's Cross Country Coach of the Year
2006	Marlon Brink	NSIC Men's Indoor Coach of the Year
2006	Ben Jansen	NSIC Men's Outdoor Newcomer of the Year
2006	J.J. Washington	Most Valuable Co-Track Athlete of the Year
2006	Marlon Brink	NSIC Men's Outdoor Field Athlete of the Year
2007	Marlon Brink	NSIC Men's Indoor Coach of the Year
2007	Marlon Brink	NSIC Men's Outdoor Coach of the Year
2008	Marlon Brink	NSIC Men's Outdoor Coach of the Year
2008	Nate Preston	NSIC Men's Outdoor Newcomer of the Year

Cross Country

1998	Andy Tucknott	Individual Champion	27:01
2006	Jeremiah Herron	Individual Champion	27:04.8
2007	Nate Preston	Individual Champion	25:50.0

2005 NSIC Men's Cross Country Champions

2006, '07 NSIC Men's Indoor Track & Field Champions

2006, '07 & '08 NSIC Men's Outdoor Track & Field Champions



NSIC WOMEN'S CHAMPIONS



NSIC INDOOR CHAMPIONS

Year	Name	Event	Dist./Time
	<i>1999 at Bemidji, Minnesota 5th place, 33 points</i>		
1999	Deanna Gollobit	Triple Jump	35' 8 1/4"
	<i>2000 at Bemidji, Minnesota 4th place, 42 points</i>		
2000	Marsha Krienke	800 Meter Run	2:17.96
	<i>2001 at Bemidji, Minnesota 7th place, 26 points</i>		
	None		
	<i>2002 at Bemidji, Minnesota 6th place, 53 points</i>		
2002	Tiffany Schacher	55 Meter Hurdles	8.88
	<i>2003 at Bemidji, Minnesota 7th place, 43 points</i>		
	None		
	<i>2004 at Bemidji, Minnesota 4th place, 92 points</i>		
	None		
	<i>2005 at Bemidji, Minnesota 2nd place, 109 points</i>		
2005	Erin Oswald	800 Meter Run	2:23.18
2005	Katie Wilson	Shot Put	44' 5 3/4"
2005	Tanna Walford	High Jump	5' 7 1/4"
	<i>2006 at Bemidji, Minnesota 2nd place, 122 points</i>		
2006	Erin Oswald	600 Meter Run	1:37.49
2006	Erin Oswald	1,000 Meter Run	3:16.22
2006	Nicole McCoy	5,000 Meter Run	18:33.17
2006	Tanna Walford	High Jump	5' 4 1/4"
2006	Katie Wilson	Shot Put	48' 1 3/4"
2006	Haley Reeves, Ashley Smith, Erin Oswald, Nicole McCoy	Distance Medley Relay	12:49.06
	<i>2007 at Bemidji, Minnesota 2nd place, 108.5 points</i>		
2007	Kylie Herian	55 Meter Dash	7.31
2007	Rachel Roebke	55 Meter Hurdles	8.18
2007	Kylie Herian	200 Meter Dash	25.90
2007	Megan Zavorka	5,000 Meter Run	18:47.35
2007	Tanna Walford	High Jump	5' 7 1/4"
2007	Rachel Roebke, Kylie Herian, Jade Lippman, Erin Oswald	4 x 400 Meter Relay	4:03.62
	<i>2008 at Bemidji, Minnesota 3rd place, 77.5 points</i>		
2008	Kylie Herian	55 Meter Hurdles	8.14

NSIC OUTDOOR CHAMPIONS

Year	Name	Event	Dist./Time
	<i>1999 at Moorhead, Minnesota 5th place, 38 points</i>		
1999	Angie Kment	Shot Put	41' 10"
	<i>2000 at Moorhead, Minnesota 4th place, 52 points</i>		
2000	Darr Nickerson	5,000 Meter run	19:32.46
	<i>2001 at Bemidji, Minnesota 6th place, 38 points</i>		
	None		
	<i>2002 at Duluth, Minnesota 6th place, 69 points</i>		
2002	Darr Nickerson	5,000 Meter run	19:01.12
	<i>2003 at Moorhead, Minnesota 7th place, 60.5 points</i>		
2003	Lindsey Stockwell	Discus	129' 3"
2003	Lindsey Stockwell	Javelin	120' 2"
	<i>2004 at Duluth, Minnesota 5th place, 79 points</i>		
2004	Kari Torgerson	Discus	135' 0"
	<i>2005 at Moorhead, Minnesota 2nd place, 142 points</i>		
2005	Katie Wilson	Shot Put	43' 1 1/2"
2005	Lindsey Stockwell	Discus	152' 3"
	<i>2006 at Wayne, Nebraska 3rd place, 150 points</i>		
2006	Rachel Roebke	100 Meter Hurdles	14.74
2006	Haley Reeves	5,000 Meter Run	19:20.65
2006	Nicole McCoy	10,000 Meter Run	41:41.61
2006	Tanna Walford	High Jump	5' 4 1/4"
2006	Lindsey Stockwell	Discus	147' 1"
	<i>2007 at Moorhead, Minnesota 4th place, 93 points</i>		
2007	Rachel Roebke	100 Meter Hurdles	14.28
2007	Megan Zavorka	3,000 Meter Steeplechase	11:40.51
2007	Megan Zavorka	10,000 Meter Run	40:08.99
	<i>2008 at Wayne, Nebraska 4th place, 106 points</i>		
2008	Rachel Roebke	100 Meter Hurdles	14.26
2008	Sarah Thomsen	3,000 Meter Steeplechase	11:45.58
2008	Katie Wilson	Discus	145' 0"
2008	Katie Wilson	Hammer Throw	172' 7"

Cross Country

2005	Erin Norenberg	Individual Champion	22:30.69
2006	Marlon Brink	NSIC Women's Cross Country Coach of the Year	
2007	Marlon Brink	NSIC Women's Cross Country Coach of the Year	

Special Awards

2005	Tanna Walford	NSIC Women's Indoor Field Athlete of the Year
2005	Katie Wilson	NSIC Tri-Women's Outdoor Newcomer of the Year
2006	Erin Oswald	NSIC Women's Indoor Track Athlete of the Year
2006	Katie Wilson	NSIC Women's Indoor Field Athlete of the Year
2007	Kylie Herian	NSIC Women's Indoor Track Athlete of the Year
2007	Megan Zavorka	NSIC Women's Outdoor Newcomer of the Year

2006 NSIC Women's Cross Country Champions



Aurora native Erin Oswald was named the 2006 NSIC Indoor Track Athlete of the Year after placing first in three events for Wayne State at the 2006 NSIC Indoor Championships in Bemidji, Minnesota. She won the 600 meter run (1:37.49) and the 1,000 meter run (3:16.22) and anchored the first place distance medley relay team.



The 2006 WSC women's cross country team won the Northern Sun Conference title 36-49 over the University of Mary by placing five runners in the top 12 overall.



WILDCAT RECORD BOOK



MEN'S INDOOR

Event	Record Holder	Mark/Time	Date
55 Meters	Lamart Cooper	6.26	2/11/95
60 Meters	Lamart Cooper	6.76	3/1/96
200 Meters	Tim Pilakowski	22.10	2/24/07
300 Meters	Todd Rolfs	36.4	1991
400 Meters	Travis Fredricksen	50.34	3/1/96
500 Meters	Travis Fredricksen	1:06.0	2/17/96
600 Yards	Korey Kriz	1:16.22	1/24/04
600 Meters	Ben Jansen	1:22.49	3/1/08
800 Meters	Ben Jansen	1:52.46	2/16/07
1000 Meters	Ryan Williams	2:31.89	2/3/07
1500 Meters	James McGown	3:57.9	3/7/98
1600 Meters	James McGown	4:14.70	3/7/98
3000 Meters	James McGown	8:41.00	1/24/98
5000 Meters	James McGown	14:34.19	3/14/98
55-Meter Hurdles	Matt Kneiff	7.55	3/9/01
60-Meter Hurdles	Matt Kneiff	8.20	3/3/01
200-Meter Hurdles	Matt Kneiff	26.10	2/21/98
4x100 Meter Relay	Lamart Cooper	44.87	2/4/95
4x160 Meter Relay	Byron Chamberlain, Lamont Gilchrist, J.C. Lightcap		2/23/95
4x200 Meter Relay	Scott Asmus	1:36.07	1/22/00
4x400 Meter Relay	Cory Prochaska, Adam Brandl, Kellin Bretschneider		1/26/08
4x800 Meter Relay	Jake Davis	3:25.77	1/26/08
4x1600 Meter Relay	Ben Jansen, Kelly Brink, Garrett Flamig		2/10/07
Sprint Medley	Matt Schneider	7:56.29	2/10/07
Distance Medley	Nate McIntire, Ryan Williams, Ben Jansen		1/27/95
High Jump	Mark Merritt	18:51.4	1/27/95
Long Jump	Donny Thongdy, Chris Garvin, James McGown		1992
Triple Jump	Gary Black	3:46.95	1992
Pole Vault	Mark Bliven, Todd Rolfs, Brian Bergstrom		2/17/06
Pentathlon	Casy Ide	10:05.29	2/17/06
Shot Put	Ben Jansen, Matt Schaffer, Matt Schneider		1981
Discus	Joe Ortmeier	6' 8-1/4"	2/24/07
Javelin (OLD)	Sam Haase	6'8 1/4"	1993
Javelin (NEW)	Lee Harper	23' 11"	1988
Hammer Throw	Mark Vollmer	48' 4-1/2"	1985
Decathlon	Randy Ditter	52' 5-1/2"	1985
Shot Put	Brett Suckstorf	59' 3"	1/26/08
Discus	Matt Doggett	16' 1 1/4"	2/24/07
Javelin (NEW)	Jon Dickey	4,337 points	2/18/08

WOMEN'S INDOOR

Event	Record Holder	Mark/Time	Date
55 Meters	Charronna Chambers	7.18	2/11/95
60 Meters	Kylie Herian	7.88	2/16/08
200 Meters	Kylie Herian	25.90	2/24/07
300 Meters	Marian Borgmann	41.65+	1983
400 Meters	Christina King	58.95	2/22/08
500 Meters	Christina King	1:20.01	2/6/08
600 Yards	Cindy Heesacker	1:26.4	1986
600 Meters	Christina King	1:36.97	3/1/08
800 Meters	Erin Oswald	2:17.68	2/11/05
1000 Meters	Marsha Krienke	3:05.24	2/5/00
1500 Meters	Kathy Dalton	4:55.0	2/28/97
1600 Meters	Kathy Dalton	5:14.60	2/28/97
3000 Meters	Nicole McCoy	10:44.49	1/28/06
5000 Meters	Nicole McCoy	18:09.52	2/17/06
55-Meter Hurdles	Kylie Herian	8.09	2/9/08
60-Meter Hurdles	Rachel Roebke	8.65	2/22/08
4x100 Meter Relay	Sara Pinkston	53.54	1991
4x160 Meter Relay	Carin Bures, Andrea Reusink, Tammi Miller		1993
4x200 Meter Relay	Names not available	1:29.3	1993
4x400 Meter Relay	Jackie Heese	1:50.9	1991
4x800 Meter Relay	Roni Jackson, Jessica Matzner, Tamera Neilsen		2/24/07
Sprint Medley	Rachel Roebke	4:03.62	2/24/07
Distance Medley	Kylie Herian, Jade Lippman, Erin Oswald		2004
High Jump	Angie Kraus	9:45.08	1995
Long Jump	Jodi Rhodig, Erin Oswald, Ashley Smith		1995
Triple Jump	Charronna Chambers	4:32.7+	1995
Pole Vault	Stephanie Lilja, Amy Gudmundson, Kathy Dalton		2/24/07
Shot Put	Molly Gibson	12:36.74	2/24/07
Discus	Jade Lippman, Erin Oswald, Megan Zavorka		3/10/07
Javelin (OLD)	Tanna Walford	5' 8"	1990
Javelin (NEW)	Tammi Miller	18' 3-3/4"	1990
Hammer Throw	Deanna Gollobit	37' 4"	2/18/99
Pentathlon	Katie Malander	10' 8"	2/27/04
Shot Put	Katie Wilson	48' 1 3/4"	2/24/06
Discus	Katie Wilson	57' 7 3/4"	2/22/08
Javelin (NEW)	Jade Lippman	3,035 points	2/2/08

WOMEN'S OUTDOOR

Event	Record Holder	Mark/Time	Date
100 Meters	Missy Stoltenberg	12.1	1984
200 Meters	Marian Borgmann	24.80	1983
400 Meters	Cindy Heesacker	55.47	1984
800 Meters	Marsha Krienke	2:17.17	5/8/99
1500 Meters	Janet Lee	4:43.26	1982
1600 Meters	Megan Zavorka	5:23.78	4/16/07
3000 Meters	Stefanie Senn	10:25.30	5/17/97
3000 Steeplechase	Megan Zavorka	11:40.51	5/12/07
5000 Meters	Nicole McCoy	18:09.72	4/1/06
10,000 Meters	Nicole McCoy	39:26.25	4/27/06
Marathon	Lucy Peter	3:35.04	1991
100-Meter Hurdles	Kelly Snyder	14.10	1984
400-Meter Hurdles	Paige Pollard	1:01.95	5/10/08
4x100 Meter Relay	Lori Schulerberg	47.80	1982
4x200 Meter Relay	Kelly Peterson, Vicki Quaites, Marian Borgmann		1983
4x400 Meter Relay	Kim Pohlman	1:45.0	1986
4x800 Meter Relay	Kandy Schott, Marian Borgmann, Kelley Peterson		1986
800 Medley	Fran Gross, Jody Allen, Ann Eisenmenger		2004
Sprint Medley	Audrey Emanuel	9:31.71	1983
Distance Medley	Ashley Smith, Jodi Rhodig, Erin Oswald		1983
High Jump	Kelley Peterson	1:45.21	1983
Long Jump	Missy Stoltenberg, Lisa Pyle, Cindy Heesacker		4/12/99
Triple Jump	Aisha Todd	4:21.93	1994
Pole Vault	Jennifer Olson, Darr Nickerson, Marsha Krienke		1994
Shot Put	Kathy Dalton	12:55.3	1994
Discus	Roni Jackson, Amy Brodersen, Jackie Heese		5/26/07
Javelin (OLD)	Tanna Walford	5' 8 3/4"	1988
Javelin (NEW)	Linda Schnitzler	19' 2-1/2"	1988
Hammer Throw	Deanna Gollobit	37' 3-3/4"	5/1/98
Pentathlon	Katie Malander	10' 9"	2004
Shot Put	Katie Wilson	51' 11-3/4"	5/23/08
Discus	Katie Wilson	154' 5"	5/24/08
Javelin (OLD)	Andra Jones	139' 0"	1985
Javelin (NEW)	Lindsey Stockwell	124' 2"	2004
Hammer Throw	Katie Wilson	172' 7"	5/9/08
Heptathlon	Jade Lippman	4,250 points	4/29/08

+ indicates a yard time converted using Track & Field News' conversion formulas



THE NORTHERN SUN INTERCOLLEGIATE CONFERENCE



Founded in 1932, the Northern Intercollegiate Conference (NIC) has enjoyed a varied existence in the upper Midwest region it calls home. In the spring of 1992 the Northern Sun Intercollegiate Conference (NSIC) was formed out of the merger of the NIC, the men's conference, and the women's Northern Sun Conference (NSC). The NSC had existed since 1979. The NSIC is currently made up of institutions from Iowa, Minnesota, Nebraska, North Dakota and South Dakota. In the 2008-09 academic year, the NSIC expanded to a 14-team league with the addition of Augustana College, University of Minnesota Duluth, Minnesota State University, Mankato and St. Cloud State University.

Since 1932, various institutions have competed in the NSIC. Bemidji State University, Minnesota State University Moorhead and Winona State University are charter members and have remained in the conference for the 76 years of its existence. Minnesota State University, Mankato and St. Cloud State were also charter members, but left the league in 1981 (MSU left the league in 1969 and returned in 1977). The University of Minnesota Duluth, which departed the league in 2005-06 through 2007-08 seasons, was also an original member. Other current members joined in later years: Southwest Minnesota State University in 1969, Northern State University in 1978, Wayne State College (Nebraska) in 1998, Concordia University, St. Paul and the University of Minnesota, Crookston in 1999, the University of Mary and Upper Iowa University in 2006 and Augustana College in 2008. The University of Minnesota, Morris became a league member in 1966, however, the Cougars opted for the NCAA Division III ranks in 2003. Michigan Tech was part of the NIC from 1969 to 1977 as well.

Before the NSIC became eligible for National Collegiate Athletic Association (NCAA) championship competition in 1995, its member institutions had an extremely rich tradition in the National Association of Intercollegiate Athletics (NAIA). The NIC's and NSC's tenure in the NAIA included several national championship teams and individuals as well as many national qualifiers.

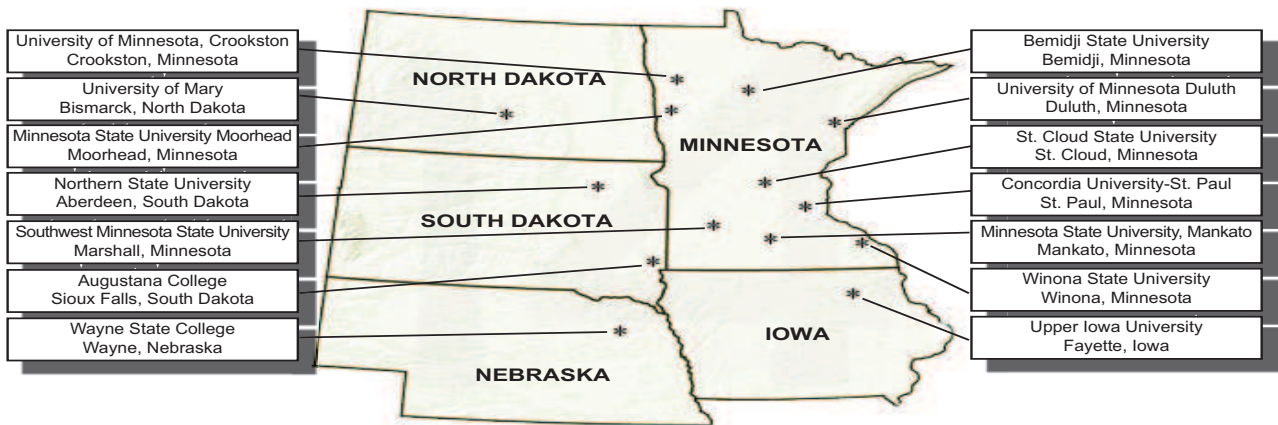
The NSIC has gained national recognition in recent years as three teams have won National Championships.

Winona State men's basketball made three straight trips to the NCAA Division II National Championship game, winning the 2006 and 2008 games and losing the 2007 game on a last second shot. During that period, the Warriors won an NCAA record 57 consecutive games. Concordia University, St. Paul garnered the first women's title in 2007 as its volleyball team won the National Championship.

Following the 2004-05 season, Winona State became the first team other than Minnesota Duluth to capture the NSIC All-Sports Competition trophy. The Warriors have taken home the trophy now the last two seasons. Winona State put the NSIC on the national map in 2006 as they hosted and won the NCAA North Central Regional Tournament and went on to capture the Division II National Championship.

Since 2000, the NSIC has participated in one of two officially-sanctioned NCAA Division II football bowl games in the country. Dating back to 1948, the Mineral Water Bowl is hosted by the Quarterback Club of Excelsior Springs, Missouri. The game matches the highest-finishing team from the NSIC not selected for the NCAA Division II playoffs against the highest-finishing team from the Mid-America Intercollegiate Athletics Association (MIAA) not participating in the NCAA Division II playoffs. The first NSIC/MIAA meeting in 2000 marked the Mineral Water Bowl's inaugural year of the Division II era. Wayne State represented the NSIC in the 2007 Mineral Water Bowl game and dropped a hard-fought 20-13 contest to Missouri Western.

Over the years the NSIC, comprised of schools of modest size, has provided extremely competitive intercollegiate athletic programs for its members. Although the programs are not designed to be equal to Division I athletics, many former NSIC athletes have distinguished themselves in national and international competition. Each member school emphasizes the educational, entertainment and unifying value of sports while pointing with pride to the many advantages to be gained by attending these colleges and universities. As some affiliated with the conference have coined, the NSIC quite possibly is, "the most competitive conference in NCAA Division II."





Track Teams[★]



Women's



Men's 2006 2007 2008 NSIC Outdoor

Champions[★]