



Wayne State College



2008 Track and Field Media Guide



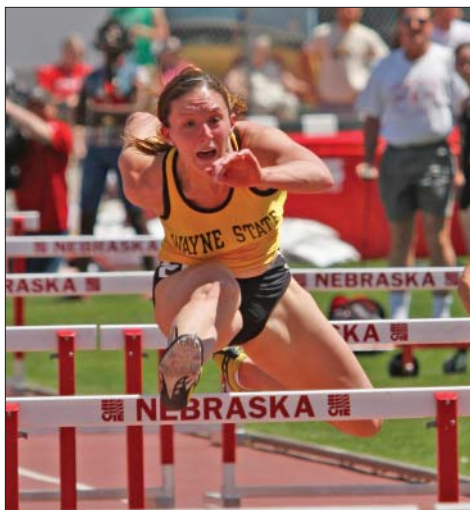
Kylie Herian - Sophomore
2007 Indoor NCAA National Qualifier



Nate Preston - Junior
2007 NSIC Men's Cross Country Champion
NCAA National XC Qualifier



Ben Jansen - Junior
2007 Indoor NCAA National Qualifier



Rachel Roebke - Senior
2007 Indoor & Outdoor
NCAA National Qualifier



Katie Wilson - Senior
2006 Indoor NCAA All-American
Three-time National Qualifier





2008 Wayne State College Men's Track and Field Team



2008 Wayne State College Women's Track and Field Team



TABLE OF CONTENTS/SCHEDULES



WSC Men's and Women's Team Pictures	IFC
Table of Contents/Schedules	1
Athletic Directory/Quick Facts	2
About Wayne State.....	3
Wayne State Administration	4
Student-Athlete Services.....	5
Wayne State Facilities.....	6
Athletic Training Services.....	7
2007 Men's Cross Country Season Review	8
2007 Women's Cross Country Season Review	9
Wildcat Coaching Staff.....	10
2008 Wildcat Rosters	11
2008 Season Outlooks.....	12-13
2008 Women's Bios.....	14-22
2008 Men's Bios.....	23-31
2008 NCAA Qualifying Marks.....	32-33
2007 NSIC Women's Results	34
2007 NSIC Men's Results	35
Wayne State Past All-Americans	36
Wayne State Past NSIC Champions	37
Wildcat Record Book.....	38
About the NSIC.....	IBC

2008 INDOOR SCHEDULE

<u>Date</u>	<u>Meet</u>	<u>Location</u>
December 6	Derek Miles Open	Vermillion, S.D.
January 5	WSC Intrasquad Meet	Wayne, Neb.
January 12	Mankato State Alumni Open	Mankato, Minn.
January 18	UNL/Holiday Inn Invitational	Lincoln, Neb.
January 19	USD Hillenbrand Open	Vermillion, S.D.
January 25-26	Iowa State Open	Ames, Iowa
February 1-2	Mankato State Open	Mankato, Minn.
February 9	Wildcat Open	Wayne, Neb.
February 16	USD John Dalton Open	Vermillion, S.D.
February 17	NSIC Pentathlon/Heptathlon	Aberdeen, S.D.
February 22	Prairie Wolf Open	Lincoln, Neb.
February 23	South Dakota Qualifier Open	Vermillion, S.D.
February 29-Mar. 1	NSIC Indoor Championships	Bemidji, Minn.
March 14-15	NCAA Division II Indoor Nationals	Mankato, Minn.

2008 OUTDOOR SCHEDULE

<u>Date</u>	<u>Meet</u>	<u>Location</u>
March 28-29	Arizona State Invitational	Phoenix, Ariz.
April 5	Wildcat Open	Wayne, Neb.
April 10	DII Challenge Multis	Emporia, Kan.
April 12	Jim Duncan Invite	Des Moines, Iowa
April 18	Sioux City Relays	Sioux City, Iowa
April 24	Drake Relays	Des Moines, Iowa
April 27	UNL Open	Lincoln, Neb.
April 27	NSIC Heptathlon/Decathlon	Aberdeen, S.D.
May 2	Howard Wood Relays	Sioux Falls, S.D.
May 9-10	NSIC Outdoor Championships	Wayne, Neb.
May 22-24	NCAA Division II Outdoor Nationals	Los Angeles, Calif.



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

TJ Horton, Head Athletic Trainer 375-7310

Equipment Room

Mike Cordes, 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

Ryun Williams, Head Coach 375-7311
 Allison Kruger, 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
 Mike Cordes, 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

Brooke Bredenberg, 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
 Sara Horn, Assistant Coach 375-7560

CREDITS

The 2008 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.

2008 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: TJ Horton
Assistant Trainers: Guy Horn, Mark
 Schoenfelder, Kari Schoenfish
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, 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 fourth 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 two grandchildren, Ethan and Kai.



Eric Schoh
Director of Athletics

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

Wayne State College placed third in the 2006-07 Northern Sun Conference All-Sports Standings by winning four conference championships (women's cross country, men's indoor track and field, baseball and men's outdoor track and field). Two teams (volleyball 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 10th 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, 15, and Jalen, 12. Barry also has a son Rick, who lives in Crawford, Nebraska.



Dr. Shawn Percy
Faculty Athletic Representative

Dr. Shawn Percy is in his fourth year as Faculty Athletic Representative at Wayne State College. Percy, 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.

Percy 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. Percy 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

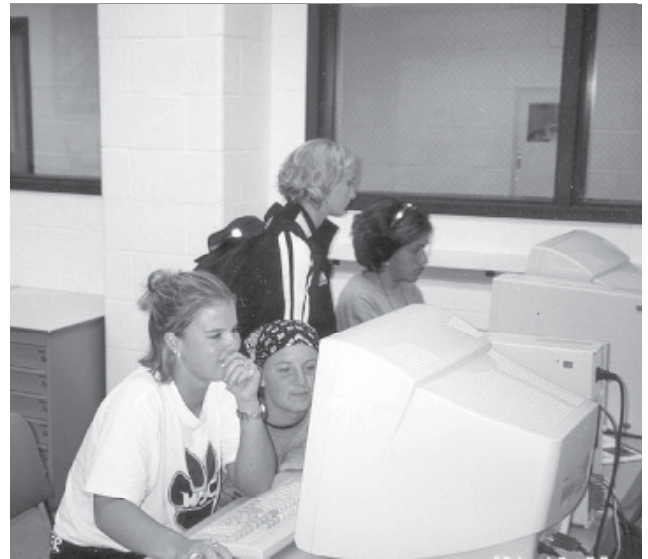
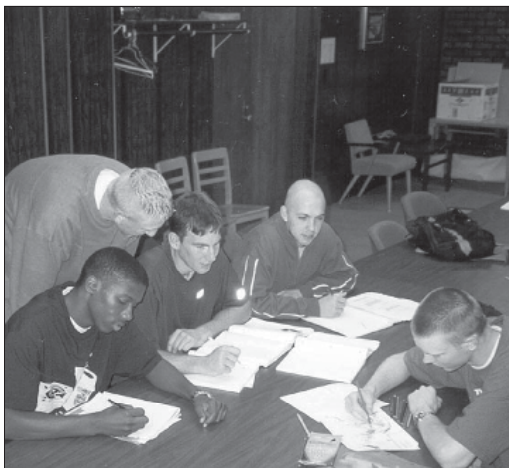
Each head coach has the option of conducting and monitoring a study table for his or her players.

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 has seating for 2,500 fans and has a natural grass surface.



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



TJ Horton
Head Athletic Trainer

TJ Horton is in his second year at Wayne State College and first as head athletic trainer after serving in an assistant athletic trainer role in 2006-07. He will oversee athletic training responsibilities for 15 varsity sports at Wayne State College.

Before coming to Wayne State, the Deerfield, Kansas native worked at Carson-Newman College in Tennessee, a small Division II school. His responsibilities included working with men's and women's soccer and baseball along with teaching introduction to athletic training. Horton also served as a graduate assistant athletic trainer at Creighton University in Omaha while working on his masters degree at UNO. At Creighton, Horton worked with women's soccer, softball and men's and women's tennis.

At the University of Tulsa, Horton was with men's soccer, football, softball, men's tennis and basketball while serving as an athletic training student.



Dr. Steven Stokesbary
Team Orthopedist

Dr. Steven Stokesbary enters his sixth 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

PMC Wildcat Sports Medicine Center

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 TJ Horton oversees a staff of three, including assistant athletic trainers Guy Horn and Mark Schoenfelder and graduate assistant athletic trainer Kari Schoenfish.

The PMC Wildcat Sports Medicine Center, which opened December 1, 2005, brings a state-of-the-art physical therapy and athletic training facility to its campus. This 4,000-square foot center is located next to the Wayne State College Recreation Center and will serve as the hub of treatment and rehabilitation services.

Dedicated to quality care, the PMC Wildcat Sports Medicine Center provides the finest in sports rehabilitation, physical therapy and athletic training services to Wayne State student-athletes, campus community and the general public.

In addition to this new facility, the PMC Wildcat Sports Medicine Center also utilizes the Carlson Natatorium for the aquatic therapy program. The PMC Wildcat Sports Medicine Center represents excellence; a total commitment by Wayne State College to the health of its' students and desire to be an active member of the Wayne community by opening its doors to the public.



2007 MEN'S CROSS COUNTRY



The 2007 Wayne State College men's cross country team had another successful season as the Wildcats finished second at the Northern Sun Conference Championships and had an individual conference champion for the second straight season. The Wildcats also had an NCAA national qualifier for just the third time since joining NCAA Division II in the early 1990's.

During the regular season, the Wildcats captured the team title at the Briar Cliff Invitational on October 6 by placing three runners in the Top 10 to score 63 points and easily outdistance runner up Iowa Western Community College to win the 11-team meet.

MSU Moorhead topped Wayne State 38-64 to win the NSIC Championship in Winona, Minnesota on October 20. Junior Nate Preston captured individual medalist honors for the Wildcats with a time of 25:50 on the 8,000-meter course. He became the second straight Wildcat to capture the individual conference championship after Jeremiah Herron won the 2006 NSIC men's race. Freshman York Thomas also earned All-NSIC honors for the Wildcats with a 10th place finish at the conference meet with a time of 26:49.

At the NCAA Division II North Central Regional Championships in Vermillion, South Dakota on November 3, Wayne State placed 14th out of 20 teams in the team race with 374 points but had Nate Preston finish 18th place overall (31:49 on the 10,000 meter course) to qualify as an individual for the NCAA Division II National Cross Country Championship.

Preston became just the third athlete in school history to qualify for the NCAA Division II National Championships, joining James McGown (1995 and 1997) and Mark Merritt (1997) as other Wildcats to compete at nationals. The Omaha Benson graduate competed at the NCAA Division II National Meet in Joplin, Missouri on November 17th and finished 83rd out of 187 runners with a time of 32:38 on the 10,000 meter course. Preston was the lone runner from the NSIC and the only runner from an NCAA Division II school in Nebraska to compete in the men's national championship.



Nate Preston
2007 NSIC Men's Champion
2007 NCAA National Qualifier



York Thomas
2007 All-NSIC
10th place



**2007 Briar Cliff Invitational
Men's Cross Country Champions**

2007 NSIC Cross Country Championships
October 20, 2007 at Winona, Minnesota

Men's Team Standings

1. MSU Moorhead	38
2. Wayne State	64
3. Northern State	68
4. Univ. of Mary	70
5. Winona State	131
6. Conc.-St. Paul	147

Individual Placings

1. Nate Preston, WSC	25:50
2. Kyle Eckhoff, MSUM	26:00
3. Scott Egeberg, MSUM	26:04
4. Russell Neff, UM	26:14
5. Danny Scott, NSU	26:20
6. Adam Kne, MSUM	26:34
7. Kurt Rettig, UM	26:40
8. Matt Neff, UM	26:42
9. Josh Schmeichel, NSU	26:43
10. York Thomas, WSC	26:49



2007 WOMEN'S CROSS COUNTRY



Wayne State College lost a close team race with MSU Moorhead (50-55) as the Wildcats just missed repeating as Northern Sun Conference women's cross country team champions. The Wildcats still had a successful season, finishing second at the Briar Cliff Invitational on October 6 and at the 2007 Northern Sun Conference Championships in Winona, Minnesota.

The Wildcats had two runners repeat with All-NSIC honors as sophomores Megan Zavorka and Melissa Schmit led WSC at the NSIC Championships by placing second and fourth respectively. Zavorka, a native of Torrington, Wyoming, finished second at the conference meet for the second straight season with a time of 22:48 while Schmit, a graduate of Randolph, Nebraska, captured All-NSIC honors with a fourth place finish in a time of 23:16 after placing third as a freshman in 2006.

Another season highlight for the Wildcats was a second place finish at the Briar Cliff Invitational. WSC trailed only Northwestern College (40-50) to finish second in the 10-team race. Zavorka and Schmit led the Wildcats by placing third and fourth individually.

At the NCAA Division II North Central Regional Championships in Vermillion, South Dakota on November 3, the WSC women finished 11th out of 23 teams with a team score of 330. Zavorka and Schmit were the top two runners for the Wildcats at the regional meet as Zavorka finished 42nd out of 165 runners in a time of 22:57 on the 6,000-meter course with Schmit right behind in 53rd place at 23:12.

The future looks bright for the Wildcat cross country team as the 2007 roster featured six sophomores and five freshmen, meaning all runners will be back again next season with another year of experience.



Megan Zavorka
2007 All-NSIC
2nd place



2007 WSC Women's Cross Country Team



Melissa Schmit
2007 All-NSIC
4th place

2007 NSIC Cross Country Championships
October 20, 2007 at Winona, Minnesota

Men's Team Standings

- | | |
|-----------------------|-----------|
| 1. MSU Moorhead | 50 |
| 2. Wayne State | 55 |
| 3. Winona State | 108 |
| 4. Univ. of Mary | 109 |
| 5. Conc.-St. Paul | 115 |
| 6. Northern State | 123 |
| 7. Bemidji State | 135 |

Individual Placings

- | | |
|-------------------------------|--------------|
| 1. Anna VanWechel, MSUM | 22:34 |
| 2. Megan Zavorka, WSC | 22:48 |
| 3. Stacy Letourneau, BSU | 23:15 |
| 4. Melissa Schmit, WSC | 23:16 |
| 5. Bethany Easker, WSU | 23:18 |
| 6. Alyson Piccolo, UM | 23:21 |
| 7. Danielle Thompson, MSUM | 23:22 |
| 8. Shae Wallin, CSP | 23:31 |
| 9. Kristen Neumiller, UM | 23:42 |
| 10. Emily Stanzyk, CSP | 23:44 |



WILDCAT COACHING STAFF



HEAD COACH MARLON BRINK



Marlon Brink is in his eighth season as head cross country and track and field coach for both men's and women's programs at Wayne State College. Brink coached the Wildcat men's track and field team to back-to-back indoor and outdoor NSIC Championships, earning NSIC Men's Track and Field Coach of the Year honors for both indoor and outdoor seasons. The WSC women's track and field team took second at the NSIC Indoor Championships and fourth at the outdoor meet in 2007 and for the second straight year had an NCAA All-American as high jumper Tanna Walford captured seventh place in both national meets to earn All-American honors, finishing her career as an NCAA All-American.

Under his tenure, Wayne State athletes have won 35 (17 indoor and 18 outdoor) individual NSIC Championships for men and 25 more for women (12 indoor, 13 outdoor) in track and field to go with 11 All-Conference male cross country performers and six women All-Conference runners. Brink has also coached two NCAA All-Americans (Katie Wilson -2006 indoor season - shot put and Tanna Walford - 2007 outdoor - high jump).

In the past five years, Brink has been instrumental in helping Wayne State host several regional and conference championships in track and field and cross country. WSC hosted the NCAA Division II North Central Regional Cross Country Championships in 2003 and 2006, the 2004 NSIC Indoor Track and Field Championships, the 2004 NSIC Cross Country Championships and the 2006 NSIC Outdoor Track and Field Championships. **Wayne State College will also host the 2008 Northern Sun Conference Outdoor Track and Field Championships on May 9-10 at Cunningham Field in Wayne.**

Brink was named the NSIC Indoor Men's Track Coach of the Year after leading the Wildcats to a second place finish. He also collected NSIC Indoor and Outdoor Men's Track and Field Coach of the Year honors in 2006 and 2007 after leading the Wildcats to conference titles in each season. Brink was also named the NSIC Men's Cross Country Coach of the Year in 2005 and the Women's NSIC Cross Country Coach of the Year in 2006.

Before WSC, Brink coached at Mount Marty College in Yankton, South Dakota, for six years and was the head coach for five years. He 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.

A native of Atkinson, Neb., Brink graduated from Midland Lutheran College in 1991. He received his master's degree in health and physical education from the University of South Dakota in 1999.

Brink was a four-year letterwinner in cross country and indoor and outdoor track. While at Midland Lutheran, he was an NAIA national qualifier in cross country during the 1990 season. He was named an NAIA Scholar Athlete All-American for cross country (1990) and track and field (1990 & 1991). He qualified for the NAIA track and field nationals in the marathon during both the 1990 and 1991 seasons.

Brink served as assistant track and field coach at South Dakota State from 1992-1994. In 1995, he was named head coach at Mount Marty College in Yankton, S.D. At Mount Marty, Brink coached nine NAIA All-Americans and 16 Scholar Athlete All-Americans.

Marlon and his wife Jeanne are the parents of a daughter Courtney (3) and son Andrew (1) and they reside in Wayne.

WAYNE STATE COLLEGE ASSISTANT COACHES



Josh Whisman
Graduate Assistant Coach

Josh Whisman enters his second season as a graduate assistant coach with the Wayne State College track and field teams, working primarily in the field events with throwers. Josh is a graduate of the University of Tennessee, where he was a three year

letterwinner (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 bachelor's degree in sports management.



Aaron Keiser
Graduate Assistant Coach

Aaron Keiser is in his third season as graduate assistant coach for the track and field program at Wayne State College. He was an assistant coach at Texas A&M Kingsville before coming to WSC. Keiser will coach the sprints, jumps, hurdles, pole vault, javelin and multi-event athletes.

Keiser was a standout track athlete at Simpson College in Iowa, where he received his bachelor's degree in physical education. He was an All-Conference Decathlete in 2004 and placed ninth in the decathlon at the Drake Relays in 2004. Keiser also qualified for the NCAA Division III Nationals in the decathlon in 2004 and was a two-time captain and a three-year letterwinner in track and field at Simpson.

Keiser is a native of Winfield, Iowa, and is working on his master's degree in exercise science at WSC. He resides in Wayne.



2008 WILDCAT ROSTERS



WOMEN'S ROSTER

<u>Name</u>	<u>Year</u>	<u>Event</u>	<u>Hometown (Last School)</u>
Casey Buskirk	Freshman	Throws	Springfield, Neb. (Platteview HS)
Meghan Costello	Sophomore	Middle Distance	Grand Island, Neb. (Northwest HS)
Kristy Doffin	Freshman	Middle Distance	Hoskins, Neb. (Winside HS)
Molly Gibson	Sophomore	Middle Distance	Grand Island, Neb. (Northwest HS)
Kylie Herian	Sophomore	Hurdles/Sprints	Pierce, Neb. (Pierce HS)
Meghan Jacob	Freshman	Distance	Fremont, Neb. (Fremont HS)
Lacey Jensen	Senior	Throws	Central City, Neb. (Central City HS)
Christina King	Sophomore	Sprints	Omaha, Neb. (Millard West HS)
Megan Knudson	Sophomore	Middle Distance/High Jump	Norfolk, Neb. (Norfolk Catholic HS)
Jadrienne Lippman	Junior	Hurdles/High Jump/Multis	Pierce, Neb. (Pierce HS)
Jenna McCoy	Freshman	Distance	Lincoln, Neb. (Pius X HS)
Melissa McIntosh	Freshman	Middle Distance	Ainsworth, Neb. (Ainsworth HS)
Paige Pollard	Freshman	Middle Distance/Hurdles	Newcastle, Neb. (Newcastle HS)
Rachel Roebke	Senior	Hurdles/Sprints	Seward, Neb. (Seward HS)
Misty Rystrom	Sophomore	High Jump	Meadow Grove, Neb. (Chadron State)
Melissa Schmit	R-Freshman	Middle Distance	Randolph, Neb. (Randolph HS)
Andrea Steele	Sophomore	Distance	Grand Island, Neb. (Garden City CC)
Danae Stuhr	Freshman	Jumps	York, Neb. (York HS)
Sarah Thomsen	Sophomore	Distance	Wahoo, Neb. (Wahoo HS)
Shay Tullberg	Freshman	Weights/Throws	Wakefield, Neb. (Wakefield HS)
Anna Walker	Freshman	Middle Distance	Beatrice, Neb. (Beatrice HS)
Katie Wilson	Junior	Throws	Glenwood, Iowa (Glenwood HS)
Anna Wolverton	Freshman	Distance	Wisner, Neb. (Wisner-Pilger 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	Freshman	Middle Distance	Omaha, Neb. (Millard West HS)
Andrew Bachman	Sophomore	Middle Distance	Creston, Neb. (Leigh HS)
Nathaniel Bergen	Junior	Middle Distance	Sutton, Neb. (Nebraska Christian HS)
Adam Blaylock	Junior	Hurdles	Norfolk, Neb. (Northeast CC)
Kelly Brink	Senior	Sprints	Lyons, Neb. (Lyons-Decatur HS)
Scott Bruening	Sophomore	Jumps	Norfolk, Neb. (Norfolk HS)
Cheto Cerda	Junior	Distance	Houston, Texas (Robert E. Lee HS)
Jacob Davis	Sophomore	Sprints	Plattsmouth, Neb. (Plattsmouth HS)
Jon Dickey	Sophomore	Sprints	Laurel, Neb. (Laurel-Concord HS)
Jimmie Doherty	Sophomore	Distance	Valley, Neb. (Mead HS)
Garrett Flamig	Junior	Hurdles/Multis	Humphrey, Neb. (Humphrey HS)
Jesse Frizzell	Freshman	Throws	Scribner, Neb. (Scribner-Snyder HS)
Cody Gregory	Senior	Hurdles	Walton, Neb. (Waverly HS)
Benjamin Jansen	Junior	Middle Distance	Omaha, Neb. (Bryan HS)
John Kern	Freshman	Middle Distance	Cedar Bluffs, Neb. (Cedar Bluffs HS)
Jacob Mathieson	Sophomore	Throws	Neligh, Neb. (Neligh-Oakdale HS)
Drew Molacek	Freshman	Sprints	Stanton, Neb. (Stanton HS)
Jeff Pickenpaugh	Sophomore	Pole Vault	Elwood, Neb. (Elwood HS)
Tim Pilakowski	Senior	Jumps/Sprints	Genoa, Neb. (Twin River HS)
Nathaniel Preston	Sophomore	Distance	Omaha, Neb. (Benson HS)
Peter Ray	Junior	Sprints	Spalding, Neb. (Spalding Public HS)
John Sloup	Junior	Throws	Staplehurst, Neb. (Seward HS)
Brett Suckstorf	Junior	Throws	Pierce, Neb. (Pierce HS)
J.J. Washington	Senior	Sprints/Jumps	Pixley, Calif.
Jesse Wassenaar	R-Freshman	Distance	Sheldon, Iowa (Sheldon Community HS)
Andrew Wiedel	Senior	Throws	Hebron, Neb. (Thayer Central HS)

Head Coach: Marlon Brink

Assistant Coaches: Aaron Keiser, Josh Whisman



2008 SEASON OUTLOOK



WOMEN

The 2008 Wayne State College women's indoor track and field team is very talented and will have a chance to be as good or better than they were last year. The Wildcats placed second at the 2007 NSIC Indoor Championships and fourth in the 2007 NSIC Outdoor Championships and will be hoping to equal or top that performance this year, although due to the graduation of several key performers that will be a real challenge. Gone from last year's team include NCAA Indoor and Outdoor All-American Tanna Walford, who placed seventh in the high jump at both national meets

"We have the potential to score more points all around in all the events," said WSC head coach Marlon Brink. "We are still lacking in depth as our numbers are still not that large, but we make up for that with our quality athletes scoring big points with a lot of them placing very high in their events. Several athletes will be contending for a chance to compete in the NCAA Indoor National Meet, including Katie Wilson in the shot put, Lacey Jensen in the weight throw, Rachel Roebke and Kylie Herian in the 55-meter hurdles and Megan Zavorka in the 5,000 meter run."

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

The sprints will be covered by several young sprinters looking to make their mark on the WSC team. Kylie Herian the NSIC Champion in the 55 meter dash (7.31) and 200 meter dash (25.90) returns to defend her titles. Christina King, who competed for the Wildcats last year during the outdoor season, will add great talent in the 200 and 400 meter dashes. Both will be looked upon to score in the sprints for the Wildcats. The Wildcats are the defending champions in the 4 x 400 meter relay and will try to defend their title in that event with Herian, Roebke and Lippman as three of the four returning members of that team.

Hurdles (55 meters)

The hurdles will be a very strong event for the Wildcats. Rachel Roebke, the 2007 NSIC hurdle champ and NSIC record holder (8.18) returns to defend her NSIC title. Sophomore Kylie Herian brings her sprint speed to the hurdles and will compete for a top spot in the NSIC. Both Roebke and Herian qualified for the NCAA Indoor National Meet last year and will look to do so again this year. Jade Lippman, a junior, will also contend for a place in the 55 meter hurdles (8.81).

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

The middle distance squad is young, but will bring a good amount of talent to the team. Multi-event athlete Jade Lippman will contend for a top spot in the 600 meter run. Sophomores Molly Gibson was fourth in the 1000 meter run last year at the NSIC Indoor Championships and will look to move up this year. Sophomores Meghan Costello and Megan Knudson, and freshmen Jenna McCoy and Kristy Doffin will give the Wildcats additional strength in the middle distances.

Distance (Mile and 5000 m)

The distance events will return NSIC Champion Megan Zavorka in the 5000 meter run (18:47.35) and sophomore Sarah Thomsen (6th – 19:40.91). Sophomores Melissa Schmit and Zavorka will be looked to for a strong showing in the mile. Freshmen Melissa McIntosh and Meghan Jacob will make this group a very talented group that will be asked to score several points for the team.

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

The jumping events and multis are an area that the Wildcats lack numbers. Jade Lippman, a junior, was third in the pentathlon last year. She is much improved and will be aiming for an NSIC title and the WSC school record in that event. Transfer Misty Rystrom (Chadron State) and Lippman will compete for team points in the high jump. Both are jumpers that are capable of scoring in the NSIC Championships. Freshman Danae Stuhr has the potential to be a point scorer in the triple jump.

Throws (Shot Put/20 pound weight throw)

Junior All-American Katie Wilson will lead the Wildcats' throwing squad. Wilson was fifth at the 2006 NCAA National Indoor Meet in the shot put with a mark of 47' 0 ¾". Last year, she sat out the season due to a shoulder injury, but is healthy again and throwing better than ever. Senior Lacey Jensen will also be looking to score high in the 20 pound weight throw after placing third (52' 3 ¾") last year. Freshmen Casey Buskirk and Shay Tullberg will make an immediate impact and should contend for a placing at the NSIC Championships.



2008 SEASON OUTLOOK



MEN

The 2008 Wayne State College men's indoor track and field team is the two-time defending NSIC indoor and outdoor champions and will be looking to extend that streak to a three-peat this season. The Wildcats return one national qualifier and five NSIC champions and will rely on that experience to carry the team to another NSIC championship this season.

"This is possibly the most talented team we have had during my eight years at WSC," 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 fourth, fifth and sixth spots. That combination should make us a strong team."

Junior Ben Jansen is the team's returning national qualifier (indoor 800 meter run) and is the two-time defending NSIC champion in the event. Returning NSIC champions Tim Pilakowski (200 meter dash and long jump) and JJ Washington (triple jump) give WSC a strong nucleus to score quality points in every meet. Add newcomer Nate Preston, the NSIC men's individual cross country champion and a NCAA national qualifier in the fall, along with a number of key returners, and the Wildcats appear poised to make a strong run at a third straight NSIC title.

"However, it will be imperative to keep everyone healthy and ready to peak at the NSIC Championships," added Brink. "They are focused on winning a third NSIC Championship and their past success helps motivate them to continue that success. It should be a very exciting season for the men's team."

Brink sees JJ Washington and Tim Pilakowski in the long jump, 60 meter dash and 200 meter dash, Ben Jansen in the 800 meter run and Nate Preston in the mile and 5000 meter runs as Wildcats who have legitimate chances of qualifying for the NCAA Indoor National Meet.

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

Seniors JJ Washington and Tim Pilakowski will be looked upon to lead the team in the short sprints (55m and 200m). Pilakowski is the defending 200 meter NSIC Champion and WSC school record holder and runner-up in the 55 meter dash last year. Pilakowski had provisional national qualifying marks in both events last year and will be seeking a trip to the National Meet in both events. Washington placed sixth in the NSIC 55 meter dash. Both men should be able to be near the top of the conference again in 2008. Senior Kelly Brink was 8th in the 400 meters last year and hopefully will be able to move up in the standings this year. Jake Davis will add quality depth to the event for the team.

Hurdles (55m)

The 55 meter hurdles are led by two-time NSIC runner-up, junior Garrett Flamig. Flamig also 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. Senior Cody Gregory (7th) and newcomer Adam Blaylock will add experience and give the Wildcats additional opportunities to score well at the NSIC meet for the team.

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, however many of them are new this year, so the transition will have to happen quickly. Ben Jansen, a junior, is the two time defending conference champion in the 800 meters indoors and will be aiming to make it three in a row. He was a national qualifier in the event as he just missed qualifying for the finals at the NCAA Indoor Championships. Nathaniel Bergen, 5th in the 1000 meter run, will also be looked on to score again in the middle distance races. The distance medley relay will also return to defend its NSIC title in that event. Several others look to add their talents to the squad including: junior college transfer Cheto Cerda, sophomore Andy Bachman, and freshmen Lee Anderson, John Kern, and Jesse Wassenaar.

Distance (Mile/5000m)

The distance squad will be led by newcomer Nate Preston. Preston was the NSIC Men's Individual Cross Country Champion and also a national qualifier this fall. Preston has the versatility to run either event and should compete for top honors in the conference as well as a shot at the NCAA National Meet. Freshman York Thomas will be expected to compete well in the 5000 meter run. He was the top freshman and an all-conference performer at the NSIC cross country championships this fall. Additional depth will come from junior David Obermeyer and sophomore Jimmie Doherty.

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

Sprint stars Tim Pilakowski and JJ Washington both are returning NSIC champions - Pilakowski in the long jump (23' 1 3/4") and Washington in the triple jump (46' 10 1/4"). Both guys will be looking to defend their championships as well as scoring additional team points in the events. They will also be aiming for a spot at the NCAA National Meet, which they were both within inches of reaching last year. Peter Ray will also be looked at for additional points as he placed in both at the NSIC Outdoor Championships last year. Sophomore Scott Bruening will add additional depth in the triple and long jumps with Jeff Pickinpaugh the top returner in the pole vault.

Throws (Shot Put/35 pound weight Throw)

The throws have a squad of young throwers who have potential to make some significant improvements and contribute to the point scoring. John Sloup, a junior, returns after placing 2nd in the NSIC Championships weight throw (54' 3 1/4"). School record holder Brett Suckstorf (55' 0 3/4") will also aim to score in the 35 pound weight throw and shot put. Sophomore Jake Mathieson will also add depth to the young squad of throwers.



2008 WILDCAT WOMEN'S BIOS



Lacey Jensen
Senior
Throws
Central City, Neb.
(Central City HS)

2007 Outdoor: Set new school record and reached NCAA national provisional qualifying mark in women's hammer throw with mark of 161'4" at the Nebraska Open on 4-29-07...named NSIC Women's Field Athlete of the Week on 4-25-07 after winning hammer throw at Sioux City Relays with top mark of 161'1"...also won hammer throw at Northwestern (4-14-07) and Howard Wood Dakota Relays (5-5-07)...placed fourth at NSIC Championships in hammer throw with best effort of 155'2".

2007 Indoor: Earned All-NSIC honorable mention honors with third-place finish in weight throw at NSIC Championships, throwing season-best mark of 52' 3 3/4"...took first place in two invitationals, winning weight throw at Bill Hillenbrand Invite at South Dakota (1-27-07) and Wildcat Open in Wayne (2-10-07).

2006 Outdoor: Placed fifth in the hammer throw at the NSIC Championships in Wayne with a season-best throw of 147' 2".

2006 Indoor: Competed in the weight throw during the indoor season. Threw a season-best 47' 3" in the weight throw at the Iowa State Open on 1-27-06.

2005 Outdoor: Competed in the discus and hammer throw during the outdoor season. Placed ninth at the NSIC Championships in the hammer throw (131'5"). Threw season-best 136'2" in the hammer throw at the Division II Challenge at Emporia State on 4-14-05. Top throw in the discus was 116'0" at the same event.

2005 Indoor: Participated in the weight throw during the indoor season. Finished sixth at the WSC Wildcat Open on 2-12-05 with season-best throw of 44' 5 1/2". Placed ninth at the NSIC Championships with throw of 44'1".



Rachel Roebke
Senior
Hurdles/Sprints
Seward, Neb.
(Seward HS)

2007 Outdoor: Set new NSIC mark winning the 100 meter hurdles at the NSIC Championships on 5-12-07 in Moorhead, Minnesota with time of 14.28 seconds to qualify for NCAA Division II Nationals in Charlotte, North Carolina...ran time of 14.51 seconds at nationals to finish 14th overall...defended title at Sioux City Relays with win in 100 meter hurdles in time of 14.70 seconds...also ran legs on 4 x 100 meter relay team (4th-place, 49.31) and 4 x 400 meter relay team (5th-place, 4:01.85) at the NSIC Championships...named to the NSIC Spring All-Academic Team.

2007 Indoor: Qualified for the NCAA Division II Indoor Nationals with new school-record time of 8.18 seconds in the 55-meter hurdles to take first place at the NSIC Championships on 2-24-07...finished 16th in 60 meter hurdles at NCAA Division II Nationals in Boston, Mass. with time of 9.01 seconds...also ran leg on 4 x 400 meter relay team that won NSIC title with new school record time of 4:03.62...named NSIC Women's Track Athlete of the Week on 2-7-07 after winning 60 meter hurdles (8.87) at Minnesota State Open in Mankato...selected to NSIC Winter All-Academic Team for second straight season.

2006 Outdoor: Won the 100 meter hurdles (14.74) at the NSIC Championships...also ran legs on two relays, placing sixth in the 4 x 100 meter relay (55.95) and fourth in the 4 x 400 meter relay (4:09.77)...ran season best time of 14.68 in the 100 meter hurdles at the Division II Challenge on 4-15-06 and 1:06.22 in the 400 hurdles at the Sioux City Relays...selected NSIC Women's Track Athlete of the Week on 5-9-06...also selected to the NSIC All-Academic Team.

2006 Indoor: Earned All-NSIC honors with second place finish in the 55-meter hurdles (8.39 seconds) at the NSIC Indoor Championships. Ran leg on fourth place 4 x 400 meter relay team. Rachel set new school record of 9.11 seconds in the 60-meter hurdles at the Division II Challenge on 2-4-06. Named to the NSIC Winter All-Academic Team.

2005 Outdoor: Scored points in four events at the NSIC Championships in Moorhead, Minn., on May 6-7. Earned All-NSIC honors with a second place finish in the 100 meter hurdles (15.49) and took fifth in the 400 meter hurdles with a time of 1:11.30. Also ran legs on the third place 400 meter relay and fourth place 1600 meter relay. Placed second in the 100 meter hurdles at the WSC Twilight Meet (3-29-05) and the Sioux City Relays (4-24-05).

2005 Indoor: Earned All-NSIC honors with second place finish in the 55-meter hurdles (8.61) at the NSIC Championships. Named the NSIC Women's Track Athlete of the Week on 2-21-05 after winning the 55 hurdles (8.61) at the UNK Meet on 2-18-05. Also ran leg on fifth place women's distance medley relay team at the NSIC Championships.





2008 WILDCAT WOMEN'S BIOS



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

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.



Katie Wilson
Junior
Throws
Glenwood, Iowa
(Glenwood HS)

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.





2008 WILDCAT WOMEN'S BIOS



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

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.



Meghan Costello
Sophomore
Middle Distance
Grand Island, Neb.
(Northwest HS)

2007 Outdoor: Ran leg on 4 x 800 meter relay team that placed fourth at NSIC Outdoor Championships in time of 9:36.53...finished 10th in 1,500 meter run at NSIC meet in time of 5:11.12.

2007 Indoor: Just missed placing in the 1,000 meter run at NSIC Indoor Championships, finishing seventh in time of 3:14.06...ran season-best time of 5:44.71 in one mile run to place fourth at South Dakota Open on 2-15-07 and posted season-best time of 2:31.43 in 800 meter run at Wildcat Open in Wayne on 2-10-07.

High School: Attended Grand Island Northwest HS where she lettered in track, volleyball, basketball and cross country. . . Qualified for state three times in track and once in cross country. . . Helped her team win three district championships and a state championship in track. . . Best time in 800 meter run was 2:24.

Personal: Daughter of Chuck and Deb Costello. . . Born on January 6, 1988. . . Major is undecided.





2008 WILDCAT WOMEN'S BIOS



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

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.



Kylie Herian
Sophomore
Hurdles/Sprints
Pierce, Neb.
(Pierce HS)

2007 Outdoor: Finished fourth in 100 meter hurdles at NSIC Championships with time of 14.82 seconds...also ran leg on fourth place 4 x 100 meter relay team (49.31) at NSIC meet...reached NCAA national provisional qualifying mark of 14.43 seconds in 100 meter hurdles at Wildcat Open on 4-16-07...ran season-best times of 12.3 seconds in 100 meter dash and 26.1 seconds in 200 meter dash at Nebraska Open on 4-29-07.

2007 Indoor: Named NSIC Women's Track Athlete of the Year after winning two events and setting two new school records at NSIC Indoor Championships in Bemidji, Minnesota...set new school record in 200 meter dash with first place time of 25.90 seconds...also won 55 meter dash (7.31) and was fourth in 55 meter hurdles (8.36)...also ran leg on 4 x 400 meter relay team that set new school record with first place time of 4:03.62...also set new school records in 60 meter dash (7.99) at Derek Miles Open at South Dakota on 12-7-06 and ran 8.84 seconds in 60 meter hurdles at Iowa State Open on 1-20-07...qualified for NCAA Div. II Indoor Nationals in Boston, Mass. on 3-10-07, finishing 15th in 60-meter hurdles with time of 8.94 seconds.

High School: Attended Pierce HS where she lettered in track, volleyball and basketball. . . Was the All-Class state champion in 100-meter hurdles in 2005 with a time of 14.94. . . Also the Class B state champion in 100-meter hurdles in 2004 and 2005. . . Holds the 200 meter dash record at 26.1. . . Also a standout volleyball player helping her school qualify for the state tournament in 2003.

Personal: Daughter of Jim and Diane Herian. . . Born on June 24, 1988. . . Majoring in Pre-Occupational Therapy.





2008 WILDCAT WOMEN'S BIOS



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

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

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.



Megan Knudson
Sophomore
Middle Distance/High Jump
Norfolk, Neb.
(Norfolk Catholic HS)

2007 Outdoor: Competed in high jump at several meets during the outdoor season, clearing season-best 4' 6 1/4" at Wildcat Open on 4-16-07.

2007 Indoor: Tied for sixth in the high jump at the NSIC Indoor Championships after clearing season-best 4' 11 1/2" ...also finished ninth in 1,000 meter run at NSIC meet in time of 3:14.34...also competed in one mile run at numerous meets, running season-best time of 5:43.44 at Wildcat Open on 2-10-07 to finish third.

High School: Attended Norfolk Catholic HS where she lettered in track, cross country and basketball. . . Qualified for state in the 1600 meter run in 2005. . . Holds the school record in high jump (5'3"), 1600 meter run (5:39) and 4 X 800 meter relay (10:19). . . Earned the award called Gatorade's track "Will to Win" Athlete in 2005.

Personal: Daughter of Julie and Kelly Knudson. . . Born on March 31, 1988. . . Major is undecided.





2008 WILDCAT WOMEN'S BIOS



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



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

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

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

Personal: Daughter of Brent and Ranea Rystrom...Born on May 26, 1988...Major is Psychology.

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 undecided.



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".



2008 WILDCAT WOMEN'S BIOS



Melissa Schmit
Redshirt Freshman
Middle Distance
Randolph, Neb.
(Randolph HS)

2007 Outdoor: Did not compete and redshirted.

2007 Indoor: Competed in two meets in the one mile run, placing fourth at University of Nebraska Holiday Inn Invitational (1-12-07) in a time of 5:38.69 and was 16th at Iowa State Open on 1-20-07 with season-best time of 5:32.91.

High School: Attended Randolph HS where she lettered in track and volleyball. . . State champion in the two mile run in 2006 and received second place and fourth place honors in 4 x 800 relay team and one mile run, respectively. . . Also holds the school records for two mile run (11:56.7), one mile run (5:27) and 4 x 800 relay team (9:57.8).

Personal: Daughter of Paul and Corinne Schmit. . . Born on July 30, 1988. . . Majoring in Education.



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

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 the shot put at 40' 2" and the discus at 123' 9".

Personal: Daughter of Tom and Jody Buskirk... Born on July 17, 1989... Majoring in Criminal Justice.



Kristy Doffin
Freshman
Middle Distance
Hoskins, Neb.
(Winside HS)

High School: Graduate of Winside High School...three year letter winner in track and field and volleyball and two year letter winner in basketball...named co-captain in volleyball and basketball...ran leg on Winside's state championship 4 x 800 meter relay team in 2006 and second place team in 2005.

Personal: Daughter of Tom and Jody Buskirk... Born on July 17, 1989... Majoring in Criminal Justice.



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

High School: Attended Fremont High School where she earned three letters in each track and field and cross country. Jacob earned Academic All-Conference honors as a senior 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.



2008 WILDCAT WOMEN'S BIOS



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

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



Melissa McIntosh
Freshman
Middle Distance
Ainsworth, Neb.
(Ainsworth HS)

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 3200 meter relay team that finished sixth at state in 2004...member of the 3200 meter relay team that set a new school record in 2005.

Personal: Daughter of John and Rebecca McIntosh... Born on January 11, 1989... Major is undecided.



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

High School: Graduate of Newcastle High School who will compete in basketball and track and field at Wayne State College...Pollard helped Newcastle 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 meter run (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.

Photo

Not

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

Before WSC: Transferred to Wayne State for the 2008 indoor and outdoor track seasons...has three years of eligibility in track and field and two years in cross country at Wayne State College...competed two years in cross country and one year in track and field at Garden City Community College in Kansas...helped team 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 a 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.



2008 WILDCAT WOMEN'S BIOS



Danae Stuhr
Freshman
Jumps
York, Neb.
(York HS)

High School: Attended York High School where she participated in volleyball, basketball and track...was co-captain of the volleyball team in 2006 while being named to the All Area Team as well as earning second team All Conference honors...helped lead her volleyball team to a conference championship in 2004...was a second team All Conference selection in basketball in 2006...also selected to the All-Area basketball team in 2006 and 2007...also won the Sertoma Award in 2007 in basketball...in track, was a state qualifier in 2005 and 2006...helped lead her track team to a district championship in 2006...earned Academic All-Conference and Academic All-State honors in 2006...holds the school record at York High School in the triple jump.

Personal: Daughter of Kevin and Deb Stuhr... Born on June 21, 1989... Major is Construction Management.



Shay Tullberg
Freshman
Weights/Throws
Wakefield, Neb.
(Wakefield HS)

High School: Attended Wakefield High School where she participated in volleyball, basketball and track...earned Academic All-State honors in volleyball and basketball in 2006...named All-Conference honorable mention in basketball in 2007...named to the All-Conference track team in 2005 and 2006...holds the high school discus record at Wakefield High School with a throw of 121'7".

Personal: Daughter of Dennis and Melia Tullberg... Born on October 22, 1988... Major is Pre-Physical Therapy.



Anna Walker
Freshman
Distance
Beatrice, Neb.
(Beatrice HS)

Member of the Wayne State College soccer team that joined the Wildcat track and field team during the semester break and will compete in distance runs/events.

High School: Graduate of Beatrice High School...Anna was a four year starter and letter winner in soccer and cross country... selected to the 2006 River Cities All-Conference Team and honorable mention All-State in 2007 as a senior in soccer.

Personal: Daughter of Steven and Pamela Walker... Born on October 3, 1988... Major is undecided.



Anna Wolverton
Freshman
Distance
Wisner, Neb.
(Wisner-Pilger HS)

High School: Attended Wisner-Pilger High School where Wolverton was a two-time state qualifier in cross country and track and field...in cross country, placed 60th as a senior (18:02) and 72nd as a junior (18:29)...selected to the honor roll, earned STRIDE awards and had perfect attendance.

Personal: Daughter of Terry Wolverton and Darla Hintz... Born on June 21, 1988... Major is undecided.



2008 WILDCAT MEN'S BIOS



Kelly Brink
Senior
Sprints
Lyons, Neb.
(Lyons-Decatur HS)

2007 Outdoor: Ran a leg on the fourth place 4 x 400 meter relay team at the NSIC Championships with a time of 3:22.95...placed sixth in the 400 meter dash at the Wildcat Classic (51.80)...ran a season best time of 50.14 in the 400 meter dash at the University of Nebraska Open.

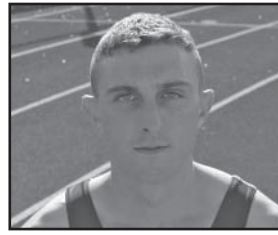
2007 Indoor: Ran a leg on the fourth place 4 x 400 meter relay team (3:27.47) at the NSIC Championships...placed second in the 400 meter dash at the Derek Miles South Dakota Open in a time of 51.29...also ran a leg on the seventh place distance medley relay team at the Iowa State Open.

2006 Outdoor: Placed fifth in the 400 meter dash (50.30) at the NSIC Championships...also ran leg on second place 4 x 400 meter relay team (3:21.47)...ran season-best time of 49.72 in the 400 meter dash at the Sioux City Relays on 4-21-06.

2006 Indoor: Finished third as a member of the 1600 meter relay team (3:27.65) and sixth in the 400 meter dash (51.68) at the NSIC Indoor Championships. Had season-best time of 23.65 in the 200 meter dash at the Prairie Wolf Open on 2-17-06.

2005 Outdoor: Named NSIC Men's Track Athlete of the Week on 4-4-05. Brink ran a personal best time of 50.94 in the 400 meter dash and ran a leg on the 1600 meter relay team that placed second in a season-best time of 3:26.22 on 4-2-05. Qualified for finals at NSIC Championships in the 400 meter dash, placing eighth with time of 52.81. Ran leg on 1600 relay at NSIC meet that took fifth place.

2005 Indoor: Just missed scoring points at the NSIC Indoor Championships, taking seventh in the 600-meter run (1:25.94). During regular season, also competed in 200, 400 and 500 meter dashes. Ran season-best of 24.38 in the 200 meter dash (at USD on 1/29/05).



Cody Gregory
Senior
Hurdles
Walton, Neb.
(Waverly HS)

2007 Outdoor: Placed seventh in the 400 meter intermediate hurdles in a season best time of 56.87 at the NSIC Outdoor Championships in Moorhead, Minnesota...just missed finals of the 110 meter hurdles, taking ninth in prelims with time of 15.44, .06 away from the finals...placed fifth in the 400 meter intermediate hurdles at the Wildcat Classic in a time of 57.82...also placed third in the 400 meter intermediate hurdles at the Howard Wood Relays in a time of 58.5...named to NSIC Spring All-Academic Team for the second year in a row.

2007 Indoor: Just missed scoring in the 55 meter hurdles in a season best time of 8.10 at the NSIC Championships...placed fifth in the 60 meter hurdles in a time of 8.87 at the Bill Hillenbrand Invitational (1-27-07) in Vermillion, SD...also placed seventh in the 60 meter hurdles in a time of 8.64 at the Minnesota State Open (2-3-07)...named to the NSIC Winter All-Academic Team for the second time.

2006 Outdoor: Placed third in the 400 meter hurdles (58.49) and fourth in the 110 meter hurdles (15.48) at the NSIC Championships in Wayne...season-best times were 15.48 in the 110 meter hurdles at the NSIC Championships and 57.10 in the 400 hurdles at the Wildcat Classic on 4-8-06...named winner of the Wildcat Inspiration Award at the WSC Athletic Honors Banquet after overcoming testicular cancer during senior year in high school to compete in college athletics...selected to the NSIC All-Academic Team.

2006 Indoor: Finished fourth in the 55-meter hurdles (8.10 seconds) at the NSIC Indoor Championships. Ran season-bests of 8.07 seconds in the 55-meter hurdles at the Wildcat Open on 2-11-06 and 8.75 seconds in the 60-meter hurdles at the Division II Challenge on 2-4-06. Named to the NSIC Winter All-Academic Team.

2005 Outdoor: Placed sixth in the 110 meter hurdles at the NSIC Championships on May 7 with time of 17.36 seconds. Season-best was 15.50 at Nebraska Wesleyan on 4-29-05. Also placed sixth in the 400 meter hurdles with time of 1:00.13 after running season-best 57.47 in the prelims. During regular season, also threw javelin...season-best was 135'10" at WSC Wildcat Open on 4-9-05.

2005 Indoor: Competed in 55 and 60 meter hurdles during indoor season. Placed sixth in the 55-meter hurdles at the NSIC Indoor Championships with a time of 8.33 seconds. Ran season-best time of 8.88 in 60 meter hurdles at John Dalton Meet at South Dakota on 1-29-05.





2008 WILDCAT MEN'S BIOS



Tim Pilakowski
Senior
Jumps/Sprints
Genoa, Neb.
(Twin River HS)

2007 Outdoor: Had a very busy NSIC Championship meet, placing first in the

long jump 22'9", second in the 100 meter dash (10.83) and the 200 meter dash (22.00), third in the triple jump (44' 9 1/2"), and ran a leg on third place 4x100 meter relay team (42.47)...participated in the Drake Relays, running the 100 meter dash (11.03) and running a leg on the 4 x 400 meter relay team...set new school record of 10.68 seconds in the 100 meter dash at the Wildcat Open on 4-16-07, breaking 42-year-old school record.

2007 Indoor: Finished first in the 200 meter dash in a new school record and provisional national qualifying time of 22.10 at the NSIC Indoor Championships... also took first in the long jump (23' 1 3/4") and second in the 55 meter dash with a provisional national qualifying time (6.40) and third in the triple jump (45' 5") at the NSIC Championships to earn high point scorer award...earned a provisional national qualifying mark in the long jump placing first at the Wildcat Open with a jump of 23' 5 1/2"...named NSIC Men's Track Athlete of the Week on 1-30-07 after winning the 60 meter dash and long jump and placing second in the triple jump at the Bill Hillendenbrand Invitational.

2006 Outdoor: Took first place in the long jump at the NSIC Championships with an NCAA provisional qualifying mark of 23' 4"...placed second in the triple jump (44' 8 1/4") and fifth in the 100 meter dash (10.85) and fifth in the 200 meter dash (22.92)....season best times were 10.85 in the 100 meter dash and 22.18 in the 200 meter dash at the Morningside Open on 4-1-06.....both jump marks at NSIC Championships were season bests.

2006 Indoor: Finished third in the long jump (22' 4 1/2") and triple jump (44' 5 1/4") at the NSIC Indoor Championships to earn All-NSIC honorable mention honors. Also finished fifth in the 55 meter dash (6.65) and 200 meter dash (22.93) at the NSIC Indoor Championships. Had season-best jumps of 22' 9 1/2" in the long jump and 45' 6" in the triple jump at the Wildcat Open on 2-11-06.

2005 Outdoor: Placed in three events at the NSIC Outdoor Championships. Took fifth in the 100 meter dash (11.59), sixth in the long jump (20' 10 1/2") and ran a leg on the fourth place 400 meter relay team (44.33). Also competed in several meets in the triple jump and 200 meter dash. Season-best in the triple jump was 44' 2 1/4".

2005 Indoor: Scored points in two events at the NSIC Indoor Championships, placing fourth in the long jump (21'10 1/4") and was fourth in the triple jump (42' 9 1/4") Season-best mark in triple jump was 43' 5 1/4" at the Derek Miles Open at South Dakota on 1-22-05.



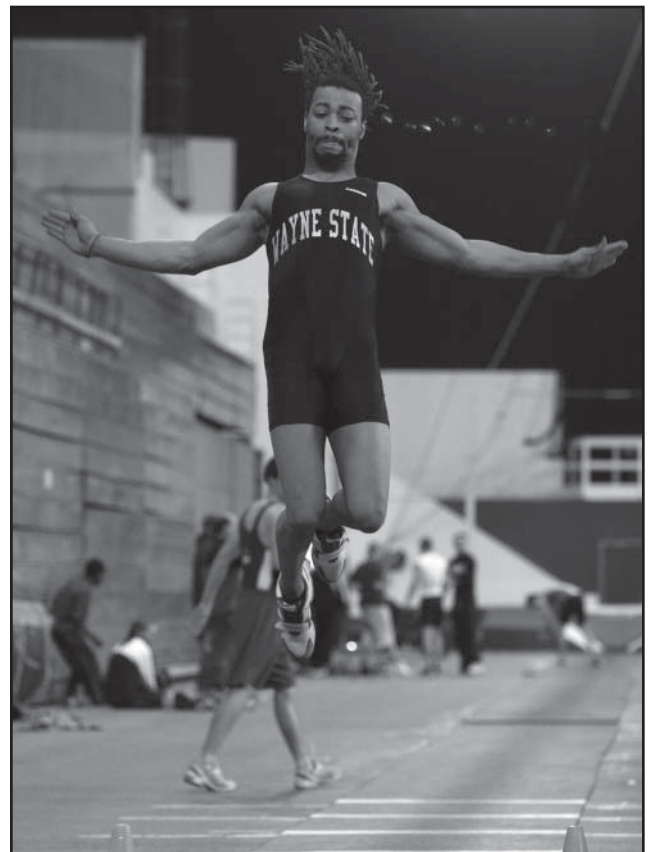
J.J. Washington
Senior
Sprints/Jumps
Pixley, Calif.

2007 Outdoor: Scored points in four events to help Wildcats win second straight NSIC men's outdoor track and field title...placed second in the triple jump (45' 5"), third in the 100 meter dash (10.93 seconds), tie for third in the high jump (5' 11 1/2") and ran leg on 4 x 100 meter relay team that placed third in time of 42.47 seconds.

2007 Indoor: Earned NSIC All-Conference honors with first place finish in triple jump (46' 10 1/4") at NSIC Indoor Championships in Bemidji, Minnesota...the 46' 10 1/4" in triple jump was an NCAA national provisional qualifying mark...also placed fourth in the long jump (22' 9") and sixth in the 55 meter dash (6.63 seconds)...named NSIC Men's Field Athlete of the Week on 1-17-07 after winning unseeded section of triple jump (46' 3 1/4") at the UNL Holiday Inn Invitational with 20 teams participating.

2006 Outdoor: Won the triple jump (45' 9 3/4") and placed second in three other events to help WSC win first-ever NSIC Outdoor Team Championship in Wayne on May 12-13, 2006...finished second in 100 meter dash (10.76), 200 meter dash (22.33) and long jump (23' 0")...also ran leg on third place 4 x 100 meter relay team (43.62).

2006 Indoor: Scored points in two events to help WSC men win first-ever NSIC Indoor Team title in Bemidji, Minnesota on February 24-25, 2006... earned All-NSIC honors with second place finish in long jump (22' 8 1/2") and finished third in the 55-meter dash (6.52 seconds) to earn honorable mention All-NSIC honors.





2008 WILDCAT MEN'S BIOS



Andrew Wiedel
Senior
Throws
Hebron, Neb.
(Thayer Central HS)

2007 Outdoor: Earned All-Conference Honorable Mention honors placing third in the javelin at the NSIC Outdoor Championships in Moorhead, Minnesota with a personal best throw of 168'2"...recorded fifth place finish in javelin at Wildcat Open in Wayne on 4-16-07 with throw of 159' 4".

2006 Outdoor: Placed third in the javelin at the NSIC Championships with a season best mark of 165' 1"...had third place finish in javelin at Wildcat Open in Wayne on 4-8-06 with throw of 128'6"...threw 152'7" at the Sioux City Relays on 4-22-06 for 11th place finish.



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

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.

2005 Outdoor: Sat out season as a redshirt, but competed in several events unattached in the 800 and 1500 meter runs. Season-best time in the 800 meter run was 2:03.16 at the Sioux City Relays on 4-23-05. Ran personal-best time of 4:14.30 in the 1500-meter run at the Nebraska Wesleyan Invite on 4-29-05.

2005 Indoor: Competed unattached in several meets during the indoor season in the 1500-meter run. Ran season-best time of 4:40.27 at the Derek Miles Open at South Dakota on 1-22-05.





2008 WILDCAT MEN'S BIOS



Adam Blaylock
Junior
Hurdles
Norfolk, Neb.
(Northeast CC)

Before Wayne State: Transferred to Wayne State from Northeast Community College in Norfolk and has two seasons of eligibility with the Wildcats.

High School: Graduate of Norfolk High School, Blaylock finished second as a senior in the 300 meter intermediate hurdles at the 2005 Class A State Track and Field Meet with a time of 39.56 seconds...also finished third in the Class A 110 meter high hurdles as a senior in 14.59 seconds...scored 14 of Norfolk's 27 points at 2005 Class A State Track Meet, helping Panthers to a tie for eighth place in the team standings.



Cheto Cerda
Junior
Distance
Houston, Texas
(Garden City CC)

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 secondary education at Wayne State College...born on November 5, 1985.



Garrett Flamig
Junior
Hurdles/ Multis
Humphrey, Neb.
(Humphrey HS)

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 Hildenbrand 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 Flamig.....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.





2008 WILDCAT MEN'S BIOS



Benjamin Jansen
Junior
Middle Distance
Omaha, Neb.
(Bryan HS)

2007 Outdoor: Capped off great sophomore season at the NSIC Championships by placing first in the 800 meter run for the second straight season (1:54.57), fifth in the 400 meter dash (49.79) and ran anchor legs on the conference champion 4 x 800 meter relay team (7:52.42) and on the fourth place 4 x 400 meter relay team (3:22.95)...ran a personal best time of 1:52.13 (new school record) to win the Howard Wood Relays 800 meter run...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 time of 1:53.50.

2007 Indoor: Had a stellar sophomore indoor season, placing first in the 800 meter run (1:55.82) at the NSIC Championships for the second straight season...also placed fifth in the 400 meter dash (51.03) and ran anchor leg on fourth place 4 x 400 meter relay team (3:27.47)...ran personal-best and national provisional qualifying time of 1:52.46 (new school record) at the Prairie Wolf Open to qualify for NCAA Indoor Nationals...ran time of 1:53.60 at NCAA Division II Indoor National Meet to finish in 10th place out of 14 runners, just missed an All-American spot by .55 seconds.

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 (8:02.56) and second place 4 x 400 meter relay (3:21.47) teams...set new school record in 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 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.

2005: Sat out season as a redshirt.

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.



David Obermeyer
Junior
Distance
Omaha, Neb.
(Garden City CC)

Before WSC: Obermeyer is actually returning to Wayne State College...he was a member of the 2003 Wildcat cross country and indoor track and field teams and was called up by the Army to serve in Iraq and attended Garden City Community College in Kansas in 2005 and 2006...then served as an assistant coach at Garden City CC and has returned to Wayne State College to finish his degree and eligibility...Obermeyer is a graduate of Omaha Benson High School where he was a state track meet qualifier as a junior and senior and placed 11th in Class A State Cross Country Meet as a senior in 2001.



Peter Ray
Junior
Sprints
Spalding, Neb.
(Spalding Public HS)

2007 Outdoor: Earned All-NSIC honors with second place finish in long jump (22' 7 3/4") at the NSIC Championships in Moorhead, Minnesota...also placed sixth in triple jump at 43' 4 1/2" and ran leg on third place 4 x 100 meter relay team that ran a time of 42.47...selected to the NSIC Spring All-Academic Team.

2007 Indoor: Just missed finals in the triple jump and long jump at the NSIC Indoor Championships, finishing ninth in the triple jump (42'8") and ninth in the long jump (21'0")...had indoor season-best mark of 21' 9 1/2" in long jump at Wildcat Open in Wayne on 2-10-07 to finish fourth...named to the NSIC Winter All-Academic Team.

2006 Outdoor: Had strong meet at NSIC Championships, placing in four events...took third in the long jump (22' 3 1/2"), sixth in the triple jump (42' 6 3/4"), sixth in the 110 meter hurdles (15.78) and sixth in the 400 meter hurdles (1:02.20)....both hurdle times at NSIC Championships were season bests along with long jump mark....jumped season best 42' 10 3/4" in the triple jump at the Division II Challenge on 4-15-06.

2006 Indoor: Finished third in the 55 meter hurdles with a season-best time of 8.08 at the NSIC Indoor Championships to earn All-NSIC honorable mention honors. Ran a season-best 8.80 in 60 meter hurdles at the John Dalton Open on 2-18-06.





2008 WILDCAT MEN'S BIOS



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

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.



Brett Suckstorf
Junior
Throws
Pierce, Neb.
(Pierce HS)

2007 Outdoor: Competed in four meets as an unattached athlete while redshirting during the outdoor season....threw season-best mark of 163'5" to finish seventh in the hammer throw at Nebraska Open and had top marks of 141'10" in the discus at the Howard Wood Dakota Relays (5-5-07) and the Nebraska Open (4-29-07).

2007 Indoor: Set new school record in weight throw during the indoor season, eclipsing mark three different times...threw season-best 55' 3/4" to take first place at Wildcat Open on 2-10-07...started season with 53' 6 1/2" mark at Derek Miles USD Open to break previous school mark of 48' 3 3/4" set by John Sloup in 2006 season...just missed placing at NSIC Championships, taking seventh with top throw of 47' 6 1/4".

2006 Outdoor: Finished fourth in the discus (143' 2") at the NSIC Championships in Wayne.....threw season best 150' 3" in the discus at the Division II Challenge on 4-15-06.....also participated in the hammer throw throughout the season, had best mark of 128' 5" at the Morningside Open on 3-31-06.

2006 Indoor: Competed in the weight throw during the indoor season. Finished sixth at the NSIC Indoor Championships in the weight throw with a season-best throw of 48' 1 1/4".





2008 WILDCAT MEN'S BIOS



Andrew Bachman
Sophomore
Middle Distance
Creston, Neb.
(Leigh HS)

2007 Outdoor: Ran career-best time of 1:59.73 in 800 meter run to finish 10th at NSIC Championships in Moorhead, Minnesota... previous best time was 2:02.50 at Nebraska Open on 4-29-07.

2007 Indoor: Finished eighth in 800 meter run at NSIC Indoor Championships in season-best time of 2:04.78...posted season-best time of 1:20.77 in 600 meter run at Iowa State Open on 1-20-07.

Personal: Son of Roger and Linda Bachman. . . Born on March 1, 1988. . . Major is undecided.

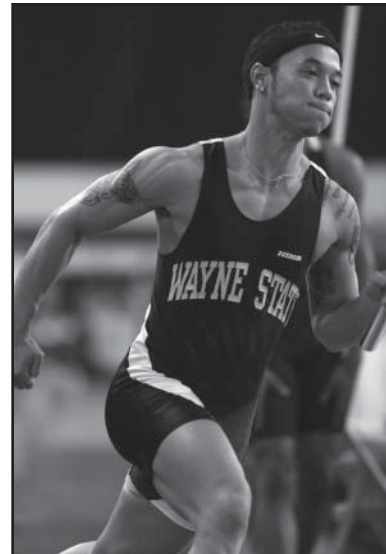


Jacob Davis
Sophomore
Sprints
Plattsmouth, Neb.
(Plattsmouth HS)

2007 Outdoor: Competed in several meets in 400 meter dash... ran season-best time of 51.80 at Wildcat Open on 4-16-07....also ran 52.42 at Sioux City Relays on 4-20-07.

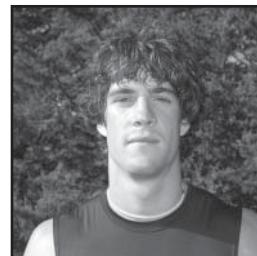
2007 Indoor: Finished fifth at NSIC Indoor Championships in 600 meter run with time of 1:24.27...also ran leg on fourth place 4 x 400 meter relay team (3:27.47) at NSIC meet...had season-best time of 51.72 seconds in 400 meter dash at South Dakota John Dalton Open on 2-15-07.

Personal: Son of John and Jenie Davis. . . Born on May 10, 1986. . . Major is undecided.



Scott Bruening
Sophomore
Jumps
Norfolk, Neb.
(Norfolk HS)

Bio information not available



Jon Dickey
Sophomore
Sprints
Laurel, Neb.
(Laurel-Concord HS)

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.



2008 WILDCAT MEN'S BIOS



Jimmie Doherty
Sophomore

Distance
Valley, Neb.
(Mead HS)

2007 Outdoor: Finished 10th in 10,000 meter run at the NSIC Championships with season-best mark of 35:38.77...also placed 12th in 5,000 meter run at NSIC meet in time of 17:32.69...ran season-best 16:53.17 in 5,000 meter run at Howard Wood Dakota Relays on 5-5-07.

2007 Indoor: Competed in 3,000 and 5,000 meter run during indoor season...ran season-best 9:58.31 in 3,000 meter run at South Dakota John Dalton Open on 2-15-07 and 17:55.86 in 5,000 meter run at Minnesota State Open on 2-3-07.

Personal: Son of Len and Denise Doherty. . . Born on October 1, 1987. . . Major is undecided.



Jacob Mathieson
Sophomore

Throws
Neligh, Neb.
(Neligh-Oakdale HS)

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.



Jeff Pickinpaugh
Sophomore

Pole Vault
Elwood, Neb.
(Elwood HS)

2007 Indoor: Competed in the pole vault at several meets...cleared 12' 6" at two meets, finishing in a tie for ninth at the Wildcat Open in Wayne on 2-10-07 and placed 11th at the Bill Hillenbrand Open at South Dakota on 1-27-07.



Nate Preston
Sophomore
Distance
Omaha, Neb.
(Garden City CC)

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 WILDCAT MEN'S BIOS



Jesse Wassenaar
Redshirt Freshman
Distance
Sheldon, Iowa
(Sheldon Community HS)

2007: Competed in several meets during indoor/outdoor season as unattached while redshirting...ran season-best 2:12.87 in 800 meter run at John Dalton South Dakota Open on 2-15-07...ran 5:04.80 in one mile run at Derek Miles South Dakota Open on 12-7-06.

Personal: Son of Wade and Kristi Wassenaar. . . Born on November 15, 1987. . . Major is undecided.



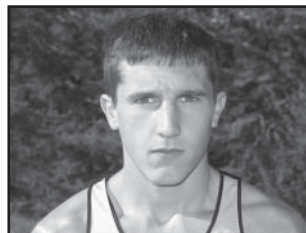
Lee Anderson
Freshman
Distance
Omaha, Neb.
(Millard West HS)

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 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.



Jesse Frizzell
Freshman
Throws
Scribner, Neb.
(Scribner HS)

High School: A graduate of Scribner-Snyder High School, Frizzell was a three-time medal winner in the discus...won the 2007 Class D State Title as a senior with a top throw of 167' 7", placed second as a junior in 2006 at 153'4" and was fifth as a sophomore in 2005 with a top mark of 142' 6".



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

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).



Drew Molacek
Freshman
Sprints
Stanton, Neb.
(Stanton HS)

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



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

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.



2008 NCAA QUALIFYING MARKS



2008 Division II Men's Indoor Track and Field Championships Qualifying Standards (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.32@	-	6.40@	-
60 Meters	6.80@	-	6.88@	-
55-Meter Hurdles	7.52@	-	7.71@	-
60-Meter Hurdles	8.05@	-	8.24@	-
200 Meters				
(Under 200m/220 yds)*	22.05	-	22.40	-
(200m/220 yds-Flat)*	21.85	-	22.20	-
(200m/220 yds-Banked)*	21.55	-	21.90	-
(Over 200m/220 yds)*	21.45	-	21.80	-
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)*	4:11.30	4:11.0	4:15.30	4:15.0
(200m/220 yds-Flat)*	4:10.80	4:10.5	4:14.80	4:14.5
(200m/220 yds-Banked)*	4:10.00	4:09.7	4:14.00	4:13.7
(Over 200m/220 yds)*	4:09.60	4:09.3	4:13.60	4:13.3
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)*	9:56.50	9:56.2	10:15.50	10:15.2
(200m/220 yds-Flat)*	9:55.40	9:55.1	10:14.40	10:14.1
(200m/220 yds-Banked)*	9:53.00	9:52.7	10:12.00	10:11.7
(Over 200m/220 yds)*	9:52.10	9:51.8	10:11.10	10:10.8
Imperial Distance Medley Relay				
(Under 200m/220 yds)*	10:00.00	9:59.7	10:19.00	10:18.7
(200m/220 yds-Flat)*	9:58.90	9:58.6	10:17.90	10:17.6
(200m/220 yds-Banked)*	9:56.50	9:56.2	10:15.50	10:15.2
(Over 200m/220 yds)*	9:55.60	9:55.3	10:14.60	10:14.3

METRIC IMPERIAL METRIC IMPERIAL

High Jump	2.12	6'11-1/2"	2.05	6'8-3/4"
Pole Vault	5.03	16'6"	4.71	15'5-1/2"
Long Jump	7.30	23'11-1/2"	7.08	23'2-3/4"
Triple Jump	15.20	49'10-1/2"	14.30	46'11"
Shot Put	17.40	57'1"	15.85	52'
35-Pound Weight	19.00	62'4"	17.20	56'5-1/4"

*—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.

2008 Division II Men's Outdoor Track and Field Championships Qualifying Standards (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	10.35	—	10.65	—
200 Meters	21.00	—	21.48	—
400 Meters	46.80	46.4	48.00	47.6
800 Meters	1:50.00	1:49.7	1:52.60	1:52.3
1,500 Meters#	3:49.00	3:48.7	3:53.50	3:53.2
Mile # \$	4:07.32	4:07.0	4:12.18	4:11.8
3,000-Meter Steeplechase#	9:07.00	9:06.7	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	31:05.00	31:04.7
110-Meter Hurdles	14.15	—	14.65	—
400-Meter Hurdles	51.65	51.2	53.40	53.0
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	3:10.00	3:09.7	3:14.40	3:14.1
Mile Relay	3:11.20	3:10.9	3:15.60	3:15.3

METRIC IMPERIAL METRIC IMPERIAL

High Jump	2.16	7'1"	2.05	6'8-3/4"
Pole Vault	5.02	16'5-1/2"	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	52.00	170'7"	48.76	159'11"
Javelin	64.00	209'11"	59.44	195'
Hammer	58.50	191'11"	53.00	173'10"
Decathlon	6,920 points		6,300 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.)



Ben Jansen became Wayne State's first indoor national qualifier since Eric Havranek in 2003 when he placed 10th in the 800 meter run at the 2007 NCAA Division II Indoor Nationals



2008 NCAA QUALIFYING MARKS



2008 Division II Women's Indoor Track and Field Championships Qualifying Standards (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	7.02@	-	7.23@	-
60 Meters	7.55@	-	7.76@	-
55-Meter Hurdles	8.08@	-	8.40@	-
60-Meter Hurdles	8.65@	-	8.97@	-
200 Meters				
(Under 200m/220 yds)*	25.05	-	25.70	-
(200m/220 yds-Flat)*	24.85	-	25.50	-
(200m/220 yds-Banked)*	24.55	-	25.20	-
(Over 200m/220 yds)*	24.45	-	25.10	-
400 Meters				
(Under 200m/220 yds)*	56.50	56.1	58.10	57.7
(200m/220 yds-Flat)*	56.20	55.8	57.80	57.4
(200m/220 yds-Banked)*	55.90	55.5	57.50	57.1
(Over 200m/220 yds)*	55.80	55.4	57.40	57.0
800 Meters#				
(Under 200m/220 yds)*	2:13.90	2:13.6	2:18.60	2:18.3
(200m/220 yds-Flat)*	2:13.60	2:13.3	2:18.30	2:18.0
(200m/220 yds-Banked)*	2:13.30	2:13.0	2:18.00	2:17.7
(Over 200m/220 yds)*	2:13.20	2:12.9	2:17.90	2:17.6
Mile#				
(Under 200m/220 yds)*	4:58.60	4:58.3	5:07.10	5:06.8
(200m/220 yds-Flat)*	4:58.10	4:57.8	5:06.60	5:06.3
(200m/220 yds-Banked)*	4:57.50	4:57.2	5:06.00	5:05.7
(Over 200m/220 yds)*	4:57.10	4:56.8	5:05.60	5:05.3
5,000 Meters#				
(Under 200m/220 yds)*	17:09.30	17:09.0	17:54.30	17:54.0
(200m/220 yds-Flat)*	17:06.80	17:06.5	17:51.80	17:51.5
(200m/220 yds-Banked)*	17:05.00	17:04.7	17:50.00	17:49.7
(Over 200m/220 yds)*	17:04.30	17:04.0	17:49.30	17:49.0
1,600-Meter Relay				
(Under 200m/220 yds)*	3:48.30	3:48.0	3:59.30	3:59.0
(200m/220 yds-Flat)*	3:46.80	3:46.5	3:57.80	3:57.5
(200m/220 yds-Banked)*	3:45.60	3:45.3	3:56.60	3:56.3
(Over 200m/220 yds)*	3:45.20	3:44.9	3:56.20	3:55.9
Mile Relay				
(Under 200m/220 yds)*	3:49.50	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)*	11:56.70	11:56.4	12:29.70	12:29.4
(200m/220 yds-Flat)*	11:55.20	11:54.9	12:28.20	12:27.9
(200m/220 yds-Banked)*	11:53.50	11:53.2	12:26.50	12:26.2
(Over 200m/220 yds)*	11:52.60	11:52.3	12:25.60	12:25.3

	METRIC	IMPERIAL	METRIC	IMPERIAL
High Jump	1.74	5'8-1/2"	1.67	5'5-3/4"
Pole Vault	3.80	12'5-1/2"	3.50	11'5-3/4"
Long Jump	5.80	19'-1/2"	5.50	18'-1/2"
Triple Jump	12.20	40'-1/2"	11.50	37'8-3/4"
Shot Put	14.30	46'11"	13.25	43'5-3/4"
35-Pound Weight	17.45	57'3"	15.85	52'

*—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.

2008 Division II Women's Outdoor Track and Field Championships Qualifying Standards (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	11.65	—	12.10	—
200 Meters	23.95	—	24.80	—
400 Meters	55.00	54.6	56.80	56.4
800 Meters	2:10.50	2:10.2	2:15.00	2:14.7
1,500 Meters#	4:31.00	4:30.7	4:42.00	4:41.7
Mile # \$	4:52.70	4:52.4	5:04.56	5:04.2
3,000 Meters #	9:40.00	9:39.7	10:15.00	10:14.7
3,000-Meter Steeplechase#	11:00.00	10:59.7	11:27.00	11:26.7
5,000 Meters#	17:11.00	17:10.7	17:45.00	17:44.7
10,000 Meters#	35:50.00	35:49.7	37:30.00	37:29.7
110-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	47.60	47.2
440-Yard Relay	46.20	45.8	47.80	47.4
1,600-Meter Relay	3:42.00	3:41.7	3:52.00	3:51.7
Mile Relay	3:43.20	3:42.9	3:53.20	3:52.9

	METRIC	IMPERIAL	METRIC	IMPERIAL
High Jump	1.75	5'8-3/4"	1.68	5'6"
Pole Vault	3.91	12'10"	3.60	11'9-3/4"
Long Jump	5.90	19'4-1/4"	5.60	18'4-1/2"
Triple Jump	12.25	40'2-1/4"	11.60	38'3"
Shot Put	14.90	48'10-3/4"	13.30	43'7-3/4"
Discus	47.60	156'2"	43.00	141'1"
Javelin	44.55	146'2"	41.00	134'6"
Hammer	54.00	177'2"	49.00	160'9"
Decathlon	4,880 points		4,440 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.)



Rachel Roebke qualified for both NCAA National Championships in 2007, competing in the 60-meter hurdles during the Indoor Nationals in March and the 100 meter high hurdles at the Outdoor Nationals in May.



2007 NSIC WOMEN'S RESULTS



NSIC INDOOR TRACK AND FIELD CHAMPIONSHIPS

Feb. 23-24, 2007
Bemidji, Minn.

WOMEN'S TEAM SCORES: 1. University of Mary 166.5, 2. Wayne State 108.5, 3. Winona State 106, 4. MSU Moorhead 77, 5. Bemidji State 50, 6. Concordia U.-St. Paul 28, 7. Northern State 22.

NSIC Track Athlete of the Year: **Kylie Herian, WSC**
NSIC Field Athlete of the Year: Jennifer Hensel, MSUM
NSIC Newcomer of the Year: Cassie Blaser, 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. **Kylie Herian, WSC, 7.31**; 2. MarshaGaye Knight, UM, 7.34; 3. Kacie Sweep, UM, 7.35

200 METER DASH: 1. **Kylie Herian, WSC, 25.90**; 2. Jessica Devine, WSU, 26.02
3. Mishay Weber, UM, 26.02

400 METER DASH: 1. Cassie Blazer, UM, 57.02; 2. Nicole Friend, BSU, 1:00.05;
3. Paige Paulson, NSU, 1:00.36

600 METER RUN: 1. Shelby Hougen, BSU, 1:37.61; 2. Jennifer Bradford, WSU,
1:38.06; 3. Michelle Huxtable, UM, 1:38.16; 5. **Jade Lippman, WSC, 1:42.72**

800 METER RUN: 1. Ashley Roemer, MSUM, 2:17.49; 2. **Erin Oswald, WSC, 2:19.92**; 3. Hannah Moen, UM, 2:21.55

1000 METER RUN: 1. Cassie Blazer, UM, 3:07.72; 2. Jenny Baus, NSU, 3:08.41; 3.
Rayna Berndt, MSUM, 3:08.61; 4. **Molly Gibson, WSC, 3:12.00**

1 MILE RUN: 1. Hannah Moen, UM, 5:15.62; 2. **Megan Zavorka, WSC, 5:15.86**;
3. Rayna Berndt, MSUM, 5:19.32

5000 METER RUN: 1. **Megan Zavorka, WSC, 18:47.35**; 2. Shae Wallin, CSP,
19:13.76; 3. Karolyn Kohl, UM, 19:31.48; 6. **Sarah Thomsen, WSC, 19:40.91**

55 METER HURDLES: 1. **Rachel Roebke, WSC, 8.18**; 2. Jessica Devine, WSU,
8.31; 3. MarshaGaye Knight, UM, 8.33; 4. **Kylie Herian, WSC, 8.36**

4X400 METER RELAY: 1. **Wayne State 4:03.62; (Rachel Roebke, Kylie Herian, Jade Lippman, Erin Oswald)** 2. Winona State 4:03.72; 3. University of Mary 4:04.14

DISTANCE MEDLEY: 1. Minnesota State Moorhead 12:34.64; 2. **Wayne State 12:36.74; (Molly Gibson, Jade Lippman, Erin Oswald, Megan Zavorka)** 3. University of Mary 12:37.11

LONG JUMP: 1. Kayla Campbell, UM, 18'10 1/2" (5.75 m); 2. Destinee Keller, UM,
18' 4 1/2" (5.60 m); 3. Katie Johnson, CSP, 18' 1/2" (5.50m)

TRIPLE JUMP: 1. Destinee Keller, UM, 39' 1" (11.91 m); 2. Ashley Grammens, UM,
38' 3/4" (11.60 m); 3. Kayla Campbell, UM, 38' 0" (11.58 m)

HIGH JUMP: 1. **Tanna Walford, WSC, 5' 7 1/4" (1.71 m)**; 2. Ashley Roemer, MSUM, 5' 5 1/4" (1.66 m); 3. Lauren Tognetti, UM, 5' 3 1/4" (1.61 m); 6. **Megan Knudson, WSC, 4' 11 1/2" (1.51 m)**

POLE VAULT: 1. Jennifer Hensel, MSUM, (4.02 m) 13' 2 1/4"; 2. Bria Magnuson, WSU, (3.82 m) 12' 6 1/4"; 3. Brooke Wiedrich, MSUM, (3.67 m) 12' 0 1/2"

SHOT PUT: 1. Sheena Devine, BSU, 46' 11 1/2" (14.31 m); 2. Nicole Lonning, WSU, 42' 3 1/4" (12.88 m); 3. Lindsey Bergeson, BSU, 42' 2 1/4" (12.86 m)

20 POUND WEIGHT THROW: 1. Emily King, WSU, 58' 0 1/2" (17.69 m); 2. Sheena Devine, BSU, 53' 1 1/2" (16.19 m); 3. **Lacey Jensen, WSC, 52' 3 3/4" (15.94 m)**

PENTATHLON: 1. Ashley Roemer, MSUM, 3162 points; 2. Jessica Devine, WSU, 3024 points; 3. **Jade Lippman, WSC, 2950 points**

NSIC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

May 11-12, 2007
Moorhead, Minn.

WOMEN'S TEAM SCORES: 1. University of Mary 210; 2. MSU Moorhead 163; 3. Winona State 115; 4. **Wayne State 93**; 5. Bemidji State 55; 6. Northern State 30; 7. Concordia University-St. Paul 16

NSIC Track Athletes of the Year: Cassie Blazer, UM
NSIC Field Athlete of the Year: Jennifer Hensel, MSUM
NSIC Newcomer of the Year: **Megan Zavorka, WSC**
NSIC Coach of the Year: Mike Thorson, UM

(TOP 3 FINISHERS AND WAYNE STATE ATHLETES WHO SCORED)

100 METER DASH: 1. Kacie Sweep, UM, 12.21; 2. Jennifer Hensel, MSUM, 12.34; 3. Mishay Weber, UM, 12.41

200 METER DASH: 1. Mishay Weber, UM, 25.68; 2. Jennifer Hensel, MSUM, 26.08; 3. Marsha-Gaye Knight, UM, 26.22

400 METER DASH: 1. Cassie Blazer, UM, 56.33; 2. Jen Bradford, WSU, 58.17; 3. Sara Julsrud, MSUM, 58.40

800 METER RUN: 1. Hannah Moen, UM, 2:12.90; 2. Ashley Roemer, MSUM, 2:15.22; 3. Theresa Pawelko, WSU, 2:19.08; 4. **Erin Oswald, WSC, 2:20.44**

1500 METER RUN: 1. Hannah Moen, UM, 4:46.25; 2. Rayna Berndt, MSUM, 4:57.18; 3. Amanda Wickersham, MSUM, 4:57.35; 4. **Molly Gibson, WSC, 5:00.39**; 6. **Ashley Smith, WSC, 5:02.31**

3000 METER STEEPLECHASE: 1. **Megan Zavorka, WSC, 11:40.51**; 2. Ivy Roe, UM, 11:50.21; 3. Allie Glasbrenner, WSU, 12:15.90; 5. **Sarah Thomsen, WSC, 12:30.69**

5000 METER RUN: 1. Rayna Berndt, MSUM, 18:51.82; 2. **Megan Zavorka, WSC, 19:16.79**; 3. Shae Wallin, CSP, 19:29.84

10,000 METER RUN: 1. **Megan Zavorka, WSC, 40:08.99**; 2. Kari Bloch, MSUM, 40:37.53; 3. Michelle Hanson, MSUM, 41:41.56; 4. **Sarah Thomsen, WSC, 42:27.63**

100 METER HURDLES: 1. **Rachel Roebke, WSC, 14.28**; 2. Jess Devine, WSU, 14.45; 3. Marsha-Gaye Knight, UM, 14.56; 4. **Kylie Herian, 14.82**

400 METER HURDLES: 1. Cassie Blazer, UM, 1:00.96; 2. Shelby Hougen, BSU, 1:02.28; 3. **Jade Lippman, WSC, 1:03.02**;

4X100 METER RELAY: 1. University of Mary 47.48; 2. Winona State 48.45; 4. **Wayne State (Jade Lippman, Kylie Herian, Christina King, Rachel Roebke) 49.31**

4X400 METER RELAY: 1. University of Mary 3:50.18; 2. Winona State 3:55.56; 5. **Wayne State (Kylie Herian, Christina King, Erin Oswald, Jade Lippman) 4:01.85**

4X800 METER RELAY: 1. MSU Moorhead 9:26.68; 2. Bemidji State University 9:28.34; 4. **Wayne State (Molly Gibson, Meghan Costello, Ashley Smith, Erin Oswald) 9:36.53**

LONG JUMP: 1. Destinee Keller, UM, 18' 8 1/2" (5.70 m); 2. Kayla Campbell, UM, 18' 7 3/4" (5.68 m); 3. Jessica Trautwein, MSUM, 17' 11 3/4"

TRIPLE JUMP: 1. Ashley Grammens, UM, 38"; 2. Kayla Campbell, UM, 37' 10" (11.53 m); 3. Jessica Trautwein, MSUM, 37' 10" (11.53 m)

HIGH JUMP: 1. Ashley Roemer, MSUM, 5' 5 3/4" (1.67 m); 2. **Tanna Walford, WSC, 5' 5 3/4" (1.67 m)**; 3. Ashley Grammens, UM, 5' 5 3/4" (1.67 m)

POLE VAULT: 1. Jennifer Hensel, MSUM, 12' 9 1/2" (3.90 m); 2. Brooke Wiedrich, MSUM, 11' 9 3/4" (3.60 m); 3. Bria Magnuson, WSU, 11' 9 3/4" (3.60 m)

SHOT PUT: 1. Sheena Devine, BSU, 49' 2 1/4" (14.99 m); 2. Nicole Lonning, WSU, 42' 8" (13.00 m); 3. Chelsey Brown, WSU, 40' 11 3/4" (12.49 m)

DISCUS: 1. Amanda Madden, NSU, 143' 8" (43.79 m); 2. Allison Swenson, MSUM, 137' 6" (41.90 m); 3. Melissa Ramirez, UM, 135' 2" (41.19 m)

HAMMER THROW: 1. Emily King, WSU, 174' 1" (53.07 m); 2. Nicole Lonning, WSU, 168' 1" (51.24 m); 3. Kaycee Moore, WSU, 155' 5" (47.37 m); 4. **Lacey Jensen, WSC, 155' 2" (47.30 m)**

JAVELIN: 1. Amanda Kraehler, UM, 130' 1" (39.66 m); 2. Miranda Boepple, NSU, 126' 9" (38.64 m); 3. Nicole Friend, BSU, 125' 8" (38.30 m)

HEPTATHLON: 1. Nicole Friend, BSU, 4338 points; 2. Jessica Trauwein, MSUM, 4296 points; 3. **Jade Lippman, WSC, 4236 points**



2007 NSIC MEN'S RESULTS



NSIC INDOOR TRACK AND FIELD CHAMPIONSHIPS

Feb. 23 - 24, 2007

Bemidji, Minn.

MEN'S TEAM SCORES: 1. Wayne State 147, 2. Northern State 110, 3. Concordia University-St. Paul 106, 4. Bemidji State 88, 5. MSU Moorhead 55, 6. University of Mary 51.

NSIC Track Athlete of the Year: Jake Hamik, NSU
NSIC Field Athlete of the Year: Joe Remitz, BSU
NSIC Newcomer of the Year: Kawaskii Bacon, CSP and Zac Preble, BSU
NSIC Coach of the Year: Marlon Brink, WSC

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. Adrian Perryman, CSP, 6.38; 2. Tim Pilakowski, WSC, 6.40; 3. Kawaskii Bacon, CSP, 6.45; 6. JJ Washington, WSC, 6.63

200 METER DASH: 1. Tim Pilakowski, WSC, 22.10; 2. Kawaskii Bacon, CSP, 22.26; 3. Adrian Perryman, CSP, 22.50

400 METER DASH: 1. Jake Hamik, NSU, 49.39; 2. Ryan Conrad, NSU, 49.78; 3. Tim Leier, UM, 50.73; 5. Ben Jansen, WSC, 51.03

600 METER RUN: 1. Kyle Warren, CSP, 1:21.86; 2. Todd Zeidler, BSU, 1:22.43; 3. Ryan Williams, WSC, 1:22.70; 5. Jake Davis, WSC, 1:24.27

800 METER RUN: 1. Ben Jansen, WSC, 1:55.82; 2. Matt Eicheldinger, CSP, 1:57.97; 3. Nate McIntire, WSC, 1:59.01

1000 METER RUN: 1. Matt Walberg, NSU, 2:35.34; 2. Todd Zeidler, BSU, 2:36.86; 3. Matt Schneider, WSC, 2:36.96; 5. Nathaniel Bergen, WSC, 2:38.42

1 MILE RUN: 1. Matt Schneider, WSC, 4:21.10; 2. Kurt Rettig, UM, 4:21.98; 3. Dane Moreland, MSUM, 4:23.35

5000 METER RUN: 1. Jeremy VanVeen, NSU, 15:19.64; 2. Scott Egeberg, MSUM; 3. Ben Crabtree, WSC, 15:35.26

55 METER HIGH HURDLES: 1. Jake Hamik, NSU, 7.60; 2. Garrett Flamig, WSC, 7.64; 3. Bill Cameron, NSU, 7.78

4X400 METER RELAY: 1. Concordia-St. Paul 3:22.11; 2. Northern State 3:23.22; 3. University of Mary 3:24.84; 4. Wayne State 3:27.47 (Kelly Brink, Jacob Davis, Ryan Williams, Ben Jansen)

DISTANCE MEDLEY: 1. Wayne State 10:24.88; (Ryan Williams, Matt Walsh, Nate McIntire, Matt Schneider) 2. Minnesota State Moorhead 10:31.24

LONG JUMP: 1. Tim Pilakowski, WSC, 23' 1 3/4" (7.05 m) 2. John Pimental, CSP, 22' 11 3/4" (7.00 m); 3. Tre Sayles, CSP, 22' 9 1/4" (6.94 m); 4. JJ Washington, WSC, 22' 9" (6.93 m)

TRIPLE JUMP: 1. JJ Washington, WSC, 46' 10 1/4" (14.28 m); 2. Tre Sayles, CSP, 45' 9" (13.94 m); 3. Tim Pilakowski, WSC, 45' 5" (13.84 m)

HIGH JUMP: 1. Sam Haase, WSC, 6' 8 1/4" (2.04 m); 2. Tre Sayles, CSP, 6' 4 3/4" (1.95 m); 3. Jon Clemons, BSU, 6' 4 3/4" (1.95 m)

POLE VAULT: 1. Derik Brugger, MSUM, 16' 1 1/4" (4.91 m); 2. Matt Doggett, WSC, 16' 1 1/4" (4.91 m); 3. Wade Royer, NSU, 14' 9" (4.50 m)

SHOT PUT: 1. Josh Obrigewitch, UM, 57' 3" (17.45 m); 2. Joe Remitz, BSU, 57' 0 1/4" (17.38 m); 3. Justin Cox, BSU, 51' 11 3/4" (15.84 m)

WEIGHT THROW: 1. Joe Remitz, BSU, 59' 9" (18.21 m); 2. John Sloup, WSC, 54' 3 1/4" (16.54 m); 3. Justin Cox, BSU, 54' 1 1/4" (16.49 m)

HEPTATHLON: 1. Zac Preble, BSU, 4780 points; 2. Daniel Fetzer, MSUM, 4445 points; 3. Tommy Crummy, BSU, 4419 points

NSIC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

May 11 - 12, 2007

Moorhead, Minn.

MEN'S TEAM SCORES: 1. Wayne State 166; 2. Northern State 134; 3. Bemidji State 133; 4. Concordia-St. Paul 90; 5. MSU Moorhead 83; 6. University of Mary 76

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

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)

100 METER DASH: 1. Kawaskii Bacon, CSP, 10.60; 2. Tim Pilakowski, WSC, 10.83; 3. JJ Washington, WSC, 10.93

200 METER DASH: 1. Kawaskii Bacon, CSP, 21.34; 2. Tim Pilakowski, WSC, 22.00; 3. Ryan Conrad, NSU, 22.44

400 METER DASH: 1. Jake Hamik, NSU, 48.50; 2. Ryan Conrad, NSU, 48.80; 3. Tim Leier, UM, 49.44; 5. Ben Jansen, WSC, 49.79

800 METER RUN: 1. Ben Jansen, WSC, 1:54.57; 2. Todd Zeidler, BSU, 1:54.71; 3. Ryan Williams, WSC, 1:54.96; 6. Nate McIntire, WSC, 1:58.85

1,500 RUN: 1. Kyle Warren, CSP, 3:55.95; 2. Kurt Rettig, UM, 3:56.65; 3. Dane Moreland, MSUM, 3:59.37; 5. Nathaniel Bergen, WSC, 4:05.39

3,000M STEEPLECHASE: 1. Scott Egeberg, MSUM, 9:30.82; 2. Matt Walberg, NSU, 9:43.44; 3. Jeremiah Herron, WSC, 9:54.75

5000 METER RUN: 1. Jeremy Van Veen, NSU, 15:23.40; 2. Ben Crabtree, WSC, 15:41.94; 3. Adam Kne, MSUM, 15:48.33

10,000 METER RUN: 1. Jeremy Van Veen, NSU, 31:58.17; 2. Ben Crabtree, WSC, 32:06.40; 3. Adam Kne, MSUM, 32:10.78; 5. Jeremiah Herron, WSC, 32:47.76

110 METER HIGH HURDLES: 1. Jake Hamik, NSU, 14.58; 2. Kiel Holwegner, UM, 14.78; 3. Garrett Flamig, WSC, 14.91

400 METER HURDLES: 1. Jake Hamik, NSU, 52.78; 2. Bill Cameron, NSU, 55.00; 3. Jesse Piper, UM, 55.57; 5. Garrett Flamig, WSC, 56.08

4X100 METER RELAY: 1. Concordia U.-St. Paul 42.17; 2. Univ. of Mary 42.27; 3. Wayne State (Peter Ray, Tim Pilakowski, Matt Walsh, JJ Washington) 42.47

4X400 METER RELAY: 1. Concordia U.-St. Paul 3:18.02; 2. Northern State 3:18.23; 4. Wayne State (Kelly Brink, Nate McIntire, Ryan Williams, Ben Jansen) 3:22.95

4X800 METER RELAY: 1. Wayne State (Nate McIntire, Nathaniel Bergen, Ryan Williams, Ben Jansen) 7:52.42; 2. MSU Moorhead 7:56.60

LONG JUMP: 1. Tim Pilakowski, WSC, 22' 9" (6.93 m); 2. Peter Ray, WSC, 22' 7 3/4" (6.90 m); 3. Mychael Akers, BSU, 22' 4 1/4" (6.81 m)

TRIPLE JUMP: 1. Tre Sayles, CSP, 46' 10" (14.29 m); 2. JJ Washington, WSC, 45' 5" (13.84 m); 3. Tim Pilakowski, WSC, 44' 9" (13.65 m); 6. Peter Ray, WSC, 43' 4" (13.22 m)

HIGH JUMP: 1. Jon Clemons, BSU, 6' 3 1/2" (1.92 m); 2. Tre Sayles, CSP, 6' 1 1/2" (1.87 m); 3. Zac Preble, BSU, 5' 11 1/2" (1.82 m); 3. JJ Washington, WSC, 5' 11 1/2" (1.82 m)

POLE VAULT: 1. Derik Brugger MSUM, 16' 3 1/4"; 2. Matt Doggett WSC, 15' 5 1/2"; 6. Joel Pickinpaugh WSC, 13' 5 3/4"

SHOT PUT: 1. Joe Remitz, BSU, 55' 1 1/2" (16.80 m); 2. Lance York, NSU, 47' 7 3/4" (14.52 m); 3. Zac Preble, BSU, 47' 6 1/2" (14.49 m); 6. Anthony Schulenberg, WSC, 43' 7 3/4" (13.30 m)

DISCUS: 1. Justin Cox, BSU, 163' 10" (49.93 m); 2. Joe Remitz, BSU, 146' 1" (44.53 m); 3. Zac Preble, BSU, 140' 10" (42.93 m); 4. John Sloup, WSC, 140' 8" (42.87 m); 6. Jacob Mathiesen, WSC, 128' 9" (39.25 m)

JAVELIN: 1. Todd Zeidler, BSU, 179' 11" (54.83 m); 2. Travis Grenz, UM, 172' 8" (52.64 m); 3. Andrew Weidel, WSC, 168' 2" (51.27 m)

HAMMER THROW: 1. Joe Remitz, BSU, 168' 9" (51.44 m); 2. John Sloup, WSC, 165' 4" (50.40 m); 3. Justin Cox, BSU, 148' 11" (45.40 m); 4. Jacob Mathiesen, WSC, 145' 1" (44.23 m)

DECATHLON: 1. Zac Preble, BSU, 6672 points; 2. Dan Fetzer, MSUM, 6081 points; 3. Michael Hougen, BSU, 5757 points



PAST ALL-AMERICANS



ALL-AMERICANS (MEN)

<u>Name, Year</u>	<u>Event</u>	<u>Dist./Time Place</u>	
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)

<u>Year</u>	<u>Name</u>	<u>Event</u>
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)

<u>Name, Year</u>	<u>Event</u>	<u>Dist./Time Place</u>	
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
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

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
	Marsha Krienke	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	



NSIC CHAMPIONS



NSIC CHAMPIONS (MEN)

Year	Name	Event	Dist./Time
Indoor Track			
2001	Matt Kneifl	55 Meter Hurdles	7.74
2001	James Bruhn	1,000 Meter Run	2:33.56
2001	Andy Tucknott	5,000 Meter Run	15:26.83
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"
2003	Matt Schaffer	400 Meter Dash	50.90
2003	Eric Havranek	Long Jump	23' 10 3/4"
2004	Korey Kriz	800 Meter Run	1:55.96
2004	Nate McIntire, Brian Dixon, Matt Schaffer, Korey Kriz	4x400 Meter Relay	3:30.43
2005	Matt Schneider	1 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"
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
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
Outdoor Track			
1999	Andy Tucknott	10,000 Meter Run	33:20.7
2000	Matt Kneifl	110 Meter Hurdles	14.74
2000	Matt Kneifl	400 Meter Hurdles	54.32
2001	Jason Kneifl	High Jump	6-6
2001	Matt Kneifl	110 Meter Hurdles	14.48
2002	Eric Havranek	Triple Jump	45' 9"
2003	Adam Meier	Javelin	185' 0"
2003	Eric Havranek	Long Jump	23' 4"
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"
2005	Matt Schneider	3,000 Meter Steeplechase	9:36.90
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
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

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 Outdoor Coach 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

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

NSIC CHAMPIONS (WOMEN)

Year	Name	Event	Dist./Time
Indoor Track			
1999	Deanna Gollobit	Triple Jump	35' 81/4"
2000	Marsha Krienke	800 Meter Run	2:17.96
2002	Tiffany Schacher	55 Meter Hurdles	8.88
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"
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
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
Outdoor Track			
1999	Angie Kment	Shot Put	41' 10"
2000	Darr Nickerson	5,000 Meter run	19:32.46
2002	Darr Nickerson	5,000 Meter run	19:01.12
2003	Lindsey Stockwell	Discus	129' 3"
2003	Lindsey Stockwell	Javelin	120' 2"
2004	Kari Torgerson	Discus	135' 0"
2005	Katie Wilson	Shot Put	43' 1 1/2"
2005	Lindsey Stockwell	Discus	152' 3"
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"
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

Cross Country

2005	Erin Norenberg	Individual Champion	22:30.69
2006	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

- 2005 NSIC Men's Cross Country Champions**
- 2006 NSIC Men's Indoor Track & Field Champions**
- 2006 Men's Outdoor Track & Field Champions**
- 2007 NSIC Men's Indoor Track & Field Champions**
- 2007 NSIC Men's Outdoor Track & Field Champions**



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 Rolfes	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	Ryan Williams	1:22.70	2/24/07
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 Kneifl	7.55	3/9/01
60-Meter Hurdles	Matt Kneifl	8.20	3/3/01
200-Meter Hurdles	Matt Kneifl	26.10	2/21/98
4x100 Meter Relay	Lamart Cooper, Byron Chamberlain, Lamont Gilchrist, J.C. Lightcap	44.87	2/4/95
4x160 Meter Relay	Lamart Cooper, Byron Chamberlain, Lamont Gilchrist, J.C. Lightcap	1:16.7	2/23/95
4x200 Meter Relay	Scott Asmus, Cory Prochaska, Adam Brandl, Kellin Bretschneider	1:36.07	1/22/00
4x400 Meter Relay	Ryan Leriger, Teddy Young, James Bruhn, Matt Schaffer	3:26.78	1/24/03
4x800 Meter Relay	Matt Schneider, Nate McIntire, Ryan Williams, Ben Jansen	7:56.29	2/10/07
4x1600 Meter Relay	Mark Merritt, Donny Thongdy, Chris Garvin, James McGown	18:51.4	1/27/95
Sprint Medley	Gary Black, Mark Bliven, Todd Rolfes, Brian Bergstrom	3:46.95	1992
Distance Medley	Casy Ide, Ben Jansen, Matt Schaffer, Matt Schneider	10:05.29	2/17/06
High Jump	Joe Ortmeier, Sam Haase	6' 8-1/4"	1981
Long Jump	Lee Harper	6'8 1/4"	2/24/07
Triple Jump	Mark Vollmer	23' 11"	1993
Shot Put	Mark Vollmer, Randy Ditter	48' 4-1/2"	1988
35-lb Weight Throw	Randy Ditter	52' 5-1/2"	1985
Pole Vault	Brett Suckstorf, Matt Doggett	55' 3/4"	2/10/07
Pentathlon	Matt Doggett, Jason Kneifl	16' 1 1/4"	2/24/07
		3,241 points	2003

MEN'S OUTDOOR

Event	Record Holder	Mark/Time	Date
100 Meters	Tim Pilakowski	10.68	4/16/07
200 Meters	Ken Dugan	21.82 +	1968
400 Meters	Fred Kjer	48.36 +	1959
800 Meters	Ben Jansen	1:52.13	5/5/07
1500 Meters	Matt Schneider	3:59.61	4/1/06
1600 Meters	Merle McGee	4:16.20	1959
3200 Meters	Merle McGee	9:19.5	1959
5000 Meters	James McGown	14:51.45	4/4/98
10,000 Meters	James McGown	30:16.57	4/17/98
Marathon	James McGown	2:37.07	11/3/96
3000 Steeplechase	Matt Schneider	9:14.82	4/22/06
110-Meter Hurdles	Ed Blackburn	14.00	1983
400-Meter Hurdles	Matt Kneifl	53.01	2001
4x100 Meter Relay	Damon Thomas, Jerry Garret, Wilson Hookfin, Scott Fleming	41.77	1993
4x200 Meter Relay	Warren Best, Lawrence Retzlaff, Jim Simpson, Burton Anderson	1:27.7+	1941
4x400 Meter Relay	Arl Johnson, Rusty Flaming, Randy Nielsen, Dan Warnke	3:19.40	1981
4x800 Meter Relay	Casey Ide, Nate McIntire, Ryan Williams, Ben Jansen	7:39.70	4/22/06
Sprint Medley	Marlon Goolsby, Damon Thomas, Todd Rolfes, Mark Johnson	3:32.13	4/24/92
Distance Medley	Fred Fetrow, Harley Gesirich, Don Weitzenkamp, Merle McGee	10:14.4+	1959
High Jump	Joe Ortmeier	6' 10"	1984
Long Jump	Lee Harper	24' 1-1/2"	5/9/92
Triple Jump	Mark Vollmer	48' 11"	1988
Pole Vault	Matt Doggett	15' 6"	5/5/07
Shot Put	Randy Ditter	54' 0"	4/8/86
Discus	Layne Herber	167' 1"	1973
Javelin (OLD)	Frank Burgasser	253' 3"	1969
Javelin (NEW)	Adam Meier	185' 0"	2003
Hammer Throw	John Sloup	165' 4"	5/11/07
Decathlon	Eric Klein	5,333 points	2004

WOMEN'S INDOOR

Event	Record Holder	Mark/Time	Date
55 Meters	Charronna Chambers	7.18	2/11/95
60 Meters	Kylie Herian	7.99	12/7/06
200 Meters	Kylie Herian	25.90	2/24/07
300 Meters	Marian Borgmann	41.65+	1983
400 Meters	Erin Oswald	59.07	2/28/04
500 Meters	Cindy Heesacker	1:20.3	1986
	Marsha Krienke	1:20.44	2/5/00
600 Yards	Cindy Heesacker	1:26.4	1986
600 Meters	Erin Oswald	1:37.49	2/25/06
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	Rachel Roebke	8.18	2/24/07
60-Meter Hurdles	Kylie Herian	8.84	1/20/07
4x100 Meter Relay	Sara Pinkston, Carin Bures, Andrea Reusink, Tammi Miller	53.54	1991
4x160 Meter Relay	Names not available	1:29.3	1993
4x200 Meter Relay	Jackie Heese, Roni Jackson, Jessica Matzner, Tamera Neilsen	1:50.9	1991
4x400 Meter Relay	Rachel Roebke, Kylie Herian, Jade Lippman, Erin Oswald	4:03.62	2/24/07
4x800 Meter Relay	Angie Kraus, Jodi Rhodig, Erin Oswald, Ashley Smith	9:45.08	2004
Sprint Medley	Charronna Chambers, Stephanie Lilja, Amy Gudmundson, Kathy Dalton	4:32.7+	1995
Distance Medley	Molly Gibson, Jade Lippman, Erin Oswald, Megan Zavorka	12:36.74	2/24/07
High Jump	Tanna Walford	5' 8"	3/10/07
Long Jump	Tammi Miller	18' 3-3/4"	1990
Triple Jump	Deanna Gollobit	37' 4"	2/18/99
Pole Vault	Katie Malander	10' 8"	2/27/04
Shot Put	Katie Wilson	48' 1 3/4"	2/24/06
20-lb Weight Throw	Lindsey Stockwell	55' 9 3/4"	2/25/06
Pentathlon	Brenna Pribil	2,957 points	2/26/04

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	Jade Lippman	1:03.02	5/12/07
4x100 Meter Relay	Lori Schulerberg, Kelly Peterson, Vicki Quaites, Marian Borgmann	47.80	1982
4x200 Meter Relay	Kim Pohlman, Kandy Schott, Marian Borgmann, Kelley Peterson	1:45.0	1983
4x400 Meter Relay	Cindy Heesacker, Fran Gross, Jody Allen, Ann Eisenmenger	3:35.50	1986
4x800 Meter Relay	Audrey Emanuel, Ashley Smith, Jodi Rhodig, Erin Oswald	9:31.71	2004
800 Medley	Kelley Peterson, Missy Stoltenberg, Lisa Pyle, Cindy Heesacker	1:45.21	1983
Sprint Medley	Aisha Todd, Jennifer Olson, Darr Nickerson, Marsha Krienke	4:21.93	4/12/99
Distance Medley	Kathy Dalton, Roni Jackson, Amy Brodersen, Jackie Heese	12:55.3	1994
High Jump	Tanna Walford	5' 8 3/4"	5/26/07
Long Jump	Linda Schnitzler	19' 2-1/2"	1988
Triple Jump	Deanna Gollobit	37' 3-3/4"	5/1/98
Pole Vault	Katie Malander	10' 9"	2004
Shot Put	Katie Wilson	46' 4-3/4"	5/6/06
Discus	Lindsey Stockwell	152' 3"	2005
Javelin (OLD)	Andra Jones	139' 0"	1985
Javelin (NEW)	Lindsey Stockwell	124' 2"	2004
Hammer Throw	Lacey Jensen	161' 4"	4/29/07
Heptathlon	Jade Lippman	4,236 points	4/30/07

+ 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 and South Dakota. In the 1999-00 academic year, the NSIC became an expanded 10-team league from a previous seven-member conference. The conference featured eight members in 2004-05 but the league expanded back to 10 teams in 2006-07 as the University of Mary in Bismarck, N.D., and Upper Iowa University in Fayette, Iowa joined the league.

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 74 years of its existence. The University of Minnesota Duluth, which departed following the 2003-04 season, 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, while Concordia University-St. Paul and the University of Minnesota, Crookston became members in 1999. The University of Minnesota, Morris became a league member in 1966, however, the Cougars opted for the NCAA Division III ranks beginning in 2003-04.

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.

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 three seasons. Winona State put the NSIC on the national map in 2006 as the Warriors won the NCAA Division II National Championship in men's basketball.

Wayne State College finished third in the 2006-07 NSIC All-Sports Competition. The Wildcats won four conference championships (women's cross country, men's indoor track and field, baseball and men's outdoor track and field) and sent two teams to NCAA regional competition. WSC hosted the 2006 NCAA North Central Regional Cross Country Championship and the 2007 NSIC Baseball Tournament for a fourth straight season.

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."

 BEMIDJI STATE	 CONCORDIA ST. PAUL	 UNIVERSITY OF MARY (ND)	 MINNESOTA, CROOKSTON
 MSU MOORHEAD	NSIC <i>Northern Sun Intercollegiate Conference</i>		 NORTHERN STATE
 SW MINNESOTA STATE	 UPPER IOWA	 WAYNE STATE	 WINONA STATE



2008 Wayne State College Track and Field Team

Front Row (L to R) - Student Assistant Coach Ashley Smith, Megan Zavorka, Melissa Schmit, Kylie Herian, Rachel Roebke, Jadrienne Lippman, Misty Rystrom, Danae Stuhr, Christina King and Paige Pollard. **Second Row (L to R)** - Melissa McIntosh, Anna Wolverton, Kristy Doffin, Meghan Jacob, Molly Gibson, Meghan Costello, Sarah Thomsen, Marissa Dargy, Jenna McCoy and Megan Knudson. **Third Row (L to R)** - Lacey Jensen, Katie Wilson, Jacob Mathieson, Brett Suckstorf, Jesse Frizzell, Don Frizzell, Anthony Schultenberg, John Sloup, Casey Buskirk and Shay Tullberg. **Fourth Row (L to R)** - Jesse Wassenaar, John Kern, David Obermeyer, Lee Anderson, Cheto Cerda, Jimmie Doherty, York Thomas, Matt Schneider and Nate Preston. **Fifth Row (L to R)** - Tim Piliakowski, Ricky Trevino, Andrew Bachman, Ben Jansen, Nathaniel Bergen, Garrett Flaming, Adam Blaylock and J.J. Washington. **Sixth Row (L to R)** - Scott Bruening, Kelly Brink, Matt Doggett, Bryce Groteluschen, Jon Dickey, Peter Ray, Jake Davis and Josh Coon. **Back Row (L to R)** - Assistant Coach Josh Whisman, Head Coach Marlon Brink and Assistant Coach Aaron Keiser.