



Assistant Coach

Michael Koenning

Second season • Wis.-LaCrosse (2003)



Michael Koenning is in his second year on the Marquette coaching staff. He guides the throwers and multi-sport athletes. In his first year, he helped shot putter Emily Leklem earn a trip to the NCAA Regionals, winning five regular season events on the way.

Koenning joined the Marquette University coaching staff following a three year stint at Wartburg College in Iowa. While at Wartburg, Koenning coached seven All-Americans and one National Champion. His athletes established seven school records under his tenure and his teams won eight conference titles.

As a student-athlete at Wis.-La Crosse, Koenning was the 2001 NCAA Div. III Champion in the Hammer Throw and was a part of two National Championship teams—the 2001 Indoor and 2001 Outdoor Champions. Koenning owns school records in both the Hammer Throw and Weight Throw. An Exercise Science major at La Crosse, Koenning was a student strength staff member and has since been certified as a Strength and Conditioning Specialist by the National Strength and Conditioning Association.

Koenning and his wife Tammie reside in Wauwatosa.



Assistant Coach

Bert Rogers

Second season • Wis.-Milwaukee (1999)



Bert Rogers is in his second season as an assistant coach for Marquette track and field. Rogers focuses on sprinters, hurdlers, jumpers and the multi-events.

Rogers was previously an assistant coach at the University of Missouri-Kansas City where he spent three years as the assistant men's and women's track and field coach. At UMKC, athletes he coached established five school records.

Rogers came to the UMKC program after serving as ticket and event manager at Wis.-Milwaukee. He was responsible for event and game management for men's and women's basketball, men's and women's soccer, volleyball, swimming and diving and track and field at UWM. He also supervised ticket sales and record keeping for those sports. In addition, Rogers also served as head boys track and field coach at Cedarburg (Wis.) High School from 1999-2001 and was sprints coach for the Greater Milwaukee Track Club.

Rogers earned a bachelor's degree in psychology and ethnic studies from Wis.-Milwaukee in 1999. He was a four-year track and field letterwinner for the Panthers. Rogers was part of school record-holding indoor mile relay and outdoor distance medley relay teams. He has earned his USA Track and Field Level 2 Coaching certification for sprints, hurdles and jumps.

A graduate of Parker High School in Janesville, Wis., Rogers and his wife, April, reside in Milwaukee.



Graduate Assistant Coach

Nick Newton

Second season • Marquette (2004)



Nick Newton is in his second season as a graduate assistant on the track and field staff for Marquette. He was a student-athlete at Marquette and competed under head coach Dave Uhrich.

Newton received his degree in Computer Science in Spring of 2004 and is currently working toward an MBA.

Newton finished his career as the school record holder in the Decathlon, scoring 6,775 points during the 2003 season, a record which stood for two seasons.

A Milwaukee native, Newton was also a member of the Conference USA Commissioner's Honor Roll for four seasons.



Graduate Assistant Coach

Amanda Sucharda

Second season • Marquette (2003)



Amanda Sucharda is in her second season as a graduate assistant coach on the Marquette track and field staff. She graduated with a Bachelor of Arts degrees in Anthropology and Spanish in spring of 2003 and is currently pursuing an MBA degree. Sucharda was a member of the Marquette track and field team for four seasons as an undergraduate.

Sucharda was a member of the C-USA Champion Cross Country team in 2001, 2002 and 2003.

She is originally from Racine, Wis., and earned the Conference USA Commissioner Academic Award four times.





The Team



Cross Country/Mid. Distance

Kaitlyn Chambers

Sr. • Westlake, Ohio (Magnificat)



2004-05: Competed in both the C-USA indoor and outdoor championships ... Registered two third place finishes in the 800m at the Carthage Invite and the Panther Tune-Up ... Had five top seven finishes in the outdoor season participating in the 800m and the 1500m ... Also participated on the women's cross country team ... Competed in the Bradley 5k, Iona 6k and Loyola 5k. **High School:** Finished second at the 2003 Ohio State Championship Cross Country meet ... Took third in state in the 1,600m as a junior... Personal bests of 4:56 in the 1,600 meters and 2:12 in the 800 meters ... Lettered in Cross Country and Track and Field all four years ... Coached as a Blue Streak by Anjanette Abrabien and Kathy Manning. **Personal:** Daughter of Dennis and Mary Beth ... Has an older brother, Jim, an older sister Bridie and two younger sisters, Megan and Maddie.

Career Stats

Honors	C-USA Commissioner's Honor Roll, 2005 All-Conference USA, Indoor Track and Field, 2005	
C-USA Championship Results		
2004 (I)	Distance Relay, 11:49.68, 2nd	
2004 (O)	1,500m: 4:40.07, 7th	
Personal Bests		
Indoor	800m, 2:18.93	Mile, 5:03.31
Outdoor	800m, 2:16.37	1,500m, 4:39.29



Hurdles

Lauren Chimielewski

Jr. • Franklin, Wis. (Franklin)



2004-05: Had three top five finishes in indoor competition in the 400m, including a first place finish at the Pepsi Challenge ... She took eighth twice at the Carthage Invite and at the Panther Tune-Up ... Took third place and recorded a season best in the 400m hurdles with a time of 1:04.67 at Wisconsin Twilight ... Also finished fourth twice in outdoor at the Pacesetter Invitational and the Redbird Invitational ... Took 17th at the 400 Hurdles in the C-USA Championships. **2003-04:** Placed third in the 400m Hurdles with a time of 1:08.87 at the Red/White Invite ... Ran a season best in both the 200m and 400m at the UWM Tune-Up on Feb. 21. **High School:** Personal best in the pole vault of 8-6 ... Personal best of 16.3 in the 100m hurdles ... Member of the 4x400m relay team that won the Conference Championship ... Coached as a Saber by Don Kurth ...

Career Stats

Honors	All-Conference USA, Indoor Track and Field, 2004 All-Conference USA, Outdoor Track and Field, 2004	
NCAA Championship Results		
2004 (CC)	23:25 (198th)	21:11, 34th (Regional)
2003 (CC)	21:32., 115th	22:20, 57th (Regional)
2003 (O)	4:36.31, 17th (Regional)	
C-USA Championship Results		
2005 (I)	Mile, 5:13.83, 14th	
2004 (CC)	22:51, 25th	
2003 (CC)	23:55, 56th	
2004 (I)	Mile, 4:56.15, 3rd	3,000m, 9:55.33, 3rd
	Distance Medley Relay, 11:54.76, 1st	
2004 (O)	1,500m, 4:28.03, 2nd	
Personal Bests		
Indoor	800m, 2:14.46	Mile, 4:45.40 (sr)
	3,000m, 9:42.57	
Outdoor	800m, 2:12.34	1,500m, 4:24.44

Also lettered in Swimming. **Personal:** Daughter of Michael and Barbara Chmielewski ... Born on September 25, 1985 ... Brother Jack ran Cross Country at Drake University, another brother, Kevin, played football at Wis.-Eau Claire.

Career Stats

Honors	C-USA Commissioner's Honor Roll, 2004, 2005	
C-USA Championship Results		
2005 (O)	400m Hurdles, 1:06.10, 17th	
Personal Bests		
Indoor	200m, 28.24	400m: 1:01.33
	500m, 1:22.81	
Outdoor	100m Hurdles, 17.94	400m Hurdles: 1:04.67



Cross Country/Mid. Distance

Michaela Courtney

Jr. • Madison, Wis. (Washington)



2004-05: Participated in both C-USA indoor and outdoor championships ... Had a 14th place finish in the mile indoor championships with a time of 5:13.83 ... Had a season best in the 800m on with a time of 2:13.57 at the Big Blue Classic ... Had four top six finishes in the 1500m... A season best at the Pacesetter Invitational with a time of 4:32.81 ... Competed in the Iona 6k, the Loyola 5k, the pre-NCAA 6k, the C-USA Championships and the regional NCAAs. **2003-04:** Hit the ground running with Marquette as she instantly became a leader of the Marquette Cross Country team, leading them to the C-USA Championship. Broke the school record in the Indoor Mile with a time of 4:45.40 at the Cyclone Classic on Feb. 14, also a NCAA Provisional Qualifying mark ... Took third overall at the C-USA Indoor Championship meet in the Mile with a time of 4:56.15 ... Also took third at the C-USA Indoor Championship with a time of 9:55.33 in the 3,000m ... Member of the C-USA Champion Distance Medley Relay team ... Took second in the 1,500m at the C-USA Outdoor Championship meet with a time of 4:28.03 ... Set the meet record in the Mile at the Carthage Invite on Jan. 17 with a time of 4:55.61 ... Transfer from University of Wisconsin. **High School:** Personal best of 2:13 in the 800m ... Five time state champion in track and field ... Took second place overall at the 2001 state cross country meet ... Personal best in the Mile of 4:52.6 ... Coached as a Dodger by Denny McGraw and Joe Hanson. **Personal:** Daughter of Paul Courtney, Joe Hanson and Ann Hanson. Born on March 26, 1984.



Throws

Jessica Ehlen

So. • Burlington, Wis. (Burlington)



2004-05: Competed in both the indoor and outdoor C-USA championships ... Captured first place in the shot put at the Carthage Invite with a distance of 44-01.50 ... Also notched second place twice at the Pepsi Challenge and the Panther Tune-Up in Shot Put ... Obtained five finishes in the top six in weight throw ... Captured second at the Carthage Invite with a distance of 48-00.50 ... Competed in Discus, Hammer Throw and Shot Put in the outdoor season ... Captured three first place titles in Discus throw, a season best at Redbird Invitational with 140-08.00 ... Recorded a second place finish at the USA Jaguar Premier in Hammer Throw ... Finished the season at the Conference Championships 41-03.00 Shot Put. **High School:** State champion in the Discus as a senior with a school record throw of 137-9 ... Also the school record holder in the shot put with a personal best of 42-7.25 ... Finished third in state in the Discus as a junior ... All-Conference in Shot Put and Discus as a junior and senior ... Coached as a Demon by Rick Koceja ... Also lettered in volleyball and basketball. **Personal:** Youngest of Lawrence and Michelle's four children ... Has two sisters, Tricia and Kasey and brother Lawrence ... Tricia competed at Wis.-La Crosse in Track and Field and Cross Country and Kasey competed in Track and Field at Tri-State University ... Born on June 20, 1986.



Career Stats	
Honors	All-Conference USA, Indoor Track and Field, 2005
C-USA Championship Results	
2005 (I)	Shot Put, 40-11.50, 14th Weight Throw, 51-03.50, 7th
2004 (O)	Hammer, 148-07, 10th Shot Put, 41-03, 9th
	Discus, 130-00, 11th
Personal Bests	
Indoor	Shot Put, 44-1.50 Weight Throw, 51-3.50
Outdoor	Discus, 144-8 Hammer Throw, 152-8
	Shot Put, 41-03



Cross Country/Distance

Susie Emond

So. • Wausong, Minn. (Totino-Grace)



2004-05: Part of the C-USA Champion Cross Country team, placing 14th at the meet with a time of 22:18 ... Finished 40th at the Great Lakes Regional in a time of 21:17 ... Competed in the C-USA Championships in both indoor and outdoor ... Seized third place in the Mile at the Panther Tune-Up with a time of 5:05.31 ... Recorded a third place finish in the 3000m at the Carthage Invite with a time of 10:27.73 ... Completed the championship race with a time of 17:42 in the 5000m ... Had a first place finish in the 10,000m at the Big Blue Classic during the outdoor season ... Set a season best of 14:42.00 in the 5000m at the Pacesetter Invitational as well as notching a third place finish ... Had a season best and third place finish at the USA Jaguar Premier in the 3000m. **2003-04:** Member of the C-USA Champion Cross Country team ... Competed at the NCAA Championship Cross Country meet where she finished 167th overall with a time of 22:07.0 ... Established personal bests in every track and field event she competed ... Took 8th at the C-USA Outdoor Championship with a time of 17:35.17 in the 5,000m ... Also finished 8th at the C-USA Indoor Championship in the 5,000m with a time of 17:40.60 ... Placed 12th in the Mile at the C-USA Championship with a time of 5:14.03 ... Took first in the 1,500m at the Red/White Invite with a time of 4:46.91 ... Won the 10,000m race at the Big Blue Classic on Apr. 3 with a season best time of 36:33.04. **2002-03:** Member of the 2002 C-USA Cross Country Championship team ... Took eighth overall in the 5,000m at the C-USA Indoor Championships ... Took second overall in the 3,000m at the Illinois State Invite ... Took third at the Boilermaker Invite in the 10,000m ... Placed 10th in the 10,000m at the C-USA Outdoor Championship meet. **High School:** Two-time All-State Cross Country team member ... Personal best in the 3,200m was 11:24 ... Personal best in the 1,600m was 5:18 ... Member of the Cross Country team that went to state three times and Track and Field team that went to state twice ... Coached as an Eagle by Joseph Rodriguez. **Personal:** Born on November 25, 1983 ... Daughter of Thomas and Kathleen Emond... Father was a wrestler at St. John's and mother lettered in basketball, volleyball, field hockey, track and softball at the University of Minnesota ... Co-Valedictorian of High School Class.



Career Stats	
Honors	C-USA Commissioner's Academic Medal, 2004, 2005
NCAA Championship Results	
2004 (CC)	22:52, 161st 21:17, 40th (Regional)
2003 (CC)	22:07, 167th 22:23, 60th (Regional)
2002 (CC)	22:55, 207th
C-USA Championship Results	
2005 (I)	3,000m, 10:08.64, 9th 5,000m, 17:32.11, 7th
2005 (O)	5,000m, 17:58.84, 11th 10,000m, 37:31.24, 6th
2004 (CC)	22:18, 14th
2004 (I)	Mile, 5:14.03, 12th 5,000m, 17:40.60, 8th
2004 (O)	5,000m, 17:35.17, 8th
2003 (I)	Mile, 5:13.78, 14th 5,000m, 17:50.24, 8th
2003 (O)	10,000m, 37:42.62, 10th
Personal Bests	
Indoor	Mile, 5:05.31 3,000m, 10:08.30
	5,000m, 17:17.63
Outdoor	1,500m, 4:46.91 3,000m, 10:03.62
	5,000m, 17:24.31 10,000m, 36:11.41





The Team



Cross Country/Distance

Terri Emond

Jr. • Wausau, Wis. (Totino-Grace)



2004-05: Competed in the NCAA Regionals in the 3000m Steeplechase and finished with a time of 11:09.34 ... Also competed at the NCAA Championships in Cross Country ... Recorded a 17:43.52 finish and season best in the 5,000m at the C-USA Championships ... Tacked two first place finishes in the 3,000m Steeplechase at the Big Blue Classic and the Redbird Invitational ... Had a season best 10:06.52 in the 3,000m at the USA Jaguar Premier ... Finished the season with a 4:47.81 run in the 1,500m at the Wisconsin Twilight.

2003-04: Showed steady improvement throughout the Indoor and Outdoor season as she set personal bests in five events that she competed ... Earned All-Conference honors for her third place finish in the 3,000m Steeplechase at the C-USA Outdoor Championship meet, her time was a personal best 11:06.62 ... Won the first ever 3,000m Steeplechase she competed in at the Wheaton Invite on March 27 with a time of 11:45.4 ... Participated in four cross country meets during the season ... Finished 26th overall at the Bradley Invite.

2002-03: Member of the 2002 C-USA Champion Cross Country team ... Took fourth at the Boilermaker Invite in the 10,000m ... Placed third in the 3,000m at the Northern Iowa Invite ... Took ninth at the C-USA Championship Meet in the 10,000m. **High School:** All Conference Cross Country all four years in high school ... All-State in Cross Country as a senior ... Member of the two-time Sectional Cross Country and Track and Field teams ... Best time in the 3200m was 11:35 ... Best time in the 1600m was 5:26. **Personal:** Born on November 25, 1983 ... Co-Valedictorian of High School Class ... Daughter of Thomas and Kathleen Emond ... Father was a wrestler at St. John's and mother lettered in basketball, volleyball, field hockey, track and softball at the University of Minnesota.

Career Stats	
Honors	C-USA Commissioner's Academic Medal, 2004, 2005 All-Conference USA, Outdoor Track and Field, 2004, 2005 NCAA Regional Participant, 3,000m Steeplechase, 2005
NCAA Championship Results	
2005 (O)	11:09.34, 27th (Regional)
2004 (CC)	23:07, 169th
2002 (CC)	23:35.6, 107th (Regional)
C-USA Championship Results	
2005 (I)	3,000m, 10:15.07, 15th
2005 (O)	5,000m, 17:43.52, 10th
2004 (CC)	22:42 23rd
2004 (I)	Mile, 5:26.86, 18th
2004 (O)	3,000m Steeplechase, 11:06.62, 3rd
2003 (O)	10,000m, 37:36.14, 9th
Personal Bests	
Indoor	Mile, 5:13.59
Outdoor	1,500m, 4:47.81
	3,000m, 10:06.52
	10,000m, 37:06.08



Jumps

Christina Flowers

Jr. • Greensburg, Pa. (Hempfield Area/Syracuse)



2004-05: Competed in the C-USA championships in outdoor ... Had a fourth place finish at the Pepsi Challenge in the 55m during indoor ... Recorded a season best time of 12.85 in the 100m at the Mike Poehlein Invitational ... Had a season best Long Jump at the Wisconsin Twilight of 16-11.25. **Prior to Marquette:** Was a member of the track and field team at Syracuse University during the 2002-03 season. **High School:** Recorded personal bests of 12.8 in the 100m and 26.8 in the 200m as a senior ... Member of the three-time conference championship team ... Earned four track and field letters ... Competed against 2004 Olympic Silver Medalist in the 100m Lauren Williams ... Coached as a Spartan by Ron Collard. **Personal:** Oldest of Stanley and Diana Flowers' six children ... Born on December 13, 1983 ... Siblings include Angela, Anthony, Chastin, Charles and Maria.

Career Stats	
Personal Bests	
Indoor	55m, 7.55
Outdoor	100m, 12.85



Javelin

Nicole Halama

Jr. • Whitehall, Wis. (Whitehall Memorial)



2004-05: Did not compete in either indoor or outdoor this year. **2003-04:** Showed the versatility to compete in a number of different events ... Competed in four meets during the Outdoor season ... Placed fourth in the Javelin at the Wisconsin Twilight Meet with a personal best throw of 96-11. **High School:** Personal best in the pole vault is 9-6, high jump is 4-10 ... Track and Field MVP as a junior and senior ... Cross Country MVP all four years ... Coached as a Norseman by Terrence McConnell. **Personal:** Born on March 18, 1985 ... Daughter of Eugene and Ellen Halama.

Career Stats	
Honors	C-USA Academic Medal, 2005 C-USA Commissioner's Honor Roll, 2004, 2005
Personal Bests	
Outdoor	200m, 29.50
	Shot Put, 32-0
	Javelin, 96-11



Cross Country/Distance

Anna Halaska

Sr. • Wausau, Wis. (Divine Savior-Holy Angels)



2004-05: Recorded a sixth place finish in the 3,000m at the Panther Tune-Up with a time of 11:39.72 ... Had a season best time in the 5,000m of 19:57.27 at the Pepsi Challenge ... Also a member of the Women's Cross Country Team, but redshirted during the season. **High School:** First team All-Conference in Cross Country as a senior ... Took first in the Track and Field Regional meet in the 1,600m and 3,200m as a senior ... Current school record holder in 1,600m (5:20) and 3,200m (11:49) ... Coached as a Dasher by Fr. Jerry Herda and Chad Hendricks. **Personal:** Daughter of Howard and Phyllis Halaska ... Has two older brothers, Vincent and Hans and one younger brother, John.

Career Stats		
Honors	C-USA Commissioner's Honor Roll, 2005	
Personal Bests		
Indoor	3,000m, 11:39.72	5,000m, 19:57.27



Cross Country/Distance

Tara Hinke

Sr. • Fond du Lac, Wis. (Fond du Lac)



2004-05: Recorded a time of 5:09.17 in the mile at the indoor C-USA Championships ... Earned runner-up honors at the Panther Tune-Up with a time of 5:03.98 ... Had a season best in the Wisconsin Twilight in the 1,500m with a time of 4:41.15 ... Also earned runner-up honors at the Redbird Invitational in the 3,000m Steeplechase ... Had a season best finish at the C-USA Championships in the 3,000m Steeplechase with a time of 11:09.06...Also participated on the Women's Cross Country Team...Competed in the Bradley 5k and the Midwest 5k. **2003-04:** Placed third in her first ever 3,000m Steeplechase race at the Big Blue Classic with a personal best time of 11:59.24 ... Improved her time in the Indoor Mile in each of the four meets she participated, ending the season with a personal best of 5:19.23 at the UWM Tune Up ... Ran a season best in the 1,500m at the Big Ten Preview with a time of 4:55.63. **2002-03:** Participated in three Outdoor meets and two Indoor meets during the track and field season. **High School:** Division I State Champion at the Wisconsin State meet with a time of 14:15 for



Career Stats		
Honors	All-Conference USA, Outdoor Track and Field, 2005 Conference USA Commissioner's Honor Roll, 2005	
C-USA Championship Results		
2005 (0)	3000m Steeplechase, 6th	
Personal Bests		
Indoor	Mile, 5:03.98	3,000m, 10:21.95
Outdoor	1,500m, 4:41.15	3,000m Steeplechase, 11:09.06

4,000m ... All-Conference Cross Country as a senior and junior ... All-Conference in 1,600m, 3,200m and 3,200m Relay ... Personal best in 1,600 was 5:02 and 3,200m of 11:07 ... MVP of Track and Field team all four years. **Personal:** Born on March 22, 1984 ... Daughter of Craig and Diane Hinke ... Member of National Honor Society.



Cross Country/Mid. Distance

Nina Hoppenjan

Jr. • Kielce, Wis. (Dezauw Wahlert)



2004-05: Did not compete in the indoor season ... Recorded a season best in the 800m at the Big Blue Classic with a time of 2:18.80 ... Had a season best in the 3000m with a time of 10:33.73 at the USA Jaguar Premier ... Also was a member of the Women's Cross Country Team however did not participate in any meets. **2003-04:** Competed in her first ever C-USA Championship meet, placing eighth in the 1,500m with a time of 4:45.95 ... Took fourth in the 800m at the Red/White Invite with a time of 2:19.85 ... Did not participate in the Indoor season. **High School:** Personal best in the 3,000m of 10:38 ... Personal best in the 1,500m of 4:50 ... Member of the All-Conference team in track and field as a freshman, sophomore and senior ... Coached as a Golden Eagle by Andy Dampier. **Personal:** Born on August 28, 1984 ... Daughter of George and JoAnn Hoppenjan.

Career Stats		
C-USA Championship Results		
2004 (0)	1,500m, 4:43.95, 8th	
Personal Bests		
Outdoor	800m, 2:18.80	1,500m, 4:43.95
	3,000m, 10:33.73	



Pole Vault

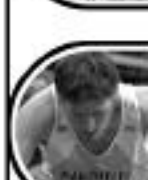
Danielle Hubman

Sr. • West Allis, Wis. (Central)



2004-05: Recorded a fourth place finish at the Carthage Invite with a height of 9-6.25 ... Had two sixth place finishes in pole vault at the Pacesetter Invitational and the Wisconsin Twilight. **High School:** Attended West Allis Central where she lettered in track sophomore, junior and senior years ... Was captain of her track team senior year ... Also received letters in diving and gymnastics ... Finished 10th in the state for pole vault in 2004 ... Also competed in the 4x400 relay earning third team all conference honors ... Holds a personal best of 9-feet-6" in the pole vault... Qualified for state in 2003 and 2004 for gymnastics. **Personal:** Born September 30, 1987 ... Has three siblings, Nathan, Samantha, Michaela ... Majors in business.

Career Stats		
Indoor	Pole Vault, 9-6.25	
Outdoor	Pole Vault, 9-2	





The Team



Sprints

Sarah Hunt

Sr. • Minneapolis, Minn. (South)



2004-05: Competed in indoor competition at the Notre Dame Invitational, the Pepsi Challenge, the Panther Tune-Up in the 400m ... Competed in the 200m and 400m during the outdoor season ... Had a season best in the 200m at the Wisconsin Twilight with a time of 28.24 ... Recorded a time of 1:04.08 at the Pacesetter Invitational in the 400m good enough for a fifth place finish. **High School:** All conference in track and field and cross country all four years ... Member of the conference champion cross country team ... Best 4k Cross Country time was 16:26 ... Best 400m time was 1:00.00 ... Captain of cross country and track and field team ... Coached as a Tiger by Stacey Shinider and Frank Webster. **Personal:** Daughter of David and Jennifer ... Has a younger brother, Sam and an older brother Kate ... born on August 12, 1986.

Career Stats

Personal Bests

Indoor	400m, 1:04.55	
Outdoor	200m, 28.24	400m, 1:02.57



Cross Country/Distance

Jodi Jakubek

Sr. • Ketchikan, Alaska (Ketchikan)



2004-05: Jakubek led Marquette to a first place finish at the Conference USA Championships, finishing second with a time of 21:21 ... Started the season strong, finishing first at the Bradley Invite with a 5K time of 17:49 ... Was Marquette's top finisher in each of the seven events she ran in ... Finished the 5,000m at the C-USA Indoor Championships with a time of 18:23.65 ... Earned runner-up honors twice in the 3,000m at the Carthage Invite and the Notre Dame Invitational ... Recorded a 5:08.18 Mile at the Panther Tune-Up ... Had a first place finish in the 3,000m during the outdoor season with a time of 9:57.02 ... Had a first place finish in the 5,000m at the Redbird Invitational with a time of 17:27.60 ... Captured second and third in the 500m respectively, at the Big Blue Classic and the Mike Pohlein Invitational ... Ran the 5,000m at the C-USA Championships with a time of 17:30.50 which was good enough for third place. **2003-04:** A key member to the 2003 C-USA Champion Cross Country team, led the Golden Eagles in each of the five cross country meets she participated ... Earned All-Conference honors following a third place finish at the C-USA Championship Cross Country meet with a time of 20:56.30 ... Took second overall at the Willamette Invitational with a 5K time of 17:02.12 ... Placed 51st at the NCAA Championship Cross Country meet with a time of 21:03.9

Jakubek's Career Stats

Honors	NCAA Cross Country All-Region, 2003 All-Conference, Outdoor Track and Field, 2003 All-Conference, Cross Country, 2002, 2003, 2004 C-USA Commissioner's Academic Medal, 2004, 2005	
NCAA Championship Results		
2004 (CC)	22:02, 78th	20:52, 19th (Regional)
2003 (CC)	21:03.9, 51st	21:09.0, 11th (Regional)
2003 (O)	5,000m, 17:03.03, 9th (Regional)	
2002 (CC)	21:15.7, 75th	22:21.0, 39th (Regional)
C-USA Championship Results		
2005 (I)	Mile, 10:04.89, 7th	5,000m, 18:23.65, 17th
2005 (O)	5,000m, 17:30.50, 3rd	
2004 (I)	3,000m, 9:59.35, 5th	5,000m, 17:17.45, 4th
2004 (O)	5,000m, 17:30.23, 6th	
2003 (O)	5,000m, 16:59.18, 3rd	
Personal Bests		
Indoor	Mile, 5:05.99	3,000m, 9:53.45
	5,000m, 17:00.41	
Outdoor	1,500m, 4:50.40	3,000m, 9:57.02
	5,000m, 16:59.18	10,000m, 36:39.58



Sprints

Brynn Kosmoski

Sr. • Green Bay, Wis. (Notre Dame Academy)



2004-05: Competed in the 55m, the 60m and the 200m during the indoor season ... Had a fifth place finish in the 100m at the Redbird Invitational ... Recorded a season best in the 100m with a time of 13.12 at the Wisconsin Twilight ... Took fourth place in the long jump at the Pacesetter Invitational with a distance of 16-2.52 ... Recorded a season best in long jump with a distance of 17-1.5 at the Wisconsin Twilight ... Had a season best in the 200m at the Mike Pohlein Invitational at 27.87. **High School:** Personal best in the 400m was 1:01 ... Personal best in the 200m was 25.0 ... Also competed in the Triple Jump where she record-

Career Stats

Honors	C-USA Commissioner's Honor Roll, 2005		
Personal Bests			
Indoor	55m, 7.91	60m, 8.50	200m, 27.77
Outdoor	100m, 13.12	200m, 27.87	Long Jump, 17-1.5



ed a jump of 36-0 feet a senior ... Earned three letters in Track and Field ... Also lettered in tennis where she won a state title in 2003. **Personal:** Daughter of Paul and Patrice Kosmoski ... Has a younger sister Abby and younger brother Connor ... Born on May 2, 1985.



Cross Country/Distance

Leslie Lawton

Sr. • Oneida, Wis. (Notre Dame Academy)



2004-05: Took fourth place in the Mile at the Pepsi Challenge with a time of 5:27.77 ... Had a third place finish at the Panther Tune-Up in the 3000m with a time of 11:00.83 ... Recorded a season best in the 5,000m at the Wisconsin Twilight with a time of 19:16.36. **2003-04:** Ran in three Cross Country meets ... Took 53rd overall at the Pre-NCAA Cross Country Meet with a time of 23:15.7 ... Ran 18:30 at the Willamette Invitational ... Competed in two Indoor Track and Field meets ... Took fourth in her first ever 5,000m at the Minnesota Gold Meet with a time of 18:54.67. **2002-03:** Established a Outdoor season best in the 1,500m of 5:04.12 at the Lee Calhoun Classic on April 12 ... Took sixth in the Indoor 3,000m at the Illinois State Invitational with a season best time of 11:10.9. **2001-02:** Ran a season best in the 1,500 Meter Outdoor of 5:01.32 at the Warhawk Invitational on April 13 ... Took fourth place with a season best time in the 3,000 Meter of 11:08.85 ... Ran a season best in the Mile at the UWM Pre-Conference with a time of 5:22.7. **High School:** Was an all-conference pick in cross country all four years of high school ... Finished fifth at the state cross country meet in 1999 as a junior ... Best time in the cross country 4000 meter race was 15:39 ... Conference Athlete of the Year in Track and Field in 2000 ... Personal best in the 800 meter was 2:25, in the 1600 meter was 5:13. **Personal:** Born on March 5, 1983 ... Daughter of John and Mary Jo Lawton.



Career Stats		
Honors	C-USA Commissioner's Honor Roll, 2002, 2003, 2004, 2005	
Personal Bests		
Indoor	Mile, 5:22.7	3,000m, 10:55.62
	5,000m, 18:54.67	
Outdoor	1,500m, 5:01.32	5,000m, 19:16.36



Shot Put

Emily Leklem

Sr. • Nekeosha, Wis. (Nekeosha)



2004-05: Set a new school record in Shot Put at the the NCAA Regionals with a distance of 48-10 ... Competed in the C-USA Championships and recorded a distance of 46-10.75 ... Had a third place finish in shot put during the indoor season at the Gold Country Classic with a distance of 44-6.75 ... Captured five first place finishes in Shot Put during the outdoor season at USA Jaguar Premier, Mike Poehlein Invitational, Big Blue Classic, Pacesetter Invitational and the Wisconsin Twilight ... Took third at the Central Collegiate Championships with a distance of 46-8.75. **2003-04:** Placed fifth in the Shot Put at the Indoor C-USA Championships

and 4th at the Outdoor C-USA Championships ... Established a personal best in the Indoor Shot Put with a throw of 47-1 1/2 at the Carthage Invite, good for first place ... Took first place in the Indoor Shot Put at three consecutive meets, the Panther Classic, Carthage Invite and UWM Tune Up. **2002-03:** Took fifth overall in the Shot Put with a throw of 46-8 at the C-USA Indoor Championships. **2001-02:** Set a school and freshman record in the Shot Put on at the Indiana Four-Way with her throw of 46-8 3/4 ... Took first in the Shot Put at the Marquette Invite ... Placed fourth in the Shot Put at the C-USA Outdoor Championships, higher than any other freshman ... Placed first in the Discus at the Marquette Invite with her throw of 133-10, a personal best ... Set a freshman record in the Shot Put at the C-USA Indoor Championships with her throw of 46-7 1/2 ... Placed first in the Shot Put at both the Carthage D1 Invite and the UWM Pre Conference. **High School:** Finished third at the state championship meet in the shot put in 2001 ... Brought home all-conference acclaim in the shot put in 2001 ... Member of the 1998 Division II State Champion Track and Field team ... Co-captain of the Track and Field team as a senior ... Coached as a Papermaker by Doug Knutson. **Personal:** Member of the National Honor Society ... Daughter of Dick and Mary Leklem ... Born on September 21, 1982.



Career Stats		
Honors	C-USA Commissioner's Honor Roll, 2002, 2003, 2004, 2005 NCAA Regional Participant, Shot Put, 2005	
NCAA Championship Results		
2005 (0)	Shot Put, 48-10, 12th	
C-USA Championship Results		
2005 (0)	Shot Put, 46-10.75, 5th	
2004 (1)	Shot Put, 46-0.5, 5th	
2004 (0)	Shot Put, 46-6.25, 4th	
2003 (1)	Shot Put, 46-8, 5th	
2002 (0)	Shot Put, 46-8, 5th	
Personal Bests		
Indoor	Shot Put, 47-1.5	
Outdoor	Shot Put, 48-10 (sr)	Discus, 133-10



Cross Country/Distance

Heidi Lindeman

Jr. • Coon Rapids, Iowa (Coon Rapids)



2004-05: Did not compete in either indoor or outdoor seasons, but participated in a full cross country season ... Made her season debut at the Iona Meet of Champions, finishing 18th ... Placed second at the Sean Earl Invitational ... She finished seventh at the Conference USA Championships with a time of 22:03 ... Competed at the Great Lakes Regional and NCAA Championships. **2003-04:** Member of the C-USA Champion Cross Country team ... Took sixth overall and was Marquette's second finisher at the C-USA Championship Cross Country meet with a time of 21:07.40 ... Finished first overall at her first ever Cross Country meet, the Bradley



Continued on next page.





The Team



Invite, with a time of 17:38 ... Member of the Distance Medley Relay team that won Conference USA Championship ... Finished fifth in the 1,500m at the C-USA Outdoor Championship ... Took first in the 5,000m at the Big Blue Classic with a time of 17:31.68 ... Placed second in the 3,000m at the Minnesota Gold Meet with a time of 9:52.58. **High School:** Personal best in the two mile of 10:37 ... Personal best in the mile of 4:54 ... Earned All-State honors for both cross country and track and field ... Coached as a Cardinal by Don Timm ... Earned four letters in both track and field and cross country. **Personal:** Daughter of Richard and Jan Lindeman ... Born on November 14, 1983.



Career Stats		
Honors	NCAA Cross Country All-Region, 2003 Conference USA Freshman of the Year, Cross Country, 2003 All-Conference USA, Indoor Track and Field, 2004 All-Conference USA, Cross Country, 2003	
NCAA Championships		
2004 (CC)	22:42, 129th	21:21 42nd (Regional)
2003 (CC)	22:13, 175th	21:27, 21st (Regional)
C-USA Championship Results		
2004 (I)	3,000m, 9:58.44, 4th	
	Distance Medley Relay, 11:54.76, 1st	
2004 (O)	1,500m, 4:38.96, 5th	
Personal Bests		
Indoor	800m, 2:17.31	Mile, 5:00.33
	1,000m, 2:56.49	3,000m, 9:52.58
Outdoor	1,500m, 4:31.90	5,000m, 17:31.68
	3,000m Steeplechase, 11:07.40	



Throws

Jenna Mahaffey

Jr. • Madison, Wis. (Memorial)

2004-05: Competed in the C-USA Championships in Shot Put and Weight Throw in the indoor season ... Recorded a distance of 38-9.75 in Shot Put at the Championships ... Had a distance of 48-2.50 in Weight Throw at the Championships ... Had two second place finishes in Weight Throw at the Pepsi Challenge and the Panther Tune-Up ... Recorded a third place finish in Weight Throw at the Carthage Invite. **2003-04:** Participated in the Shot Put at both the Indoor and Outdoor C-USA Championships ... Took fourth in the indoor Weight Throw with a personal best throw of 43-3 3/4 at the UWM Tune Up. **High School:** Member of the State Champion Track and Field team as a senior ... State champion in the shot put as a senior ... Personal bests include 42-10 in the shot put and 127-7 in the discus ... School record holder in shot put ... Coached as a Spartan by Joseph Frontier ... Also lettered in Volleyball and Basketball. **Personal:** Daughter of Doug and Debbie Mahaffey ... Born on March 18, 1985.

Career Stats		
Honors	C-USA Commissioner's Honor Roll, 2004, 2005	
C-USA Championship Results		
2005 (I)	Shot Put, 38-9.75 16th	Discus, 48-2.50, 13th
2004 (I)	Shot Put, 40-6 1/4, 18th	
2004 (O)	Shot Put, 39-8 3/4, 17th	Discus, 90-7, 20th
Personal Bests		
Indoor	Shot Put, 42-2.75	Weight Throw, 50-0.75
Outdoor	Shot Put, 39-11.5	Discus, 134-0



Sprints

Kristina Malin

Jr. • Naperville, Ill. (Central)

2004-05: Clenched a second place finish in the 400m at the Pepsi Challenge with a time of 1:02.22 ... Recorded a time of 1:00.37 in the 400m at the Panther Tune-Up ... Had a season best in the 200m at the Mike Poehlein Invitational with a time of 26.11 ... Recorded a season best of 58.23 in the 400m at the C-USA Championships. **2003-04:** Competed in the 400m at both the Indoor and Outdoor C-USA Championships ... Ran a personal best in the 400m of 59.81 at the Cyclone Classic on Feb. 14. **High School:** Member of the 4x400 relay team that finished sixth in state and set a school record of 3:57.87 as a senior ... Set the school record of 25.3 in the 200m as a sophomore ... All-Conference all four years ... Coached as a Redhawk by Mike Stine. **Personal:** Daughter of Ken and Kathy Malin ... Born on January 24, 1985.



Career Stats		
Honors	C-USA Commissioner's Honor Roll, 2004	
C-USA Championship Results		
2004 (O)	400m, 58.23, 22nd	
2004 (I)	400m, 1:01.21, 19th	
2004 (O)	400m, 59.16, 24th	
Personal Bests		
Indoor	200m, 26.77	400m, 59.81
Outdoor	400m, 58.23	200m, 26.11



Cross Country/Distance

Shannon Oster

Jr. • Cedar Rapids, Iowa (Washington)

2003-04: Did not compete in the indoor season ... Had a season best in the 1,500m at the Mike Poehlein Invitational with a time of 4:42.90 which was good for fourth place ... Recorded a season best in the 5,000m at the Big Blue Classic with a time of 17:55.45 ... Also a member of the cross country Team, but did not compete. **2003-04:** Ran in four Cross Country meets ... Was the Golden Eagles fourth finisher and took 14th overall at the Bradley Invite with a time of 18:11 ... Did not compete in the indoor or outdoor track and field seasons. **High school:** Personal best of 4:46 in 1,500m and 10:21 in 3,000m ... All-State three years in Cross Country ... Member of All-Conference Academic Team ... Conference Athlete of the Year in Cross Country all four years ... Coached as a Warrior by Dave Coates. **Personal:** Born on Sept. 8, 1984 ... Daughter of Ted and Jackie Oster.

Career Stats		
Personal Bests		
Outdoor	1,500m, 4:42.90	5,000m, 17:55.45





Cross Country/Mid. Distance

Cassie Peller

So. • Valparaiso, Ind. (Chesterbon)



High School: Competed in the C-USA Championships in both indoor and outdoor... Took a second place finish in the mile at the indoor championships with a time of 4:57.05... Had two first place finishes in the 800m at the Gold Country Classic and Panther Tune-Up... Had all six finishes in the indoor season better than third place ... Clinched second place in the 1,500m at the C-USA Championships in the outdoor season with a time of 4:27.54 ... Advanced to the NCAA Regionals in the 1,500m and finished in 4:31.77 ... Had a season best in the 800m with 2:13.95 at the Pacesetter Invitational ... Took first place twice in the 1500m at the Big Blue Classic and the Wisconsin Twilight... Had a second place finish in the 3,000m at the USA Jaguar Premier with a time of 9:59.21 ... Also a member of the Women's Cross Country Team... Competed in the Bradley 5k, the Iona 6k, the Loyola 5k, the Pre-NCAA 6k, the C-USA Championships and the NCAA Regionals ... Was team's outstanding freshman, finishing second or third on the team multiple times. **High School:** First team All State in Cross Country as a junior and senior ... School record holder in cross country, 4k personal best of 14:15 ... Member of State Champion 4x800m Relay as a junior and senior, a part of a state record team ... Her best times in the 1,600 was 4:55 and she ran a 2:12 in the 800m ... Lettered in Cross Country and Track and Field all four years ... Coached as a Trojan by Steve Kearney. **Personal:** Oldest of Tom and Julie Peller's three children ... Born on December 28, 1985 ... Father was quarterback on the University of Indianapolis football team.

Career Stats

Honors	C-USA Academic Medal, 2005	
NCAA Championship Results		
2005 (O)	4:31.77, 9th (Regionals)	
2004 (CC)	22:22, 116th	21:09, 31st (Regionals)
C-USA Championship Results		
2005 (O)	1,500m, 4:27.54, 2nd	
Personal Bests		
Indoor	800m, 2:15.50	Mile, 4:50.82
Outdoor	800m, 2:13.95	1,500m, 4:27.54
	3,000m, 9:59.21	



Cross Country/Distance

Beth Pollard

So. • Menomonie Falls, Wis. (Divine Savior-Baby Angels)



2004-05: Finished the 3,000m at the Panther Tune-Up in 12:05.30 ... Finished the 5,000m at the Pepsi Challenge in 21:02.05 ... Had a season best at the Pacesetter

Career Stats

Honors	C-USA Commissioner's Honor Roll, 2005	
Personal Bests		
Indoor	3,000m, 12:01.42	5,000m, 21:02.05
Outdoor	5,000m, 20:45.40	

Invitational in the 5,000m with a time of 20:45.40 ... Also a member of the cross country Team... Competed in the Bradley 5k, the Midwest 5k and the Loyola 5k. **High School:** Need info. **Personal:** Need info.



Cross Country/Distance

Allison Sauer

So. • Goshen, Ky. (South Oldham)



2004-05: Competed in both indoor and outdoor C-USA Championships ... Ran in the C-USA indoor championship in the 5,000m with a time of 18:11.61 ... Finished the mile at the Panther Tune-Up in 5:09.76 ... Competed in the outdoor championships with a time of 38:56.45 in the 10,000m ... Had a second place finish in the 10,000m with a time of 37:44.02 at the Big Blue Classic ... Finished third in the 1500m at the Wisconsin Twilight with a time of 4:17.17 ... Had a season best in the 3,000m at the USA Jaguar Premier with a time of 10:14.81 ... Recorded a season best in the 5,000m at the Redbird Invitational with a time of 18:03.40 ... Also a member of the Women's Cross Country team ... Competed in the C-USA Championships, NCAA Regionals and NCAA Championships. **2003-04:** Participated in the 5,000m at both the Indoor and Outdoor Conference USA Championship, finishing 10th at the Outdoor and 15th at the Indoor ... Took first in the 5,000m at the Red/White Invite with a season best time of 17:28.6 ... Finished first in the Mile at the Panther Classic with a time of 5:11.58. **2002-03:** Earned all-conference honors following an 11th place finish at the C-USA Cross Country Championship ... Placed fourth in the 10,000m at the C-USA Outdoor Championships with a time of 36:36.97, higher than any other freshman at the meet ... Placed seventh in the 5,000m at the same meet ... Also took seventh in the 5,000m at the C-USA Indoor Championship meet ... Placed third overall in the 10,000m at the Drake Relays with a personal best of 35:53.55. **High School:** Won four individual state track and field championships over her high school career ... Was the 1999 State Champion in Cross Country ... Academic All-American ... Recorded personal bests of 5:02 in the 1,600m and 10:56 in the 3200m ... Coached by former Marquette track and field athlete Houston Barber. **Personal:** Born on October 2, 1983 ... Daughter of Jeff and Debbie Sauer ... Member of the National Honor Society.

Career Stats

Honors	All Conference Cross Country, 2002 C-USA Commissioner's Honor Roll, 2004, 2005	
NCAA Championship Results		
2004 (CC)	22:59, 166th	21:26, 31st (Regionals)
C-USA Championship Results		
2005 (I)	5,000m, 18:11.61, 14th	
2005 (O)	10,000m, 38:56.45 11th	
2003 (I)	5,000m, 17:43.74, 7th	
2003 (O)	10,000m, 36:36.97, 4th	
2004 (I)	5,000m, 18:30.28, 15th	
2004 (O)	5,000m, 17:38.66, 10th	
Personal Bests		
Indoor	Mile, 5:08.48	3,000m, 10:12.02
	5,000m, 17:37.93	
Outdoor	1,500m, 4:42.96	3,000m, 10:14.81
	5,000m, 17:28.6	10,000m, 35:53.55





The Team



Cross Country/Distance

Amy Stephens

Sr. • New Berlin, Wis. (Hale)



2004-05: Competed in the indoor season only ... Finished second in the 800m at the Pepsi Challenge with a time of 2:25.87... Also competed in the Panther Tune-Up in the 800m with a time of 2:29.38 ... Also a member of the Cross Country Team, however, did not compete. **2003-04:** Competed in one Cross Country meet ... Did not participate in the Outdoor season ... Ran the 800m at three meets in the Indoor season ... Recorded a season best in the 800m at the UWM Tune Up with a time of 2:23.54, good for sixth place. **2002-03:** Did not participate in the Outdoor season ... Ran three meets in the Indoor season ... Season best of 2:24.11 in the 800m at the Carthage Invite. **2001-02:** Redshirted during the Outdoor season ... Ran a season best in the 800 Meter at the Indiana Relays of 2:22.45 on Feb. 2 ... Finished fifth in the 800 Meter at the Badger Classic ... Participated in three Cross Country Meets. **High School:** Lettered in track and field as a junior and senior at Nathan Hale ... MVP of Cross Country and Track teams as a junior and senior ... Member of the 3200 Meter Relay team that won the regional and sectional championships as a senior ... Personal bests include 2:21 in the 800 Meter and 1:01.00 in the 400 Meter ... Lettered in track and field and cross country as a freshman and sophomore at Waukesha Catholic Memorial ... Coached at Nathan Hale by Douglas Jordan. **Personal:** Daughter of Thomas and Linda Stephens ... Birthdate is October 13, 1982 ... Vice President of the National Honor Society.



Career Stats	
Honors	C-USA Commissioner's Honor Roll, 2002, 2003, 2004, 2005
Personal Bests	
Indoor	800m, 2:22.45



Pole Vault

Kristin Stoniecki

Sr. • Montgomery, Ill. (Owago/Loyola (Ill.))



2004-05: Participated in the C-USA Championships in the indoor and outdoor season... Competed in the Championships with a height of 11-5.75 ... Had two first place finishes at the Gold Country Classic and at the Notre Dame Invitational ... Captured a second place finish at the Pepsi Challenge with a distance of 11-6.25 and set the school record at 11-6.25 ... Set a new school record in Pole Vault during the outdoor season with a height of 11-5.75 at the Big Blue Classic ... Had a second place finish in Pole Vault at the USA Jaguar Premier ... Finished third in the 200m with a season best of 29.21. **High School:** Finished sixth at the state meet

Career Stats			
C-USA Championships			
2005 (I)	Pole Vault, 11-5.75 10th	2005 (O)	Pole Vault, 10-11.75 10th
Personal Bests			
Indoor	Pole Vault, 11-6.25 (sr)		
Outdoor	200m, 29.21		Pole Vault, 11-5.75 (sr)

as a senior with a personal best jump of 10-9 ... Earned All-State honors as a senior ... Also competed in the Triple Jump, where she earned All-Conference honors as a junior and in the Long Jump and High Jump ... Member of the Class AA Sectional Champion Track and Field team ... Coached as a Panther by Jack Milinovich. **Personal:** Daughter of Steve and Kathy Stoniecki ... Born on November 16, 1984 ... Has an older brother, Bryan, who was on the golf team at the Naval Academy ... Has a younger sister, Amy.



Cross Country/Distance

Mia Supanich-Winter

Sr. • Libertyville, Ill. (Libertyville)



2004-05: Ran the mile in the Panther Tune-Up in 5:09.62 ... Had a fourth place finish at the Carthage Invite with a time of 10:28.97... Ran the 5,000m at the ISU Classic in 18:00.83 ... Did not compete in the outdoor season ... Also a member of the Cross Country Team... Competed in the Bradley 5k, the Iona 6k, the Loyola 5k and the Pre-NCAA 6k. **High School:** Three-time Conference Champion in Cross Country ... Member of the Conference Champion Cross Country team in 2000 and 2001 ... State qualifier in Track and Field three times ... Personal best in the 1,600m is 5:17 ... 3200m personal best is 11:46 ... Coached as a Wildcat by Harry Carlson and Angela Bartoszek. **Personal:** Oldest of Dana Winter and Wanda Supanich's two children ... Has a sister Hanna ... Born on July 28, 1986.



Career Stats	
Honors	Conference USA Commissioner's Honor Roll, 2005
Personal Bests	
Indoor	Mile, 5:09.62 3,000m, 10:19.74 5,000m, 18:00.83



Throws

Heather Thomason

Sr. • Venedate, Wash. (University)




2004-05: Competed in the C-USA indoor Championships and recorded a throw of 42-11.50 in shot put ... Had two first place finishes in shot put at the Pepsi Challenge and at the Panther Tune-Up ... Had two second place finishes in Shot Put at the Carthage Invite and at the Notre Dame Invitational ... Did not compete in the outdoor season. **2003-04:** Took seventh in the Shot Put at the C-USA Outdoor Championship meet with a throw of 45-10 3/4, also competed in the Discus at the same meet ... Took first in the Shot Put at the Red/White Invite with a throw of 44-9 3/4, finished second in the Discus at the same meet with a throw of 113-0 ... Placed second in the Shot Put at both the Carthage Indoor Invite and the





UWM Tune Up. High School: Took third place in the Shot Put as a senior, her second trip to state in that event ... Personal best in the shot put is 41 feet 3 inches ... Personal best in the Discus is 112-5 ... First team All-Conference as a senior ... Captain of track and field team as a senior ... Coached as a Titan by Amanda Velasquez. **Personal:** Born on Jan. 18, 1983 ... Daughter of Mark and Pam Thomason ... Works as a camp counselor during the summer.

Career Stats		
C-USA Championships		
2003 (I)	Shot Put, 39-11.50	
2004 (I)	Shot Put, 42-8.25, 12th	
2004 (O)	Shot Put, 45-10.75, 7th; Discus, 108-1, 17th	
Personal Bests		
Indoor	Shot Put, 44-2.5	
Outdoor	Shot Put, 45-10.75	Discus, 122-0




Sprints
Bethany Wolf
So. • Green Bay, Wis. (Notre Dame Academy)

2004-05: Did not compete in the indoor season ... Competed in the 200m and 400m events during the outdoor season ... Had a season best race in the 200m at the Redbird Invitational with a time of 28.13 ... Recorded a season best in the 400m at the Wisconsin Twilight with a time of 1:02.04. **High School:** Lettered in track all four years at Notre Dame Academy in DePere, Wis. ... Reached state finals all four years in sprints ... Also played basketball and tennis in high school ... Was captain of basketball all four years, captain of track junior and senior years and was captain of tennis senior year ... Track team won conference championship in 2000 ... Received first team all state honors in tennis and was state champions in tennis twice ... Was awarded academic honors all four years. **Personal:** Born November 14, 1985 in Cincinnati, Ohio ... The daughter of Greg and Betsy Wolf ... Has an older brother, Sean ... Father played football at Penn State... Majoring in Exercise Science.


Career Stats		
Personal Bests		
Outdoor	200m, 27.44	400m, 1:02.04

Newcomers




Hurdles
Jasmine Battle
Fr. • Milwaukee, Wis. (Riverside)

High School: A four-year letter winner in both track and field and volleyball... Elected as captain her junior and senior year... Won the Women's Sports Advocates of Wisconsin Scholar Athlete Award as well as the Milwaukee Scholar Athlete Award as a senior... Earned All-Conference honors sophomore through senior years... An AAU junior national qualifier as a sophomore and junior... Division 1 state champion in the 4x200 meter relay as a sophomore... An All-conference performer in volleyball her sophomore through senior years. **Personal:** Born October 14, 1986... The daughter of Wayne and Julia Battle... Has a younger brother, Aaron... Plans to major in Biomedical Sciences.




Jumps
Annie Dwyer
Fr. • Shorewood, Wis. (Divine Savior-Holy Angels)

High School: Three year letter winner in Track at Divine Savior Holy Angles ... Placed 1st in the high jump at the JVG Conference Relays Meet in '04 ... Holds personal best of 16.9 in the 100m hurdles ... Awarded the DSHA Coaches Award in '04 and named Rookie of the Year in '01. **Personal:** Only daughter of Mike and Deb Dwyer's five children — Pat, Chris, Andy and Mike are her brothers ... Born June 19, 1986 ... Major is undecided.



Cross Country/Distance
Marcy Farrell
Fr. • Orland Park, Ill. (Mother McAuley)

High School: Four-year letter winner in cross country and track ... Was the captain of cross country team in 2003 and captain of track in 2005 ... GCAC Conference Athlete of the Year in Track and Field in 2004 and 2005 ... IHSA All-Academic Team Honorable Mention ... 4th place at state in the 800 meters 2004 ... 7th place at state in 4x800 relay in 2005 ... Qualified for state cross country meet in 2003 ... Cross country team won the GCAC Conference title in 2004 ... Holds personal best of 2.15 in the 800 and 5.11 in the mile. **Personal:** Born February 25, 1987 ... The daughter of Brian and Sue Farrell ... Graduated from Mother McAuley High School in Orland Park, Ill. ... Has one sister, Maura 16 ... Nursing major.



Jumps
Christina Feldman
Fr. • Sycamore, Ill. (Sycamore)

High School: A letter winner in track and field all four years in high school ... Four-time all-conference selection in track and field and a two-time state qualifier ... Was a member of the 2005 IHSA Academic All-State Team ... Two-time track and field team captain... A two-time letter winner in both volleyball and basketball as well as captain of both... Holds personal bests of 35-feet, 9-inches in the triple jump and 17'2 3/4" in the long jump. **Personal:** Born September 27, 1986... Second child of Ronald and Roseann Feldmann... Major in Exercise Science.





The Team



Hurdles

Hayley Ford

Fc. • Gladstone, Mich. (Gladstone Area)



High School: Was a four year letterwinner in track at Gladstone Area High School, earning all-state honors each year ... was the Upper Peninsula Division I Champion in the 100 and 300 Hurdles and 800 Relay in 2005... captured the Great Northern Conference championship in the 100 and 300 hurdles in 2004 and 2005 ... holds the school record in the 800 relay and the 300 hurdles ... also earned four letters in cheerleading helping her squad to finish third at the state championships in 2005 and fourth in the state in 2002 and 2004, and two letters in cross country ... co-captain for both cross country and track teams her senior seasons. **Personal:** Born on May 24, 1987 to Ann and Dale Ford ... has one brother Ryan ... intends to major in international business and accounting or finance.



Cross Country/Distance

Colleen Kneuster

Sa. • Wheaton, Ill. (Wheaton North/Wheaton Wesleyan)



High School: Four year letter winner in track and three year letter winner in cross country at Wheaton North High School ... Captain of Track and Cross Country team ... State champions in track in '03 ... Personal best of 11:56 in the 2 mile ... Awarded Athletic Leadership Scholarship in '03 ... Four year academic all-conference in track and cross country. **Personal:** Youngest of James and Kathy Kuenster's three children with sisters Christine and Annie ... Born November 4, 1984 ... Majoring in Education and History.



Jumps

Sharon Fritz

Fc. • Arlington Heights, Mich. (Rolling Meadows)



High School: A three-year letter winner in track and field, four-year letter winner in gymnastics and a one-year winner in volleyball ... Qualified for the State Championships in the triple jump after winning the sectional crown in during the outdoor season ... A qualifier in the Prep Top Times Meet in the indoor long jump ... Given the Shannon McNamara Leadership Award as well as being named the co-Field Athlete of the Year ... School record holder in the 55 meter dash with a time of 7.2 seconds ... A personal best in the triple jump of 37-feet ... In gymnastics, named senior co-captain ... As a senior was the regional vault champion and state qualifier in the event ... Named Coaches Association All-American as well as team MVP. **Personal:** Born December 15, 1986 ... Daughter of Walter and Carol Fritz ... Has a younger brother, Ken ... Plans to major in either Secondary Education or Communications.



Heptathlon

Sarah Kuchta

Fc. • Cary, Ill. (Cary-Grove)



High School: Lettered in track all four years, cross country senior year and two year letter winner in basketball ... Won the Fox Valley Conference title for track in '02 and '05 and conference title in cross country in '03 and '04 ... Personal best of 16.7 in the 100 high hurdles and 47.76 in the 300 low hurdles ... Qualified for state in '05 in the sprint medley ... Was awarded the Army Scholar Athlete in 2005. **Personal:** Oldest of Alexander and Natalie Kuchta's two children, sister Rachel ... born February 13, 1987 in Crystal Lake, Ill. ... Majors in mathematics.



Throws

Audra Ketelsen

Fc. • Anamosa, Iowa (Anamosa)



High School: Earned four letters as member of the track and field team at Anamosa High School ... competed in the throwing events ... recorded two top three finishes her junior and senior years at the Iowa High School State Championships, including a second place finish in the discus throw in 2005 ... also lettered in volleyball, basketball and softball ... earned all-conference honors in all four sports and all-state accolades in basketball, softball and track and field in 2004 and 2005. **Personal:** Born September 13, 1986 ... daughter of Kirk and Darleen Ketelsen ... has two siblings Tyler and Ryne ... mother played golf at Northern Iowa and her brother Tyler was a member of the track and field team at Wartburg University ... she majors in elementary education.



Sprints

Jami McAllister

Fc. • Waupaca, Wis. (Waupaca)



High School: Was a four-time letterwinner on the track team at Waupaca High School ... was an all-conference track selection each of her four years ... qualified for sectionals four consecutive years ... track team captain in 2004 and 2005 ... also earned four letters in basketball while being team captain each season ... was a second team all-conference selection in basketball. **Personal:** Born March 27, 1987 to Susan and Kelly McAllister ... sister of Jessi and Shayna ... majors in physiology/biology.



Hurdles

Jaclyn Muller

Fc. • LaCrosse, Wis. (Aquinas)



High School: A four-year letter winner in track and cross country, as well as a one-time winner in basketball ... Competed in the State Championships all four years ... As a senior took fourth in the 800 meter relay and as a junior took second in the 100 meter hurdles ... As a sophomore finished sixth in the 100 meter hurdles and the 800 meter relay and as a freshman took third in the 800 meter relay and fourth in the 400 meter relay. **Personal:** Born January 5, 1987 ... Daughter of Mike and Mary Muller ... Has three siblings, Kristen, Mike and Jenna ... Majoring in engineering.



Cross Country/Distance

Ashley Schweikl

Fc. • South Milwaukee, Wis. (South Milwaukee)



High School: A four-year letter winner in cross country and track ... Two-time captain of both the track and cross-country teams ... Voted Female Athlete of the Year as a senior ... Southeast Conference Champion in track in 2002 and cross country in 2001 ... A state qualifier in cross country from 2001-04 and a track qualifier in the 3200 meters in 2002, 2004-05 ... Named Academic All-State as well as All-Conference ... MVP in track and cross country all four years ... Holds personal records in the 4k of 14:47 and 11:41 in the 3,200 meter run. **Personal:** Born December 13, 1986 ... Daughter of Jay and Deborah Schweikl ... Has an older sister and younger brother ... Father ran on the cross country and track teams at Wis.-Stevens Point ... Majoring in Broadcast and Electronic Communications.



Jumps

Lana Rabas

Fc. • Maribel, Wis. (Denmark)



High School: Was a four-year letterwinner on the track team at Denmark High School ... Elected captain her senior season and was named team MVP her junior and senior seasons ... Qualified for state competition in the high jump in 2005 after capturing first place at the regional competition in the high jump ... also earned two letters in volleyball her junior and senior years and was a first team all-conference selection as a senior. **Personal:** Born June 11, 1986 ... Daughter of Paul and Linda Rabas ... has one sister Melissa ... majoring in Mechanical Engineering.



Pole Vault

Amy Stoniecki

Fc. • Montgomery, Ill. (Dewey)



High School: Attended the University of Colorado for one year prior to coming to Marquette but did not participate on the track team ... Earned one letter as member of the track team competing in pole vault at Oswego ... She won a conference championship in the pole vault her one year of competing and took 17th place at the Illinois State competition while helping her team to a sectional championship in 2004 ... Also earned three other letters in volleyball her junior and senior years and as a member of the softball team her junior year. **Personal:** Born April 28, 1986 to Steve and Kathy Stoniecki ... has two siblings Kristin and Bryan. Her sister Kristin is currently on the Marquette track and field team, while he brother Bryan played golf for the U.S. Naval Academy ... she is an accounting major.



Pole Vault

Carrie Schmid

Fc. • Arbor Vitae, Wis. (Lakeland)



High School: Earned three letters on the track team at Lakeland Union High School, competing the pole vault ... holds the pole vault record at Lakeland Union with a height of 10-6 ... won the pole vault at the conference championships in 2005 ... took fourth place in the pole vault at the state competition in 2004 ... also was a four-time letterwinner as member of the gymnastics team that qualified for the state championships... captained both the track team and the gymnastics team in 2005. **Personal:** Born July 13, 1987 ... is the daughter of Barbara Kolokithas and Mike Schmid ... has one brother Jon ... has yet to decide on a major.



Middle Distance

Sarah Verdoliva

Fc. • Mexico, N.Y. (Mexico)



High School: Holds three school records in 200 meters, 400 meters, and 800 meters at Mexico High School in Mexico, N.Y. ... Holds personal best times of 58:36 in the 400 meter and 2:16.10 in the 800 meter... Lettered in track for three years and in swimming for four years... Was named Mexico Female Athlete of the Year 2004 and 2005... **Personal:** Born September 30, 1987 ... Daughter of Francis and Noureen Verdoliva ... Has a younger sister, Rachel 15 ... Father ran cross country and track at Oswego State... Lists playing the guitar as one of her hobbies ... Plans on majoring in physiological sciences and medicine.





The Team



Heptathlon

Tara Whiting

Fc. • Iowa City, Iowa (Iowa City)



High School: Was a four-time letterwinner at City High School, where the Little Hawks won three straight state titles in 2002-04 and four consecutive conference championships in 2002-05 ... competed in the hurdles and high jump ... was team captain in 2005 ... also lettered in softball and was a second team all-conference selection in 2001. **Personal:** Born July 31, 1986 ... daughter of Cheryl Bombei and David Whiting ... has three siblings: Ryan, Gavin and Ashley ... her brother Ryan played soccer at Luther College (Iowa) ... Majoring in nursing.



Pole Vault

Elizabeth Wilkie

Fc. • Oak Park, Ill. (Oak Park-River Forest)



High School: A three-year letter winner in track and field ... Elected as track team captain for both the indoor and outdoor seasons senior year ... Earned Paul Kayes Leadership Award during senior year ... Won the conference and sectional titles as a team during senior year ... A two-time state qualifier for the state of Illinois ... Has a personal record in the pole vault of 11 feet. **Personal:** Born March 16, 1987 ... Daughter of Paul and Marcia Wilkie ... One of nine children born to Paul and Marcia ... Majoring in Secondary Education.



2005 Women's Cross Country Team

Back Row (Left to Right): Allison Sauer, Anna Halaska, Mia Supanich-Winter, Marcy Farrell, Ashley Schweikl, Cassie Peller, Amy Stephens. **Middle Row:** Amanda Sucharda (graduate assistant), Colleen Knuester, Nina Hoppenjan, Susie Emond, Jodi Jakubek, Michaela Courtney, Leslie Lawton, David Uhrich (head coach). **Front Row:** Heidi Lindeman, Shannon Oster, Kaitlyn Chambers, Terri Emond, Beth Pollard, Tara Hinke.



2005 Men's Cross Country Team

Back Row (Left to Right): David Henderson, Cody Miles, Aaron Hyams, Jeremy Williams, Brennan Feldhausen (team manager). **Middle Row:** Andrew Lelinski, Drew Craig, Eric Meissner, Scott Allen, Kurt Keuter. **Front Row:** Amanda Sucharda (graduate assistant coach), Brent Des Roches, Kyle Saginus, Joshua Pinter, Tommy Schmitz, Steve Briggs, Ben Stewart, David Uhrich (head coach).



2005-06 Women's Track and Field Team

Back Row (from left to right): Scott Synold (volunteer assistant coach), Bert Rogers (assistant coach), Heather Thomason, Carrie Schmid, Sarah Kuchta, Lana Rabas, Jamie McAllister, Sarah Hunt, Brynn Kosmoski, Annie Dwyer, Emily Leklem, Jessica Ehlen, Audra Ketelsen, Jacklyn Mueller, Cameron Harvey (volunteer assistant coach). **Second Row:** Kay Mikolajzak (volunteer assistant coach), Elizabeth Wilkie, Amy Stoniecki, Allison Sauer, Anna Halaska, Mia Supanich-Winter, Marcy Farrell, Ashley Schweikl, Cassie Peller, Nicole Halama, Christina Feldman, Sharon Fritz, Tara Whiting, Nick Newton (graduate assistant). **Third Row:** Amanda Sucharda (graduate assistant), Joy Dillon, Bethany Wolff, Colleen Knuester, Nina Hoppenjan, Susie Emond, Jodi Jakubek, Michaela Courtney, Leslie Lawton, Kristen Stoniecki, Hayley Ford, Danielle Hubmann, Christina Flowers, Michael Koenning (assistant coach). **Front Row:** Brianna Dahm (volunteer assistant), Sarah Verdoliva, Jasmine Battle, Heidi Lindeman, Shannon Oster, Kaitlyn Chambers, Terri Emond, Beth Pollard, Tara Hinke, Kristina Malin, Lauren Chimielski, David Uhrich (head coach).



20045-06 Men's Track and Field Team

Back Row (from left to right): Leslie Stewart, Michael Boedecker, Chris Cebula, Michael Heim, Aaron Hyams, Jed Burey, Ray Bratchett. **Second Row:** Bert Rogers (assistant coach), Keith Jamerson, Thomas Cassidy, Andy Ballard, David Henderson, Damian Anisko, Cody Miles, Jeff Kluge, Jeremy Williams, Brennan Feldhausen (team manager), Tom Sage, Michael Koenning (assistant coach). **Third Row:** Cameron Harvey (volunteer assistant coach), Matt Piekarski, Sean Aldridge, Dan Gasior, Andrew Lelinski, Drew Craig, Eric Meissner, Scott Allen, Kurt Keuter, Zach Pawlowski, Nick Newton (graduate assistant). **Fourth Row:** Amanda Sucharda (graduate assistant), Jon Shaffer, Konrad Piotrowski, Brent Des Roches, Josh Pinter, Tommy Schmitz, Tyler Merten, Ben Stewart, David Uhrich (head coach). **Front Row:** Nicholas Van Deraa, Kyle Saginus, Adeola Giwa, Loren Wagner, Steve Briggs.



Throws

Damian Anisko

Jr. • Mississauga, Ont. • Phillip Pocock Catholic



2003-04: Recorded three top-five finishes in the discus throw including a personal best mark at the Conference USA Championship throwing 159-10 Tallied four top-five finishes in the hammer throw including another personal best at the C-USA championships throwing 172-0 ... also participated in the weight throw, tossing a season best 53-11.75 on two occasions including earning a second-place finish at the Pepsi Challenge. **2003-04:** Finished first in the Hammer Throw at the Red/White Invite on Apr. 30 with a throw of 155-0 ... Recorded a personal best mark in the Hammer Throw of 164-9 at the Big Ten Preview on Apr. 24 ... Finished seventh at the C-USA Outdoor Championships in the Hammer Throw, took 12th in the Discus ... Season best throw in the Discus of 147-10 at the Big Ten Preview ... Did not participate in the indoor season.

Career Stats

Honors C-USA Commissioner's Academic Medal, 2004, 2005
All-Conference USA Outdoor Track, 2005

C-USA Championship Results

2005 (I) Weight, 51-10.50, 8th
2005 (O) Discus, 159-10, 4th Hammer Throw, 172-0, 3rd
2004 (O) Discus, 137-2, 12th Hammer Throw, 159-2, 7th

Personal Bests

Indoor Weight Throw, 53-11.75
Outdoor Discus, 159-10 Hammer Throw, 172-0



Throws

Andy Ballard

Sr. • Oregon, Ill. (Oregon)



2004-05: Participated in both the shot put and weight throw events in outdoor ... Recorded four top-five finishes in the shot put on the season out of six meets and tallied four top-five finishes in the weight throw ... Took second place in the shot put throwing a season-best 52-01.25 at the Panther Tune-Up ... Finished fourth-place finish in the weight throw at the C-USA Championships with a season-best throw of 55-10.50 ... Earned back-to-back third-place finishes at the Pepsi Challenge and Panther Tune-up with throws of 52-08.25 and 52-04.25, respectively. **2003-04:** Established a personal best in the Discus at the Big Ten Preview on Apr. 24 with a mark of 158-5, good for second place at the meet ... Placed seventh in the Shot Put at the C-USA Outdoor Championships with a throw of 51-7, took eighth at the same meet in the Discus ... Took sixth in the Weight Throw at the C-USA Indoor Championships with a

season best throw of 48-1 1/2 ... Took first in the Shot Put at the UWM Tune Up on Feb. 21 with a season best throw of 51-4 3/4 ... Owned Marquette's top outdoor marks in 2004 in both the Shot Put and Discus. **2002-03:** Took second at the C-USA Indoor Championships in the Shot Put with a personal best throw of 53-11 3/4 ... Took ninth in the 35 lb. Weight Throw at the C-USA Indoor Championships ... Took second in the Shot Put at the Lee Calhoun Classic with a throw of 50-11 1/2 ... Placed 10th in the Discus and 11th in the Shot Put at the C-USA Outdoor Championships. **2001-02:** Recorded a personal best in the Shot Put of 48 feet 5 1/2 inches at the C-USA Outdoor Championships while placing sixth ... Took first place in the Discus at the Marquette Invite with a throw of 145-4 ... Set a personal best of 149-6 in the Discus at the C-USA Outdoor Championships ... Established a personal best of 49-10 1/2 in the Indoor Shot Put on Feb. 9 at the Lewis Open ... Finished fourth in the Shot Put at the C-USA Indoor Championships. **High School:** Runner-up in the discus at the state championships in 2000 ... Conference discus champion for two years ... Captain of track and field team ... MVP of track and field team as a senior ... Coached as a Hawk by Art Carlson and Doug Engle ... Also lettered in wrestling and football. **Personal:** Son of Stan Ballard and Lisa Rosenbalm ... Born on August 12, 1982 ... Member of the National Honor Society.

Career Stats

Honors All-Conference USA, Indoor Track and Field, 2004, 2005

C-USA Championship Results

2005 (I) Weight, 55-10.5, 4th Shot put, 51-05, 4th
2004 (I) Shot Put, 48-11.5, 8th Weight Throw, 48-1.5, 6th
2004 (O) Shot Put, 51-7, 7th Discus, 145-10, 8th

Personal Bests

Indoor Shot Put, 52-1.25 Weight Throw, 55-10.5
Outdoor Shot Put, 53-11.75 Discus, 158-5
Hammer Throw, 140-11



Throws

Michael Boedeker

Sr. • Colgate, Wis. (Milwaukee Lutheran)



2004-05: Threw a season-best 50-6.25 at the C-USA Indoor Championships ... In outdoor, Boedeker improved with every meet in the discus throw peaking at the C-USA Outdoor Championship with a throw of 153-4 ... Rounded out the season with three top-eight finishes in the discus throw ... Also participated in the hammer throw making strides with each meet ... Threw a season best 152-9 in the hammer throw at the Wisconsin Twilight meet capturing sixth place ... Finished eighth at the C-USA Outdoor Championships throwing 148-09.00. **High School:** Set a school record in the Discus at the WIAA Sectional Meet of 156-2,

Continued on next page.

Career Stats

Honors C-USA's Commissioner's Honor Roll 2005

C-USA Championship Results

2005 (I) Weight Throw, 50-6.25, 11th
2005 (O) Discus, 153-4, 8th Hammer, 148-9, 8th

Personal Bests

Indoor Weight Throw, 50-6.25
Outdoor Discus, 153-4 Hammer, 152-9





The Team

giving him a trip to the state championship meet ... Took third in the North Shore Conference Championship meet in the Discus ... Captain of the Track and Field team as a senior ... Earned one track and field letter ... Coached as a Red Knight by Dee McCain ... Also lettered in football for two years. **Personal:** Son of Dale and Linda ... Older sister Nicole attends Marquette.



Hurdles/Jumps

Ray Bratchett

So. • Milwaukee, Wis. (Pleasantona Falls)



2004-05: Excelled in the hurdles and the high jump for the Golden Eagles in his first season ... Recorded season bests in all four events he participated in, in outdoor ... Recorded his first win in the 110m hurdles at the USA Jaguar Premier with a time of 16.04, but recorded his season best time the next meet at the Mike Poehlein Invitational recording a time of 15.55 ... Captured his second win of the season at the Red Bird Invitational in the 400m hurdles ... Recorded a seventh-place finish at the C-USA Outdoor championships in the 400m hurdles after registering a season-best time (53.98) in the preliminaries ... In the high jump, Bratchett notched four second-place finishes in the high jump and recorded a season best 6-8.75 mark at the USA Track and Field Junior Nationals ... In indoor, Bratchett claimed one event title at the Panther Tune-up recording a jump of 6-10.25 before finishing second at the C-USA Indoor Conference Championships with a jump of 6-9.75. **High School:** Member of the 4x200m Relay team that placed second at the 2003 State Championship meet ... Took fourth in the 300IM hurdles as a senior at the State Championship meet ... Personal best in the 110 High Hurdles is 14.8 ... Also competed in the High Jump where he had a personal best of 6-6 ... Coached as an Indian by Jeff Waggoner. **Personal:** Son of Larry and Donna Bratchett ... Has an older sister Sabrina, a younger sister Carmen and a younger brother Jared ... Born on March 18, 1986.

Career Stats

Honors	All-Conference USA Indoor and Outdoor Track and Field, 2005	
C-USA Championship Results		
2005 (I)	High Jump, 6-9.75, 2nd	
2005 (O)	400m Hurdles, 55.15, 7th	High Jump, 6-4.75, 9th
USA Track and Field Junior Nationals		
2005 (O)	High Jump, 6-8.75, 8th	
Personal Bests		
Indoor	55m Hurdles, 8.25	60m Hurdles, 8.93
	High Jump, 6-10.25	
Outdoor	200m, 22.55	110m Hurdles, 15.55
	400m Hurdles, 53.98	High Jump, 6-08.75



Middle Distance

Jed Burey

So. • Overland Park, Kan. (Rockhurst)



2004-05: Participated in primarily the 800m race, earning All C-USA honors for his fifth-place finish in the 800m at the conference indoor championships, while finishing seventh at the outdoor championships ... Posted a season-best time in the 800m at the Wisconsin Twilight ... Captured three top-five finishes in outdoor meets including a second-place finish at the Pacesetter Invitational. **High School:** Member of the All-State 4x800 Relay team ... Established school record in 800m of 1:54.8 ... Coached as a Hawklet by Mike Dierks ... Awarded Rockhurst Athlete of the Year as a senior. **Personal:** Youngest of Cathy and Jeff Burey's three children ... Born on Jan. 30, 1986.

Career Stats

Honors	All-Conference USA Indoor and Outdoor Track and Field, 2005 C-USA's Commissioner's Honor Roll 2005	
C-USA Championship Results		
2005 (I)	1:57.12, 5th	
2005 (O)	1:53.25, 7th	
Personal Bests		
Indoor	400m, 51.91	800m, 1:54.32
Outdoor	400m, 50.36	800m, 1:53.04



Cross Country/Distance

Brent Des Roches

So. • Dayton, Ohio (Northmont)



2004-05: Led the men's cross country finishing first on the team at every meet ... Captured third place at the Conference USA Championships with a time of 24:53 ... Won one race title on the season at the Bradley Invite (Sept. 10) ... Recorded two top-10 finishes on the season at Iona (Sept. 25) and Loyola (Oct. 2) ... Redshirted in the indoor and outdoor season and will redshirt in cross country in 2005.

2003-04: Garnered his first three C-USA titles in 2004 ... Won both the 3,000m and 5,000m titles at the C-USA Indoor Championships with times of 8:32.98 and 14:59.78, respectively ... Took the 10,000m title at the C-USA Outdoor Championships with a mark of 30:58.01 ... Placed third in the 5,000m at the C-USA Outdoor Championships with a time of 14:41.99 ... Established a personal best in the Outdoor 5,000m at the Drake Relays, Outdoor 10,000m at the SeaRay Relays, Indoor Mile at Minnesota and Indoor 3,000m at the Cyclone Classic ... Outdoor 5,000m time currently stands third on Marquette's all-time list ... Member of the C-USA Champion Cross Country team ... Took fourth at the C-USA Championship Cross Country meet with an 8k time of 25:13.50. **2002-03:** Took third place in the



5,000m and second in the 10,000 meter at the 2003 C-USA Outdoor Championships ... Took sixth in the 3,000m at the C-USA Indoor Championships with a time of 8:38.61 ... Took fourth in the 5,000m at the C-USA Indoor Championships with a time of 14:46.96 ... Named Freshman of the Year for Cross Country in Conference USA following his performance at the C-USA Championship Cross Country Meet. **High School:** Set a school record in the 3,200m as a senior with a time of 9:05.77 and took fourth at the state meet ... Member of the 4x800 relay team that set a school record of 7:57.97 and took 11th place at the state meet ... Took third at the state championship Cross Country meet as a senior with a 5K time of 15:20 ... Personal best in the 1,600m is 4:23 ... Coached at Northmont by Jack Lintz. **Personal:** Born on June 25, 1984 ... Son of Chris and Sue DesRoches ... Three time Academic All-State.

Career Stats			
Honors	C-USA Freshman of the Year, Cross Country, 2002 Cross Country Team Freshman of the Year, 2002 All-Conference USA Outdoor Track and Field, 2003, 2004 All-Conference USA Indoor Track and Field, 2004 All-Conference USA Cross Country, 2003, 2004, 2005 C-USA Commissioner's Honor Roll, 2004		
C-USA Championship Results			
2004 (I)	3,000m, 8:32.98, 1st	5,000m, 14:59.78, 1st	
2004 (O)	5,000m, 14:41.99, 3rd	10,000m, 30:58.01, 1st	
2003 (I)	3,000m, 8:38.61, 6th	5,000m, 14:46.96, 4th	
2003 (O)	5,000m, 14:44.22, 3rd	10,000m, 31:11.30, 2nd	
Personal Bests			
Indoor	1,000m, 2:34.04	Mile, 4:18.58	
	3,000m, 8:27.24	5,000m, 14:46.96	
Outdoor	1,500m, 3:58.74	5,000m, 14:28.48	
	10,000m, 30:15.48		



Decathlon

Adeola Giwa

Sr. • Brooklyn, N.Y. (Xavier)



2004-05: Participated in the sprints and long jump events in his freshman season ... Recorded a seventh-place finish in the 200m at the Pacesetter Invite with a season best time of 23.01 ... Ran a consistent 11.38 time in the 100m on three separate occasions ... Recorded a season-best mark in the long jump at the Redbird Invitational finishing in 11th place ... tallied three top-eight finishes in indoor events including a second-place finish in the 55m at the Pepsi Challenge ... Recorded season best indoor marks in the 60m race (7.19) and long jump (19-9.50). **High School:** Personal best in the 100m is 11.0 ... Personal best in 200m is 22.8 ... Also competed in the Long Jump and Triple Jump ... Earned team MVP honors for indoor and for outdoor season as a junior ... Established school records in 300m (39.6) and 100m (11.0) ... Lettered in track and field three years and cross country three years ... Coached as a Knight by Pat Dormer. **Personal:** Son of Bolaji

Career Stats			
Honors	C-USA's Commissioner's Honor Roll 2005		
Personal Bests			
Indoor	55m, 6.74	60m, 7.19	
	200m, 23.98	Long Jump, 19-9.50	
Outdoor	100m, 11.38	200m, 23.01	
	400m, 52.71	Long Jump, 19-09.75	

and Tina Giwa ... Born on March 25, 1986 ... Has two siblings, Adebola and Ademola.



Throws

Michael Heim

Sr. • Wheaton, Ill. (North)



2004-05: Participated in the throwing events ... Threw the shot put 39-8.00 at the Carthage Div. I Invite recording a 12th-place finish ... Continually improved his hammer throws throughout the outdoor season ... Set a season best in the discus at the EUJ Big Blue with a throw of 142-5.

Career Stats			
C-USA Championship Results			
2005 (O)	Discus, 120-11, 16th		
Personal Bests			
Indoor	Shot Put, 39-8.00		
Outdoor	Discus, 142-5		



Cross Country/Distance

David Henderson

Sr. • Auckland, New Zealand (King's College)



2004-05: Recorded two, top-five finishes in the 800m and mile indoor events ... Posted no lower than 10th place in the spring including a season-best time of 3:54.96 in the 1500m at the C-USA Championships, placing seventh ... Consistently improved his 1,500m time with each consecutive meet, knocking off almost 11 seconds by the end of the season ... Ran a season best 800m race with a time of 1:55.70 at the Pacesetter Invitational. **2003-04:** Took sixth in the 3,000m Steeplechase at the C-USA Outdoor Championship and established a personal best with a time of 9:26.66 ... Took first in the 3,000m Steeplechase with a time of 9:38.44 at the

Continued on next page.

Career Stats			
Honors	All-Conference USA, Indoor Track and Field, 2003, 2004, 2004 All-Conference USA, Cross Country, 2003 C-USA Commissioner's Honor Roll, 2004		
C-USA Championship Results			
2005 (I)	Mile, 4:30.67, 13th		
2005 (O)	1500m, 3:54.96, 7th		
2004 (I)	Mile, 4:17.82, 5th	3,000m, 8:54.72, 14th	
	Distance Medley Relay, 10:07.65, 1st		
2004 (O)	3,000m Stpl., 9:26.66, 6th	5,000m, 15:15.98, 13th	
2003 (I)	Mile, 4:20.94, 5th		
2003 (O)	3,000m Steeplechase, 9:32.38, 7th		
Personal Bests			
Indoor	800m, 1:56.31	1,000m, 2:31.04	
	Mile, 4:11.81	3,000m, 8:30.05	
Outdoor	800m, 1:54.06	1,500m, 3:54.96	
	3,000m Stpl., 9:26.66	5,000m, 15:15.98	





The Team



Wheaton Invite on March 27 ... Established personal bests in all of the indoor events he participated in (800m, Mile, 1,000m, 3,000m) ... Member of the C-USA Champion Cross Country team ... Finished seventh at the C-USA Cross Country Championship meet with a time of 25:20.30. **2002-03:** Took second in the 800m at the UWM Indoor Meet with a time of 1:56.83 ... Placed fifth in the Mile at the C-USA Indoor Championship meet with a time of 4:20.94 ... Member of the Distance Medley Relay Team that placed second at the C-USA Indoors. **High School:** Was the Auckland Champion in the 800 Meter, 1,500 Meter and 3,000 Meter ... Won the Australian National Cross Country meet ... Personal bests in the 800 Meter was 1:54, the 1,500 Meter was 4:03 and the 3,000m was 8:44. **Personal:** Birthdate is April 17, 1983 ... Son of John and Margie Henderson ... Also enjoys rugby and cricket.



Cross Country/Mid. Distance

Andrew Lelinski

Sr. • West Allis, Wis. (Marquette)



2004-05: Competed in the distance events for the Golden Eagles ... Ran the 800m at the Gold Country Classic recording a third-place finish with a time of 1:57.84 ... Also ran the mile in four meets ... In the spring he improved his 1500m time in almost every meet and culminated the streak with a sixth-place finish at the C-USA Outdoor Championships with a time of 3:24.78 ... Also participated on the cross country team running in four races including the C-USA Championships and the NCAA regional meet. **2003-04:** Took fourth in the 1,500m with a time of 4:01.13 at the Wheaton Invite ... Recorded a personal best time in the 1,500m at the Red/White Invite with a time of 3:58.59 on Apr. 30 ... Did not participate in the indoor season. **2002-03:** Participated in four meets during the indoor season ... Recorded a personal best in the Mile at the Illinois State Invitational with a time of 4:31.78. **High School:** Member of the 2001 WIAA Sectional Cross Country Champion team ... Third team All-Conference as a senior in Cross Country ... Conference Champion in the Indoor 800 meter run as a senior ... Personal best in the 800m of 1:59 ... Personal best of 4:28.8 in the 1600m ... Coached as a Hilltopper by Jim Kearney and Dan Cleary. **Personal:** Birthdate is January 15, 1984 ... Son of Charles and Patricia Lelinski ... Older sister Megan played soccer at Wis.-Oshkosh and Cardinal Stritch University.



Career Stats		
Honors	C-USA Commissioner's Honor Roll, 2004, 2005	
C-USA Championships Results		
2005 (I)	Mile, 4:20.89, 10th	
2005 (O)	1,500m, 3:54.78, 6th	
Personal Bests		
Indoor	800m, 1:57.84	Mile, 4:20.89
Outdoor	800m, 1:56.73	1,500m, 3:54.78



Cross Country/Mid. Distance

Cody Miles

Sr. • Colgate, Wis. (Sussex Hamilton)



2004-05: Did not compete in cross country, indoor or outdoor competition. **High School:** Qualified for the state championship meet in the 1,600m as a senior ... Recorded a personal best in the 1,600m of 4:23.17 ... Best time in the 800m was 1:57.9 ... Team MVP of Track and Field junior and senior year ... Earned four varsity letters in track and field and three in cross country ... Coached as a Charger by Lara Lopez ... Also lettered in Basketball. **Personal:** Son of Dale and Shelley Miles ... Born on September 2, 1986 ... Has a younger brother Branden and a younger sister Carli.



Pole Vault

Zach Pawlowski

Sr. • New Lenox, Ill. (Lincoln Way Central)



2004-05: Set school records in indoor and outdoor pole vaults ... Earned All-Conference USA Honors for a fourth-place finish in the pole vault with vault of (15-1.25) at the C-USA Indoor Championships ... captured three other top-five finishes at the Carthage Div. I invite, Pepsi Challenge and Panther Tune-up ... Finished no lower than ninth place in the pole vault at each indoor invitational ... Also competed in the 60m, 200m and long jump events in the winter ... Posted the school record pole vault at the Wisconsin Twilight good enough for third place ... Won the pole vault event at the USA Jaguar Premier with a vault of 15-00.00 ... Placed 12th at the C-USA Championships. **2003-04:** Showed versatility in all events as a freshman ... Established a Marquette freshman record and a Carthage Invite Meet record in the Pole Vault with an indoor jump of 14-11 ... Took sixth in the Pole Vault at the C-USA Indoor Championships with a jump of 14-7 1/4 ... Finished with 5,603 pts. in the Decathlon at the Emporia State outdoor meet ... Took second in the Pole Vault at the Illinois State Invite with a jump of 14-6 1/4. **High School:** Personal best in the pole vault is 14-9, long jump is 22-8 1/2 ... All-Conference in pole vault as a senior ... Team MVP as a senior ... Coached as a Knight by Brian Miller. **Personal:** Son of David and Leslie Pawlowski ... Birth date is April 22, 1985.



Career Stats		
Honors	C-USA Commissioner's Honor Roll, 2004, 2005 All-Conference USA Indoor Track and Field, 2005	
C-USA Championship Results		
2005 (I)	Pole Vault, 15-1, 4th	Long Jump, 20-7, 13th
2005 (O)	Pole Vault, 14-7.25, 12th	
2004 (I)	Pole Vault, 14-7.25, 6th	
Personal Bests		
Indoor	60m, 7.44	55m Hurdles, 8.07
	60m Hurdles, 8.73	200m, 24.08
	Pole Vault, 15-1.25 (sr)	Long Jump, 20-7
Outdoor	200m, 24.06	Long Jump, 20-10 1/4
	Pole Vault, 15-5 (sr)	Decathlon, 5,603 pts



Decathlon

Matt Piekarski

Sr. • Waukesha, Wis. (Catholic Memorial)



2004-05: Recorded another stellar season capturing All-Conference USA Indoor honors for a third-place finish in the heptathlon at the C-USA Championships ... Scored a school-record 5,068 points ... Notched a second-place finish in the heptathlon at the UNI invitational ... Tallied six other top-five finishes in indoor competition ... Posted a third-place finish in the decathlon at the C-USA Outdoor championships to earn his second all-conference honor of the year while recording a season-best javelin throw (182-6) ... Recorded a school-record decathlon score (6,852) at the at the Drake relays ... Earned his lone decathlon win at the Big Blue Classic with a score of 6,056 ... Also competed in the 200m, 110m hurdles in the spring. **2003-04:** Placed sixth in the Decathlon at the C-USA Championships with a score of 6,405, a personal best./0 **2002-03:** Established a Freshman Record in the Heptathlon with his 4,182 pts. at the C-USA Indoor Championships where he finished sixth. **High School:** Took fifth in the 400m at the 2002 State Championship meet ... Member of the 2002 Indoor and Outdoor Track and Field Championship team ... Personal best in the 100m was 10.7 and in the 400m was 49.3 ... Personal best in the 200m was 22.0 ... Captain of Track and Field team as a senior ... Coached as a Crusader by John Gabelbauer and Bill Affeldt. **Personal:** Born on November 9, 1983 ... Son of James Piekarski and Jackie Cummings ... Also lettered in basketball and football where he was team captain.

Career Stats

Honors	C-USA Commissioner's Honor Roll, 2004, 2005 Conference USA Indoor and Outdoor All-Conference, 2005	
C-USA Championship Results		
2005 (I)	Heptathlon, 5,068, 3rd	
2005 (O)	Javelin, 180-4, 4th	Decathlon, 6,789 points, 3rd
2004 (I)	Heptathlon, 4,182, 6th	
2004 (O)	Decathlon, 6,405, 6th	
2003 (I)	Heptathlon, 4,526, 5th	
2003 (O)	Decathlon, 6,095, 6th	
Personal Bests		
Indoor	55m, 6.72	60m, 7.18
	55m Hurdles, 8.38	60m Hurdles, 9.17
	200m, 22.83	400m, 51.86
	High Jump, 6-0	Long Jump, 21-10.05
	Pole Vault, 13-9	Shot Put, 38-0.75
	Heptathlon, 5,068 (sr)	
Outdoor	100m, 11.13	110m Hurdles, 16.45
	200m, 22.42	400m, 51.75
	800m, 2:01.76	Javelin, 182-6
	Long Jump, 22-3	Discus, 119-0
	High Jump, 5-10.75	Decathlon, 6,852 points (sr)



Cross Country/Distance

Joshua Pinter

Sr. • Sussex, Wis. (Hamilton)



2004-05: Captured a pair of fifth-place finishes in the 3,000m in indoor at the Carthage Div. I Invite (8:54.90) and at the Panther Tune-up (9:08.76) ... Placed 17th at the C-USA Indoor Championships in the 5,000m ... Competed in five races as a member of the cross country team ... Contributed team points in all five races he participated in ... Did not compete in the outdoor season. **High School:** Hamilton's 2004 Athlete of the Year ... Member of the All-Midwest team for Cross Country ... Had a 5k personal best of 15:52 ... Ran a personal best time of 9:35 in the 3,200 ... Coached by Lara Lopez ... Earned four letters in track and field, cross country and wrestling ... Was a four time state qualifier in wrestling. **Personal:** Son of Gary and Beth Pinter ... Born on April 18, 1986 ... Has an older brother, Jeremy and an older sister, Jen.

Career Stats

C-USA Championship Results		
2005 (I)	5,000m, 16:29.84, 17th	
Personal Bests		
Indoor	Mile, 4:28.62	3,000m, 8:54.90



Decathlon

Tom Sage

Sr. • New Berlin, Wis. (Catholic Memorial)

2004-05: Recorded five top-eight finishes in indoor meets while competing in the 400m and high jump ... Notched a third-place finish at the Panther Tune-up clearing a height of 6-2 ... Recorded season-best times in the 200m (23.34) and 400m (51.29) at the USA Jaguar Premier and Big Blue Classic, respectively in the spring. **High School:** Member of the State Champion 4x400 Relay team in 2004 and 2003 ... Member of the All-Conference team all four years ... Personal best in the 400m is 49.50 ... Personal best in the 200m is 22.61 ... Coached as a Crusader by Bill Affeldt ... Also lettered in Cross Country and Basketball. **Personal:** Son of Dennis and Mary Sage ... Has three older brothers and one older sister ... Older brother, Bob, ran cross country at Wis.-LaCrosse ... Born on October 20, 1985.

Career Stats

C-USA Championship Results		
2005 (I)	High Jump, 6-00.00, 8th	
Personal Bests		
Indoor	200m, 23.51	400m, 54.06
	High Jump, 6-02.00	
Outdoor	100m, 12.08	200m, 23.34
	400m, 51.29	High Jump, 5-10.00
	Javelin, 144-3	



The Team



Cross Country/Distance

Kyle Saginus

Sr. • Lockport, Ill. (Lockport)



2004-05: Competed in the distance events for the Golden Eagles ... Competed in the 3000m and 5000m at the C-USA Indoor Championships placing 16th and 11th, respectively ... Earned a second-place finish in the 3,000m Steeplechase at the Redbird Invitational ... Competed in the 10,000m at the C-USA Outdoor Championships finishing in 12th place ... Also was a member on the cross country team competing in one race finishing 15th. **High School:** Finished fifth overall at the 2003 Illinois Cross Country State Championship ... Member of the 3,200m relay that took fourth in state in 2004 ... Ran a best time of 14:34 in the 3 mi ... Captain of both the track and field and cross country teams. **Personal:** Youngest of Keith and Marie Saginus' two children ... Born on September 16, 1985.

Career Stats

Honors	C-USA Commissioner's Honor Roll, 2005	
C-USA Championship Results		
2005 (I)	3000m, 9:00.43, 16th	5000m, 15:28.28, 11th
2005 (O)	10,000m, 32:52.88, 12th	3,000m Steeplechase, 9:42.54, 9th
Personal Bests		
Indoor	Mile, 4:26.36	3,000m, 8:47.52
	5,000m, 15:28.28	
Outdoor	1,500m, 4:02.32	3,000m Steeplechase, 9:42.54
	10,000m, 32:52.88	



Cross Country/Mid. Distance

Tommy Schmitz

Sr. • Mineral Point, Wis. (Mineral Point)



2004-05: Competed in distance events for the Golden Eagles ... finished seventh in the mile at the C-USA Indoor Championships with a time of 4:17.60 ... Recorded a third-place finish at the Panther Tune-up in the 800m ... Tallied two top-seven finishes at the USA Jaguar Premier including a season-best 1500m time of 4:05.85 in the 1500m ... Also participated on the cross country team, competing six races consistently contributing team points ... Recorded a season best 8K time at the Loyola Invite with a time of 26:33. **2003-04:** Took ninth in the Mile at the C-USA Indoor Championship meet with a time of



Career Stats

Honors	All-Conference USA, Indoor Track and Field, 2004	
C-USA Championship Results		
2005 (I)	Mile, 4:17.60, 7th	
2004 (I)	Mile, 4:25.68, 9th	Distance Medley Relay, 10:07.65, 1st
2003 (I)	800m, 1:57.95, 8th	
Personal Bests		
Indoor	800m, 1:57.13	1,000m, 2:35.05
	Mile, 4:17.60	3,000m, 8:59.70
Outdoor	800m, 1:55.06	1,500m, 3:58.73

4:25.68 ... Established a personal best in the Mile at the Cyclone Classic with a time of 4:20.27 ... Member of the C-USA Champion Cross Country team, took 53rd overall at the Championship meet. **2002-03:** Participated in two outdoor meets ... Finished eighth in the 800m at the C-USA Indoor Championship meet ... Took tenth at the Badger Classic in the 3,000m. **High School:** Placed fourth in both the 1,600 and 800 and eighth in the 3,200 at the 2002 Division II State meet ... His personal best times are 1:56 in the 800 and 4:19 in the 1,600 ... MVP of the Track team as a junior and senior ... Lettered in track and field all four years and lettered in cross country as a sophomore and junior ... Coached as a Pointer by Joe Hanson and Denny McGraw. **Personal:** Born on July 16, 1983 ... Son of Jerry and Tracy Schmitz ... Lettered in Basketball as a junior and senior.



Sprints/Hurdles

Jon Shaffer

Sr. • Shorewood, Wis. (Marquette)



2004-05: Captured the 800m Indoor C-USA title with a time of 1:53.48 earning his first ever all-conference honor ... Won the 400m at the Panther Tune-up ... Placed second in the 600m at the Gold Country Classic with a school-record time of 1:19.20 ... Set a school record in the 800m at the Alex Wilson Invitational on March 5 with a time of 1:49.21, which was a provisional NCAA indoor qualifying time ... Also ran the middle distance sprints in the spring ... Posted a season best time in 400m hurdles (54.55) at the Mike Poehlein Invitational ... Recorded the third-best time in the 800m at the Drake Relays with a time of 1:51.02 which is also a season best mark. **2003-04:** Finished ninth at the C-USA Outdoor Championship meet in the 400m hurdles with a time of 56.03 ... Ran 52.63 in the 400m hurdles at the Drake Relays ... Took first in the 400m Hurdles at the Wheaton Invite with a time of 53.8 ... Ran a personal best in the Indoor 600m of 1:22.50 at the Notre Dame Quad and took second place. **2002-03:** Took sixth in the 800m at the C-USA Indoor Championship meet ... Placed first in the 800m at the UWM Indoor Invitational with a time of 1:56.40 ... Owned the best Golden Eagle time in the 400m Hurdles for the season. **High School:** Member of the State Champion Track Team as a freshman and sophomore ... All-State in Track as a junior ... Personal best in the 300m Hurdles of 38.6 ... Took 3rd place in the 300m Hurdles at both the 2001 and 2002 state meets ... Member of the 4x400 Relay that took 2nd in the 2000 State Meet. **Personal:** Born on December 1, 1983 ... Son of William and Mary Beth Shaffer ... Also lettered in soccer where he was a member of the State Champion team in 1999, 2000 and 2001.

Career Stats

Honors	All-Conference USA Indoor Track and Field, 2005	
C-USA Championship Results		
2005 (I)	800m, 1:53.48, 1st	
2005 (O)	800m, 1:54.05, 3rd (prelim)	
2004 (I)	800m, 2:00.68, 7th	
2004 (O)	400m Hurdles, 56.03, 9th	
2003 (I)	800m, 1:57.78, 6th	
2004 (O)	400m Hurdles, 54.38, 7th	
Personal Bests		
Indoor	200m, 23.08	400m, 48.84
	600m, 1:19.20 (sr)	800m, 1:49.21 (sr)
Outdoor	400m Hurdles, 52.63	800m, 1:51.02



Jumps

Leslie Stewart

Sr. • Los Angeles, Calif. (Berriel Memorial)

2004-05: Competed in the long jump at the C-USA Championships placing 14th ... Finished in the top-five at Notre Dame Invitational and the Panther Tune-up ... Posted a season-best time of 22.60 at the Redbird Invitational in the Spring, and a season-best long jump (20-09.25) at the Wisconsin Twilight. **2003-04:** Placed eighth in the 200m at the Red/White Invite with a time of 24.16 ... Participated in four outdoor meets ... Did not compete in the indoor season. **2002-03:** Took ninth in the Long Jump at the Badger Classic with a jump of 17-9 ... Also took ninth in the Triple Jump at the Badger Classic ... Did not participate in the outdoor season.



Career Stats			
C-USA Championship Results			
2005 (I)	Long Jump, 20-04.25, 14th		
Personal Bests			
Indoor	200m, 23.26	Long Jump, 21-5.75	
	Triple Jump, 36-2		
Outdoor	100m, 11.81	200m, 23.15	
	400m, 52.70	Long Jump, 20-9.25	



Pole Vault

Nick Van Deraa

Sr. • Wausau, Wis. (Wausau West)

2004-05: Finished sixth in the pole vault at the indoor championships and eighth in the pole vault in the outdoor championships ... Logged a season best height of 15-01.00 at the C-USA outdoor championships ... excelled indoors in the pole vault capturing second place finishes in back-to-back meets at the Pepsi Challenge (2/12/05) and Panther Tune-up (2/18/05) ... also competed in the 60m and 200m in indoor and the 100 and 200m in outdoors. **High School:** Member of the State Champion 400m Relay team in 2004 and 800m Relay team in 2003 ... Took third place in the Pole Vault with a personal best jump of 14 feet at the 2004



Career Stats			
Honors	C-USA Commissioner's Honor Roll, 2005		
C-USA Championship Results			
2005 (I)	Pole Vault, 14-07.25, 6th		
2005 (O)	Pole Vault, 15-01.00, 8th		
Personal Bests			
Indoor	60m, 7.39	200m, 23.63	Pole Vault, 14-7.25
Outdoor	100m, 11.37	200m, 22.89	Pole Vault, 15-1

state meet ... Also lettered in football and basketball ... Coached as a Trojan by Mike Vann and Brad Schuster. **Personal:** Born on August 2, 1985 ... Son of Alan and Mary Kay ... Has a younger sister, Emily.



Hurdles

Loren Wagner

Jr. • Bloomington, Minn. (Trinity at River Edge)

2004-05: Won the 400m hurdles at the Pacesetter Invitational with a time of 57.21 ... posted a season best time of 56.31 at the Wisconsin Twilight ... Competed in the 200m and 400m in indoor competition. **2003-04:** Ran a personal best in the 400m of 59.03 at the Big Ten Preview, placing sixth. **High School:** Recorded personal best in the 300m Int. Hurdles of 41.46 as a senior ... Member of the Conference Champion track and field team as a senior ... MVP of the track and field team for three years. **Personal:** Son of Mary Kay and the late Philip Wagner ... Born on April 22, 1985.



Career Stats	
Honors	C-USA Commissioner's Honor Roll, 2004 C-USA Academic Medal, 2005
Personal Bests	
Indoor	400m, 53.69 200m, 23.90
	400m, 52.70 500m, 1:11.98
Outdoor	400m Hurdles, 56.31



Cross Country/Distance

Jeremy Williams

Jr. • Lockport, Ill. (Lockport Township)

2004-05: A staple in the steeple chase for the Golden Eagles, he earned four All-Conference USA selections on the year with a third-place finish in the 3,000m (8:35.26) and fifth-place finish in the 5,000m (15:02.49) at the indoor championships, and a second-place finish in the 3,000m Steeplechase (9:15.61) and an eighth-place finish in the 5,000m (15:21.93) at the outdoor championships ... Recorded a personal best in the 3,000m Steeplechase at the outdoor championships ... Dominated the 3,000m Steeplechase outdoors including a win at the Redbird Invitational ... Also competed in the mile event in indoor and 800m and 1,500m in outdoor.



2003-04: Garnered C-USA Cross Country Freshman of the Year honors following a second place overall finish at the C-USA Championship meet, his time of 25:09.20 led Marquette to a C-USA Championship ... Was the C-USA Indoor Champion in the 3,000m, finishing the race with a time of 8:32.80 ... Established a personal best in

Continued on next page.





The Team

the Mile at the UWM Tune-Up with a time of 4:16.70, good for first place ... Earned All-Conference honors for his third place finish in the 3,000m Steeplechase at the C-USA Outdoor Championship meet. **High School:** Established established a school record with a time of 9:20 in the 3,200m ... Recipient of the United States Army Distinguished Athlete Award as a junior and senior. **Personal:** Born on Jan. 23, 1985 ... Son of John and Judith Williams.

Career Stats

Honors
 C-USA Freshman of the Year, Cross Country, 2003
 All-Conference USA, Cross Country, 2003
 All-Conference USA, Indoor Track and Field, 2004, 2005
 All-Conference USA, Outdoor Track and Field, 2004, 2005
 C-USA Commissioner's Honor Roll, 2004, 2005

C-USA Championship Results


2005 (I)	3,000m, 8:35.26, 3rd	5,000m, 15:02.49, 5th
2005 (O)	5,000m, 15:21.93, 8th	3,000m Steeplechase, 9:15.61, 2nd
2004 (I)	3,000m, 8:32.80, 1st	Distance Medley Relay, 10:07.65, 1st
2004 (O)	3,000m Steeplechase 9:19.76, 3rd	
	5,000m, 14:58.24, 7th	

Personal Bests

Indoor	1,000m, 2:32.36	Mile, 4:16.70
	3,000m, 8:30.77	
Outdoor	1,500m, 4:00.44	5,000m, 14:58.24
	3,000m Steeplechase, 9:19.76	




Newcomers




Pole Vault
Sean Aldridge
 Fr. • Elmhurst, Ill. (Oak Park Fennelick)

High School: A three-year letter winner in track and a one-year winner in football ... Named team captain as well as earning All-Conference and All-Sectional honors ... Placed first in the sectional in the pole vault. **Personal:** Born July 12, 1987... The youngest child of Steve and Carol Aldridge ... His two siblings are Erin and Matthew ... Majoring in Business.




Sprints
Bryan Bescher
 Fr. • Carol Stream, Ill. (Glenbard North)

High School: Lettered in Cross Country, Track, Basketball and Soccer at Glenbard North ... Was captain of track and basketball team senior year ... Was named Defensive Player of the Year in basketball ... Personal best of 1:55.3 in the 800m and 48.8 in the 400m. **Personal:** Born August 27, 1986 ... Son of Jeff and Shari Besches ... Sisters Meghan and Kirsten ... Father played soccer at Notre Dame,



Cross Country / Distance
Scott Allen
 Fr. • Port Washington, Wis. (Port Washington)

High School: A four-year letter winner in track and cross country and a two-year letter winner in swimming ... Cross country captain as well as MVP his junior and senior years ... Set a school record junior year in cross country running in 16:11.2, earning him First Team All-State honors ... Academic All-State team member as a junior... In track was three-time conference champion in 3200 and 1600 meters... Holds four school records in 3200 meters and three different relays ... Named MVP of track team junior and senior years as well as Most Improved sophomore year. **Personal:** April 9, 1987... Son of David and Libby Allen... The third of five children (two brothers and two sisters)... Plans to major in Political Science or Pre-Law.



Cross Country/Distance
Steve Briggs
 Fr. • Plymouth, Wis. (Plymouth)

High School: A four-year letter winner in wrestling, cross country, and track ... Captain in both cross-country and track his junior and senior years ... A captain and two-time MVP in cross country as well as being voted the team's hardest worker ... Has a personal record in the 5k of 16:29 ... Member of five conference championship teams, three track teams, one cross-country, and one wrestling ... Was a two-time captain of the wrestling team. **Personal:** Born August 4, 1986 ... Son of Michael and Christine Briggs ... The youngest of three children ... Father was a collegiate wrestler at Wis.-LaCrosse ... Majoring in Business.



Sprints/Hurdles

Thomas Cassidy

Fc. • Wheaton, Ill. (Mheabae-Warrenville South)



High School: A three-year letter winner in track and soccer ... All-state selection in track all three years ... Track captain as a senior and also earned MVP honors... Won state in the 300 intermediate-hurdles and was a member of three relay teams that placed at state ... In soccer, holds three school soccer records for single-season saves, career saves, and single-season shutouts. **Personal:** Born September 8, 1986 ... The only child of Pat and Debbie Cassidy ... Majoring in Journalism.



Sprints

Gregg Farrell

Fc. • Appleton, Wis. (Xavier)



High School: Four year letter winner in track, cross country and soccer at Xavier High School in Appleton, Wis. ... Participated in WIAA State Track Meet all four years... runner up in 400m, fourth place 4x400 relay and 7th place in 4x200 relay in '05...Personal best and school record in 400m of 49.2 ... Won state soccer title in '03-'04. **Personal:** Oldest of Joe and Michele Farrell's two children; sister Krista ... Majors in Biology.



Cross Country/Distance

Chris Cebula

Fc. • DeKalb, Ill. (DeKalb)



High School: Earned four letters as a member of the track team ... also was a three-time letterwinner in cross country in 2002-04 ... Was a six-time academic all-conference selection and cross country team MVP in 2002 and 2003 ... Was captain of the cross country team in 2003-04 and captain of the track team in 2005 ... won the 2,000-meter Steeplechase at the 2003 USA Track and Field Junior Olympics. **Personal:** Born May 17, 1987 to Colleen and Jeff Cebula ... has one brother Brian ... majoring in business.



Throws

Dan Gasior

Fc. • Chicago, Ill. (Marist)



High School: A two-time letter winner in both track and field and golf ... Was track and field captain senior year... Garnered all-conference and all-area recognition junior and senior year in the shot put... Recorded personal bests of 52-feet, 1-inch in the shot put and 146-feet, 2"-inches in the discus... Finished seventh in conference in golf during sophomore year. **Personal:** Born February 16, 1987 ... Oldest of four children (Aimee, Sara, and Nathan) to Dawn and Tom Gasior ... Father played baseball at Niles College... Major in Exercise Science/ Physical Therapy.



Cross Country/Distance

Drew Craig

Fc. • Cedar Rapids, Iowa (John F. Kennedy)



High School: Craig was a four year letterwinner leading his team to state cross country appearances in 2001, 2003 and 2004 ... was a First Team All-Mississippi Valley Conference selection three consecutive years and second team all-conference selection in 2001 ... honored as Mississippi Valley Conference Runner of the Year and All-Metro Runner of the Year in 2004 ... was an All-Metro First Team selection in 2002-05. **Personal:** Born November 17, 1986 to Jim and Debbie Craig ... Has three siblings Elise, Ethan, and Madeline ... Majoring in biology.



Cross Country/Distance

Aaron Hyams

Fc. • Laurel, Mont. (Billings Central Catholic)



High School: A four-year letter winner in both track and cross country ... Cross-country captain for two years as well as a All-State competitor three years in cross country and two years in track ... Freshman of the Year in track ... Three-time team MVP ... Helped Billings Central Catholic to the cross-country Montana State Title. **Personal:** Born February 21, 1987 ... Son of Andrew and Janet Hymes ... Has two younger sisters, Margaret and Ellen ... Mother played basketball for Marquette ... Majoring in History.



Sprints

Dante Cross

Fc. • Milwaukee, Wis. (Messmer)



High School: A four-year letter winner in track and earned a letter in football ... Captain of the track team his senior year ... Made state honor roll and was a state finalist in 2005 ... Was all-conference all four years ... Recorded personal records in the 100 meters of 10.75 and 22.9 in the 200 meters. **Personal:** Born June 23, 1986... Son of Carmen Gardner... Oldest of three children... Majors in business.



Throws

Keith Jamerson

Fc. • Los Angeles, Calif. (Santa Monica)



High School: A two year letter winner in track and a three year letter winner in football at Santa Monica High School, Los Angeles, Calif. ... Was the captain of the track team senior year ... Holds personal best throw of 157-feet, 3-inches in the discus ... Was the league champion in discus and CIF qualifier. **Personal:** Born June 16, 1987 ... son of Keith Jamerson and Lisa Cruz ... Is the oldest of two children ... Majoring in advertising and psychology.





The Team



Sprints

Antonio Jones

Fc. • Oak Park, Ill. (Oak Park-River Forest)



High School: Lettered in track all four years at River Forest ... competed in the in the sprint events and the long jump ... was a seven-time conference champion ... helped the Huskies to back-to-back sectional championships in 2004 and 2005 ... was named captain his junior and senior years and team MVP. **Personal:** Born July 19, 1987 ... son of Ruby McFadden and Antonio Jones ... has one brother Ryan McFadden ... majors in Business Marketing.



Middle Distance

Eric Meissner

Fc. • Camarillo, Calif. (Duke Christian)



High School: A four-year letter winner in both cross country and track ... Three-year track captain ... Ventura County 800m champion ... Chosen Athlete of the Year in 2004 and 2005... Track team took second place in the CIF Division 4 and cross country team was a state qualifier... Holds a personal record in the 800 meters of 1:54.2 ... Also lettered in soccer twice. **Personal:** Born August 36, 1987 ... Son of Christopher and Laura Meissner ... Sister, Amber runs cross country at Pepperdine and father ran cross country at Santa Clara ... Has yet to declare a major.



Cross Country/Distance

Kurt Keuter

So. • Dubuque, Iowa (Dubuque)



High School: Lettered in both track and cross country ... Was named co-captain of track and cross country his senior year ... In 2003, captured State 3A Team Championship in cross country... Holds personal records in cross country of 17:34, in the 3,200 meters of 9:56 and in the 1,600 meters of 4:42... Finished in ninth place at the Iowa State Meet in the 3200 meters. **Personal:** Born March 14, 1986... The older of two children to Kim and Kathy Keuter... Father ran cross country and track at Loras ... Mother played college basketball ... Majors in accounting.



Middle Distance

Tyler Merten

So. • Mount Calvary, Wis. (New Helstein)



High School: A four-year letter winner in track and cross country and a two-year letter winner in baseball ... Four-year Most Valuable Athlete in cross-country and once in track ... Holds school records in 800 meters (1:55.89) and 4x800 relay (8:02.13) ... Captured four team regional titles, one sectional title, and one state runner-up finish. **Personal:** Born March 16, 1986 ... Son of Daniel and Mary Merton ... Oldest of three children ... Major is Physiological studies.



Throws

Jeff Kluge

Fc. • Mosena, Wis. (Mosena)



High School: A four-year letter winner in track and field and football ... Track and Football team captains his senior year ... Holds personal records in the shot-put of 56-feet, 10-inches and 183-feet, 3-inches in the discus ... In football, named to the All-Conference team junior and senior years. **Personal:** Born November 15, 1986 ... Son of Ronald and Peggy Kluge ... Second of four children, has one older brother and two younger sisters ... Majoring in Civil Engineering.



Cross Country/Distance

Ben Stewart

So. • Whitefish Bay, Wis. (Whitefish Bay)



High School: A four-year letter winner in track and field as well as a three-year letter winner in cross country... Cross country captain senior year ... Named MVP runner junior and senior year ... Member of cross country conference championship team in 2000 and 2003 and in 2003 team finished fifth in the state... Recorded personal bests of 16:24 in the 5K and 9:39 in the 3,200 meters. **Personal:** Born June 11, 1986... Eldest son of Alex and Marjory Stewart... Has a two younger siblings Ian and Arden ... Mother ran track and cross country at Brock University... Majors in Marketing and International Politics.



Middle Distance

Eric Matuszewski

Fc. • Elmhurst, Ill. (York)



High School: Earned two letters on the track and field team in the throwing events his junior and senior years ... was an all-state selection in the discus event ... helped his team to a second place finish at the state championships and a sectional championship ... also lettered in football and hockey. **Personal:** Born January 12, 1987 ... son of Mark and Gloria Matuszewski ... has one brother Rob ... majors in Engineering.

We Are MARQUETTE



2004 Women's Cross Country Results

Bradley Invite

Sept. 10, 2004

Peoria, Ill. 5K; National Rank: 21

The Marquette men's and the No. 21 women's cross country teams swept the Bradley Invite under warm conditions in Peoria, Ill. Junior Jodi Jakubek and junior Brent Des Roches both turned in first-place finishes for their respective teams.

Jakubek finished the race with a time of 17:49. Freshman Cassie Peller was right behind Jakubek, finishing second overall with a time of 17:52.

Sophomore Heidi Lindeman was leading the race with 15 meters to go when she collapsed on the course. Head coach Dave Uhrich said Lindeman was suffering from dehydration and didn't finish the race.

Team Results

1. Marquette, 20; 2. Illinois State, 60; 3. Northern Illinois, 102; 4. Northern Iowa, 109; 5. Bradley, 121; 6. Eastern Illinois, 143; 7. IUPUI, 151

Individual Results

1. Jodi Jakubek, 17:49; 2. Cassie Peller, 17:52; 4. Susie Emond, 18:10; 7. Theresa Emond, 18:25; 8. Kaitlyn Chambers, 18:25; 14. Mia Supanich-Winter, 18:51; 28. Tara Hinke, 19:22; 52. Jessica Keber, 20:04; 71. Beth Pollard, 21:00.

Midwest Collegiate Open

Sept. 18, 2004

Kenosha, Wis., 5K; National Rank: 21

The Marquette "B" Cross Country team participated in the Midwestern Collegiate Invite at Wis.-Parkside in Racine, Wis. Since Marquette did not field a complete team at the meet, Marquette did not place in the meet.



Jodi Jakubek won the Bradley Invitational.

Junior Tara Hinke led the way for the Golden Eagles as she placed 31st with a time of 19:26 for the 5-kilometer course. Sophomore Jessica Keber took 90th with a time of 20:51. Freshman Beth Pollard rounded out the Golden Eagle finishers with a time of 21:35.

Team Results

No team scoring

Individual Results

1. Liz Woodworth, Wis.-Oshkosh, 17:37; 31. Tara Hinke, 19:26; 90. Jessica Keber, 20:51; 128. Beth Pollard, 21:35.

Iona Meet of Champions

Sept. 25, 2004

Bronx, N.Y., 6K; National Rank: 18

The no. 18 Marquette women's cross country teams both had solid performances at the Iona Meet of Champions in Bronx, N.Y. The women placed second.

The women's team was again led by junior Jodi Jakubek who finished 9th overall with a 6-kilometer time of 21:55.2. Freshman Cassie Peller turned in her second straight solid performance taking 17th with a time of 22:14.1. Just behind Peller was sophomore Heidi Lindeman who took 18th overall in the race with a time of 22:14.8.

The only team Marquette placed behind was no. 12 Wake Forest.

Team Results

1. Wake Forest, 50; 2. Marquette, 80; 3. Boston College, 82; 4. Cornell, 88; 5. Harvard, 107; 6. Boston Univ. 122; 7. Connecticut, 192; 8. Bucknell 232 9. Iona, 242, 10. Messiah, 306.

Individual Results

1. Emily Chelanga, Iona, 20:54; 9. Jodi Jakubek, 21:55; 17. Cassie Peller, 22:14; 18. Heidi Lindeman, 22:14; 23. Susie Emond, 22:28; 24. Terri Emond, 22:29; 44. Michaela Courtney, 23:09; 55. Mia Supanich-Winter, 23:26; 62. Kaitlyn Chambers, 23:40.

Sean Earl Invitational

Oct. 2, 2004

Chicago, Ill., 5K; National Rank: 29

The no. 29 Marquette women's cross country team took first overall at the Sean Earl Loyola Lakefront Invitational.

"I was real pleased with the women's performance today," said head coach Dave Uhrich. "There were some good teams in the meet and we ended up winning by a pretty large margin. We still have a lot of room for improvement, but this was our best team performance of the year."

Sophomore Heidi Lindeman took second place overall, covering the 5-kilometer course in 17:26, just two seconds behind DePaul's Leah Rygh.

Team Results

1. Marquette, 79; 2. Ball State, 134; 3. Missouri State, 138; 4. Kent State, 177; 5. Loyola, Ill., 184; 6. Grand Valley State, 202; 7. Nebraska, 203; 8. Western Ontario,

247; 9. Malone, 253; 10. Indiana State, 278; 12. DePaul, 306; 13. North Dakota State, 336; 14. Olivet Nazarene, 399; 15. Southeast Missouri State, 408; 16. Northern Iowa, 415; 17. Illinois, 424; 18. Hawaii, 433; 19. Eastern Illinois, 477; 20. Creighton, 493; 21. Drake, 495; 22. Oakland, 526; 23. Valparaiso, 736; 24. Marshall, 771.

Individual Results

1. Leah Rygh, DePaul, 17:24; 2. Heidi Lindeman, 17:26; 11. Cassie Peller, 17:49; 14. Jodi Jakubek, 17:52; 26. Terri Emond, 18:08; 28. Susie Emond, 18:12; 35. Michaela Courtney, 18:21; 37. Mia Supanich-Winter, 18:23; 72. Kaitlyn Chambers, 18:54; 111. Jessica Keber, 19:27; 185. Beth Pollard, 21:17.

NCAA Pre-Nationals

Oct. 16, 2004

Terre Haute, Ind., 6K; National Rank: 30

The No. 30 women's cross country teams competed today at the Pre-NCAA Meet in Terre Haute, Ind. The women took 13th place in the "Blue" Division while the men placed 30th in the "Blue" Division, 37 teams competed in each division.

The women were led by junior Jodi Jakubek who placed 37th overall with a 6-kilometer time of 21:31.0. Sophomore Heidi Lindeman wasn't far behind as she placed 41st with a time of 21:34.8.

Sophomore Cassie Peller was the third Marquette finisher, taking 89th place in 22:07.1. The Emond sisters, juniors Susie and Terri placed 102nd, 22:12.5 and 122nd, 22: 22.3; respectively. Over 250 athletes participated in the race.

Team Results

1. Stanford, 49; 2. Notre Dame, 111; 3. North Carolina, 129; 4. Missouri, 174; 5. Brigham Young, 192; 6. Georgia, 261; 7. Princeton, 305; 8. Indiana, 309; 9. Idaho, 339; 10. UCLA, 334; 11. Columbia, 369; 12. Butler, 382; 13. Marquette, 391; 14. Baylor, 426; 15. Minnesota, 470; 16. Yale, 483, 17. Georgetown, 494; 18. Iowa, 500, 19. Ball State, 510; 20. Virginia, 529; 21. Texas Tech, 538; 22. Arizona, 559; 23. Florida, 637; 24. USF, 637; 25. Rice, 654; 26. Weber State, 676; 28. Washington State, 725; 29. Vanderbilt, 754; 30. Wichita State, 776; 31. Montana State, 780; 32. Nevada, 804; 33. Charlotte, 815; 34. Toledo, 820; 25. Northwestern, 877; 36. Montana, 878; 37. Cincinnati, 895.

Individual Results

1. Alicia Craig, Stanford, 20:20; 37. Jodi Jakubek, 21:31; 41. Heidi Lindeman, 21:34; 89. Cassie Peller, 22:07; 102. Susie Emond, 22:12; 122. Terri Emond, 22:22; 156. Mia Supanich-Winter, 22:42; 188. Michaela Courtney, 23:00.



2004-05 Review

Conference USA Championship

Oct. 30, 2004

Palos Hills, Ill.; 6K; National Rank: 30

The Marquette women's cross country team won its fifth straight Conference USA Championship today while the men's team placed sixth in the meet.

"We had a good race," said head coach Dave Uhrich. "We felt that if we had a good race we would be able to win it. It is great to leave Conference USA on a winning note like this."

Junior Jodi Jakubek took second overall at the meet, earning first-team All-C-USA honors. Jakubek's 6k time of 21:24 was just eight seconds off of Mary Kinyanjui of TCU's pace of 21:16. Jakubek earned first-team All-C-USA honors for the second consecutive year.

Sophomore Heidi Lindeman took seventh overall with a time of 22:03. Lindeman earned second-team All-C-USA honors for the second consecutive year. Also earning All-C-USA honors was junior Susie Emond who took 14th overall with a time of 22:18.

Uhrich won his seventh C-USA Women's Cross Country Coach of the year award today. Earlier in the week, Uhrich was named C-USA Women's Cross Country Coach of the Decade as a part of the 10th Anniversary Celebration Marquette leaves Conference USA with seven titles — more than any other women's cross country team. Marquette will join the BIG EAST Conference in 2005.

Team Results

1. Marquette, 66; 2. TCU, 93; 3. UAB, 101; 4. USF, 125; 5. DePaul, 137; 6. Cincinnati, 152; 7. Charlotte, 161; 8. Southern Miss, 191; 9. East Carolina, 234; 10. Houston, 238; 11. Memphis, 270; 12. Tulane, 274; 13. Saint Louis, 381; 14. Louisville, 400.

Individual Results

1. Mary Kinyanjui, TCU, 21:16; 2. Jodi Jakubek, 21:24; 7. Heidi Lindeman, 22:03; 14. Susie Emond, 22:18; 20. Alli Sauer, 22:35; 23. Terri Emond, 22:42; 25. Michaela Courtney, 22:51; 33. Cassie Peller, 23:29.

Great Lakes Regional

Nov. 13, 2004

Ypsilanti, Mich., 6K; National Rank: 30

The Marquette women's cross country team made its case for an at-large bid to the upcoming NCAA Championship meet by turning in a fifth-place finish today at the Great Lakes Regional meet in Ypsilanti, Mich.

Junior Jodi Jakubek again led Marquette with a 19th place finish and a 6k time of 20:52.9. Freshman Cassie Peller was the team's next finisher taking 31st place (21:09.5).

"We have a lot of depth right now," added Uhrich. "At conference, Cassie didn't run as well and others stepped up, this week Heidi (Lindeman) wasn't feeling well and others stepped up. Overall, we ran really well as a team.

Lindeman has been battling allergies and finished 42nd overall with a time of 21: 21.8. Junior Michaela Courtney took 34th with a time of 21:11.5 and junior Susanna Emond was the next Golden Eagle finisher with a time of 21:17.8 and 40th place.

Team Results

1. Michigan, 40; 2. Notre Dame, 79; 3. Michigan State, 85; 4. Indiana, 148; 5. Marquette, 166; 6. Butler, 187; 7. Akron, 202; 8. Wisconsin, 213; 9. Ball State, 225; 10. Kent State, 278; 11. Toledo, 295; 12. Miami (Ohio), 364; 13. Western Michigan, 367; 14. Bowling Green, 381; 15. Wis.-Milwaukee, 480; 16. Cincinnati, 523; 17. Youngstown State, 543; 18. Valparaiso, 591; 19. Central Michigan, 604; 20. IPFW, 607; 21. Ohio, 622; 22. Oakland, 636; 23. Xavier, 642; 24. Eastern Michigan, 662; 25. Dayton, 680; 26. Detroit, 691; 27. Evansville, 769; 28. IUPUI, 778; 29. Wright State, 873; 30. Wis.-Green Bay, 875.

Individual Results

1. Rebecca Walter, Michigan, 20:01; 19. Jodi Jakubek, 20:52; 31. Cassie Peller, 21:09; 34. Michaela Courtney, 21:11; 40. Susanna Emond, 21:17; 42. Heidi Lindeman, 21:21; 48. Allison Sauer, 21:26; 57. Theresa Emond, 21:34.

NCAA Championships

Nov. 22, 2004

Terre Haute, Ind.; 6K; National Rank: 28

The Marquette women's cross country team finished 28th overall at the NCAA National Championship meet.

Leading the way for the Golden Eagles was junior Jodi Jakubek who placed 108th overall with a 6k time of 22:02. Cassie Peller finished her freshman season with a strong finish of 149th and a time of 22:22 in her first ever NCAA Championship meet.

"Jodi is in very good shape and had everything gone the way she would have liked, she would have been All-American," Uhrich added. "The course wasn't conducive to her style of running, it was wet and muddy. The course conditions were the same for everyone, that is part of the game."

Sophomore Heidi Lindeman was the next Golden Eagle finisher taking 164th in a time of 22:29.

Junior Susie Emond was the 197th finisher with a time of 22:57. Right behind her was junior Allison Sauer (203rd, 22:59) and Susie's twin sister, Theresa Emond (206th, 23: 01). Rounding out the Marquette finishers was junior Michaela Courtney who took 235th with a time of 23:41. Each of Marquette's seven finishers will return to next year's team as they will join the BIG EAST Conference.

"I think that is the big thing," said Uhrich. "We continued our streak of getting to nationals and we return the entire team that went to nationals this year. This was a great learning experience for our team. Next year our goal will be to again get there, but also to finish in the top 15."

This was Marquette's fifth straight trip to the national meet and the Golden Eagles stand as one of eleven schools to have qualified each of the last five years.

Colorado won the women's team title and Kim Smith of Providence won the individual title with a time of 20:09.

Team Results

1. Colorado, 63; 2. Duke, 144; 3. Providence, 164; 4. Notre Dame, 170; 5. Stanford, 175; 6. Michigan, 246; 7. Villanova, 277; 8. Brigham Young, 293; 9. Arizona State, 333; 10. North Carolina, 336; 11. Missouri, 346; 12. North Carolina State, 364; 13. Columbia, 365; 14. Michigan State, 372; 15. West Virginia, 388; 16. Arkansas, 400; 17. Calif.-Santa Barbara, 410; 18. Princeton, 417; 19. Wake Forest, 434; 20. Illinois, 443. 21. Tennessee, 488; 22. SMU, 519; 23. Washington, 533; 54. Georgia, 583; 25. Idaho, 607; 26. Colorado State, 635; 27. UCLA, 640; 28. Marquette, 650; 29. Baylor, 675; 30. Indiana, 700; 31. Butler, 859.

Individual Results

1. Kim Smith, Providence, 20:08; 78. Jodi Jakubek, 22:02; 116. Cassie Peller, 22:22; 129. Heidi Lindeman, 22:29; 161. Susanna Emond, 22:57; 166. Allison Sauer, 22:59; 169. Theresa Emond, 23:01; 198. Michaela Courtney, 23:41.



In 2004, the Marquette women's cross country team won its seventh Conference USA cross country title.



2004 Men's Cross Country Results

Bradley Invitational

Sept. 10, 2004
Peoria, Ill.; 6K

The Marquette men's and the No. 21 women's cross country teams swept the Bradley Invite under warm conditions in Peoria, Ill. Junior Brent Des Roches both turned in a first-place finish.

Des Roches was only four seconds off the course record and finished with a time of 21:41. Junior David Henderson took fourth with a time of 25:03.

"(Henderson's race) was pretty exciting," Uhrich said. "He has taken a step up. He had as good a summer training as anyone I have coached. I think he is ready to have a good season and this meet is an indication of that."

Team Results

1. Marquette, 31; 2. IUPUI, 53; 3. Eastern Illinois, 67; 4. Illinois State, 107; 5. UIC, 110; 6. Bradley, 159; 7. Northern Iowa, 162.

Individual Results

1. Brent Des Roches, 24:41; 4. David Henderson, 25:03; 10. Jason Crichton, 25:13; 13. Jeremy Williams, 25:31; 15. Kyle Saginus, 25:33; 44. Andrew Lelinski, 26:28; 54. Tommy Schmitz, 26:49; 64. Joshua Pinter, 26:57; 81. Matt Scott, Marquette, 27:46; 89.. David Grande, 28:00.

Iona Meet of Champions

Sept. 25, 2004
Bronx, N.Y.; 6K

The Marquette men's cross country team had a solid performance at the Iona Meet of Champions in Bronx, N.Y., placing eighth.

The men were again led by junior Brent Des Roches who placed 9th overall with a time of 25:20.1 for the 8-kilometer course. The next Marquette finisher was junior Jason Crichton who took 37th with a time of 26:13.5.

Junior David Henderson took 78th in the race with a time of 26:57.6 and was followed closely by Jeremy Williams who took 85th with a time of 27:02.9.

Team Results

1. Iona, 35; 2. Cornell, 59; 3. Navy, 98; 4. Wake Forest, 101; 5. Boston College, 154; 6. Harvard, 193; 7. Bucknell, 208; 8. Marquette, 224; 9. Marist, 227; 10. New Hampshire, 229; 11. Messiah, 331; 11. Boston Univ., 331.

Individual Results

1. Kassahu Kabiso, Westchester Track Club, 25:01; 9. Brent Des Roches, 25:20; 37. Jason Crichton, 26:13; 78. David Henderson, 26:57; 85. Jeremy Williams, 27:02; 108. Josh Pinter, 27:31; 129. Andrew Lelinski, 28:03; 140. Tommy Schmitz, 28:15.



Jason Crichton had a solid senior year for Marquette.

Sean Earl Invitational

Oct. 1, 2004
Chicago, Ill.; 6K

The men's team took seventh at the Sean Earl Invitational in Chicago, Ill.

The men were again led by junior Brent Des Roches who took eighth overall with an 8-kilometer time of 24:46.

"The men looked a little flat today," added Uhrich. "We know we have the makings of a good team but we need to regroup in this next off week and work on getting to that point."

Team Results

1. Loyola (Ill.), 93; 2. Grand Valley State, 112; 3. Indiana State, 151; 4. Drake, 166; 5. Chicago, 184; 6. Eastern Illinois, 251; 7. Marquette, 253; 8. North Dakota State, 264; 9. Saginaw Valley State, 277; 10. Missouri State, 312; 11. Nebraska, 326; 12. SIU-Edwardsville, 331; 13. Malone, 387; 14. DePaul, 404; 15. Western Ontario, 408; 16. UIC, 444; 17. Albion, 449; 18. Southeast Missouri State, 450; 19. Creighton, 498; 20. Bradley, 525; 21. Northern Iowa, 545; 22. Marshall, 620; 23. Toledo, 632; 24. Oakland, 666.

Individual Results

1. Bobby Anderson, Drake, 24:20; 8. Brent Des Roches, 24:46; 46. Jason Crichton, 25:41; 51. David Henderson, 25:45; 61. Jeremy Williams, 25:53; 105. Tommy Schmitz, 26:33; 183. Matt Scott, 27:46; 192. Bo Erickson, 27:58; 221. Josh Pinter, 28:56.



Brent Des Roches was Marquette's top finisher at every meet in the 2004 season.





2004-05 Review

2004 NCAA Pre-Nationals

Oct. 16, 2004
Terre Haute, Ind.; 8K

The Marquette men's cross country team competed at the Pre-NCAA Meet in Terre Haute, Ind. The men placed 30th of 37 teams in the "Blue" Division.

Junior Brent Des Roches again led the men, taking 71st place with a time of 24:57.8 for the 10-kilometer course.

Sophomore Jeremy Williams finished in 25:42.8--good for 146th place. Senior Jason Crichton placed 180th with a time of 26:00.4. The men's race also had over 250 participants.

The race took place on the same course the will play host to the 2004 NCAA Championship meet in November.

Team Results

1. Colorado, 63; 2. Cal Poly-SLO, 165; 3. Georgetown, 172; 4. Arizona State, 179; 5. Air Force, 216; 6. Indiana, 235; 7. Butler, 257; 8. Iona, 265; 9. Florida, 329; 10. New Mexico, 344; 11. Central Michigan, 359; 12. Michigan State, 375; 13. Clemson, 378; 14. Washington, 381; 15. Miami (Ohio), 383; 16. Columbia, 386; 17. Dartmouth, 394; 18. William and Mary, 416; 19. La Salle, 420; 20. Washington State, 456; 21. Georgia, 479; 22. Kansas, 488; 23. Wake Forest, 651; 24. Utah, 653; 25. Weber State, 667; 26. Harvard, 724; 27. Drake, 763; 28. Eastern Illinois, 768; 29. Indiana State, 777; 30. Marquette, 804; 31. Louisville, 826; 32. St. Joseph's, 856; 33. Montana, 857; 34. Texas A&M, 888; 35. North Carolina, 890; 36. Purdue, 978; 37. Calif.-Riverside, 1,113.

Individual Results

1. Matt Gonzales, New Mexico, 23:47; 71. Brent Des Roches, 24:57; 146. Jeremy Williams, 25:42; 180. Jason Crichton, 26:00; 185. David Henderson, 26:05; 222. Tommy Schmitz, 26:47; 248. Andrew Lelinski, 27:49; 252. Josh Pinter, Marquette, 28:32.

Conference USA Championship

Oct. 30, 2005
Palos Heights, Ill.; 8K

The Marquette men were led by Brent Des Roches at the Conference USA Championships who finished third overall with a time of 24:53. Des Roches earned first-team All-C-USA honors for the second consecutive year. It was Des Roches' highest career finish at a C-USA Championship meet.

"This is by far the best field there has ever ben in the conference on the men's side," said Uhrich. "Brent was battling some very good runners."

Marquette's next two finishers were Jason Crichton and Jeremy Williams who placed 18th (25:42) and 26th (26:04) respectively on the 8k course. Houston won the men's title.

Team Results

1. Houston, 73; 2. Charlotte, 79; 3. Louisville, 82; 4. Cincinnati, 94; 5. East Carolina, 112; 6. Marquette, 132; 7. DePaul, 154; 8. TCU, 244; 9. Tulane, 249; 10. USF, 254; 11. Memphis, 262; 12. Saint Louis, 289.

Individual Results

1. Mate Nemeth, Memphis, 24:47; 3. Brent Des Roches, 24:53; 18. Jason Crichton, 25:42; 26. Jeremy Williams, 26:04; 32. David Henderson, 26:23; 53. Andy Lelinski, 27:29; 132. Matt Scott, 27:51; 128. Tommy Schmitz, 28:52.

Great Lakes Regional

Nov. 13, 2004
Ypsilanti, Mich.; 8K

On the men's side, the Golden Eagles took 16th overall at the Great Lakes Regional and were led by junior Brent Des Roches who took 38th overall with a time of 31:15.4.

Junior Jason Crichton was the next finisher, taking 70th with a time of 32:01.7 and sophomore Jeremy Williams took 96th with a time of 32:38.7.

"It went as well as could be expected," said Uhrich. "With some of the different injuries, we just lacked the



Jeremy Williams came on strong at the end of 2004.

depth and strength we needed (throughout the season). I was hoping we would finish a little stronger, but with the athletes we had, I think we did pretty well."

Junior David Henderson (104th, 32:54.0), freshman Joshua Pinter (134th, 33: 49.5), junior Andrew Lelinski (161st, 34:29.3) and junior Tommy Schmitz (173rd, 34:50.7) all competed at today's regional and will be back on the team next year, giving the team plenty of experience.

"That is very encouraging," said Uhrich. "We will get some good recruits, we will get some depth and hopefully avoid injuries. We could be a very good team next year."

Team Results

1. Wisconsin, 47; 2. Notre Dame, 82; 3. Butler, 102; 4. Michigan, 111; 5. Indiana, 116; 6. Ohio State, 152; 7. Michigan State, 172; 8. Central Michigan, 219; 9. Miami (Ohio), 256; 10. Eastern Michigan, 293; 11. Indiana State, 313; 12. Kent State, 380; 13. Ohio, 402; 14. Cincinnati, 413; 15. Wis.-Milwaukee, 421; 16. Marquette, 442; 17. Akron, 480; 18. Xavier, 567; 19. Youngstown State, 591; 20. IUPUI, 594; 21. Wright State, 603; 22. Evansville, 663; 23. Wis.-Green Bay, 679; 24. Dayton, 726; 25. Detroit, 728; 26. Toledo, 784; 27. IPFW, 802; 28. Oakland, 808; 29. Valparaiso, 885.

Individual Results

1. Nate Brannen, Michigan, 30:10; 38. Brent Des Roches, 31:15; 70. Jason Crichton, 32:01; 96. Jeremy Williams, 32:38; 104. David Henderson, 32:54; 134. Joshua Pinter, 33:49; 161. Andrew Lelinski, 34:29; 173. Tommy Schmitz, 34:50.



David Henderson helped pace Marquette in 2004, finishing as high as fourth at the Bradley Invitational.



2005 Women's Indoor Track Recap

Jan. 15 — Carthage Invite; Kenosha, Wis.

- First place team finish
- Crystal Andalcio-O'Neil set a meet record with a 7.10 in the 55m.
- Jessica Ehlen won the shot put with a freshman record throw of 48-0.5.

Jan. 22 — Gold Country Classic; Minneapolis, Minn.

- Cassie Peller claims a win in the 800m with a time of 2:17.77.
- Andalcio-O'Neil takes second in both 60m (7.69) and 200m (25.67).

Jan. 29 — Notre Dame Invitational; Notre Dame, Ind.

- Kristin Stoniecki ties a school record in the pole vault with a leap of 10-11.75.
- In the 3,000m, Jodi Jakubek took second with a time of 9:53.45 — a time that stands eighth on Marquette's all-time list.
- Cassie Peller missed Brianna Dahm's Marquette Freshman record in the mile by .07 second. Peller's time of 4:53.36 was good for third place.

Feb. 11-12 — Cyclone Classic; Ames, Iowa

- Peller broke Dahm's school record in the Mile with her time of 4:50.82. That time was good for third place at the meet (65 athletes competed) and the third spot on the all-time list at Marquette.
- Andalcio-O'Neil missed a school record by 1/100th of a second in the 60m and finished with a time of 7.57.

Feb. 12 — Pepsi Challenge; Kenosha, Wis.

- Kristin Stoniecki set a school record in the Pole Vault with a jump of 11-6.75 and placed second at the meet.
- In the Shot Put, Marquette recorded the top two marks as Heather Thomason's first place throw of 43-5 3/4 and Jessica Ehlen's mark of 42-8 3/4 were good for a one-two finish.

Feb. 18 — UWM Open; Milwaukee, Wis.

- Andalcio-O'Neil picked up wins in the 60 and 200 meters on Friday at the UWM Open.
- The women's team also posted a strong result in the mile, taking second through sixth places.
- Cassie Peller continued her strong season with a first-place finish in the 800 meters with a time of 2:15.50.
- Lucky Denega, Andrea Engelmann and Heather Thomason also picked up wins on the women's side.

Feb. 25-26 — C-USA Championships; Houston, Texas

- Team finish of 10th.
- Peller took home second in the mile race, posting a time of 4:51.77.
- Jamie Haro came in fourth in the 800m with a personal record time of 2:14.05.
- Also earning points for the women were Andalcio-O'Neil and Jakubek. Andalcio-O'Neil finished sixth, running a 7.59 in the 60 meter dash. Jakubek finished seventh in the 3000 meter run at 10:04.89.
- In the weight throw, Andrea Engelmann finished fifth and Jessica Ehlen placed seventh posting a strong Marquette finish in the event.

Performance List

55m

1. Andalcio-O'Neil	7.10	Jan. 15
2. Flowers	7.55	Feb. 12
3. Kosmoski	7.91	Feb. 12

55m hurdles

1. Denenga	8.32	Feb. 12
2. Pelishek	9.73	Feb. 12

60m

1. Andalcio-O'Neil	7.52 *	Feb. 25
2. Flowers	8.25	Feb. 18
3. Kosmoski	8.52	Feb. 18

60m hurdles

1. Denenga	8.96	Feb. 18
2. Pelishek	9.62	Feb. 18

200m

1. Andalcio-O'Neil	25.10	Feb. 18
2. Denenga	26.50	Feb. 12
3. Pelishek	27:15	Jan. 22

400m

1. Malin	1:00.37	Feb. 18
2. Chimiowski	1:01.33	Jan. 29
3. Hunt	1:02.95	Feb. 18

600m

1. Haro	1:37.16	Jan. 22
2. LeDonne	1:41.39	Jan. 22

800m

1. Haro	2:14.05	Feb. 26
2. Peller	2:15.50	Feb. 18
3. Chambers	2:18.93	Feb. 18

Mile

1. Peller	4:50.82	Feb. 12
2. Chambers	5:03.31	Feb. 12
3. S. Emond	5:05.31	Feb. 18

3,000m

1. Jakubek	9:53.42	Jan. 29
2. S. Emond	10:08.30	Jan. 29
3. Sauer	10:12.02	Feb. 12

5,000m

1. S. Emond	17:17.63	Feb. 12
2. T. Emond	17:40.85	Feb. 12
3. Supanich-Winter	18:00.83	Feb. 12

Long Jump

1. Pelishek	16-10.5	Jan. 15
2. Flowers	16-5.25	Feb. 12

Pole Vault

1. Stoniecki	11-6-25 *	Feb. 12
2. Hubmann	9-6.25	Jan. 15

Shot Put

1. Leklem	44-6.75	Jan. 22
2. Ehlen	44-1.50	Jan. 15
3. Thomason	43.11.25	Jan. 29

Weight Throw

1. Engelmann	52-11.00	Feb. 26
2. Ehlen	51-3.50	Feb. 26
3. Mahaffey	50-0.75	Feb. 12

Pentathlon

1. Pelishek	2,857	Feb. 26
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* denotes school record



Crystal Andalcio-O'Neil set a school record in the 60m.





2004-05 Review

2005 Men's Indoor Track Recap

Performance List

Jan. 15 — Carthage Invite; Kenosha, Wis.

- Second place team finish
- Charles Mashozera took first place in the triple jump with a leap of 47-8.
- Jonothan Rosploch won the shot put with a meet record 52-0.5.

Jan. 22 — Gold Country Classic; Minneapolis, Minn.

- Jon Shaffer sets a school record in the 600m with a time of 1:19.20, taking second place in the event.
- Rosploch placed fourth in the shot put in a deep field at 51-5.

Jan. 29 — Notre Dame Invitational; Notre Dame, Ind.

- Joe Pierre set a freshman record in the 800m with a time of 1:51.86, good for third place in the race. Shaffer took sixth overall in the 800m with a time of 1:52.65. Pierre's time is fourth all-time at Marquette while Shaffer's is sixth all-time.
- The 4x400m relay team took 1st with the second fastest time all-time at Marquette (3:16.49). Shaffer recorded the fastest 400m split ever by a Marquette athlete of 47.1.

Feb. 4-5 — Meyo Invitational; Notre Dame, Ind.

- Shaffer set a school record, winning the 500 meters in a time of 1:02.70. Ryan Seebruck also finished better than the previous school record, finishing sixth in the event with a time of 1:04.49.

Feb. 11-12 — Cyclone Classic; Ames, Iowa

- In the 800m, Shaffer missed the school record — currently held by his head coach, Dave Uhrich — by only three tenths of a second. His time of 1:50.45 was a personal best and was good for 19th place out of 120 competitors.

Feb. 12 — Pepsi Challenge; Kenosha, Wis.

- The men also nabbed the top two spots in the shot put as Rosploch's throw of 51-11 was good for first and Andy Ballard's throw of 50-7.25 earned second place honors.
- Marquette's men took win, place and show on the weight throw as Rosploch (1st, 55-1), Damian Anisko (2nd, 53-11 3/4) and Ballard (3rd, 52-8 1/4) led Marquette.

Feb. 18 — UWM Open; Milwaukee, Wis.

- Rosploch set the pace picking up wins in the shot put and weight throw.
- Ryan Seebruck took first in the 200 meters.
- Shaffer's time of 48.84 took first in the 400 meters.
- Ray Bratchett won the high jump.

Feb. 25-26 — C-USA Championships; Houston, Texas

- Shaffer turned a dominating performance capturing first place in the 800m, running a 1:53.48. MU picked up a total of 20 points in the event as Pierre and Jed Burey finished in third and fifth place, respectively.
- Zach Pawlowski came in fourth in the pole vault, reaching the height of 15-01.00. In the pole vault Nicholas Van Deraa also grabbed three points as he finished in sixth place.
- Williams came in third in the 3,000 meter run with a time of 8:35.26. Schmitz finished seventh in the mile at 4:17.60.
- Bratchett's high jump of 6-feet, 9 3/4 inches placed second.

March 5 — Alex Wilson Invitational; Notre Dame, Ind.

- Shaffer provisionally qualified for the NCAA Indoor Championships and set a new school record by winning his section of the 800 meters with a time of 1:49.21.

55m

1. Piekarski	6.72	Jan. 15
2. Giwa	6.79	Feb. 12

55m Hurdles

1. Bratchett	8.93	Jan. 29
Piekarski	8.93	Feb. 26

60m

1. Piekarski	7.18	Feb. 18
2. Giwa	7.19	Feb. 18
3. Seebruck	7.22	Jan. 22

60m Hurdles

1. Bratchett	8.96	Jan. 22
2. Piekarski	9.17	Jan. 15

200m

1. Seebruck	22.63	Feb. 18
Sienko	22.63	Feb. 12
3. Mashozhera	22.76	Jan. 29

400m

1. Shaffer	48.84	Feb. 18
2. Seebruck	49.14	Feb. 12
3. Sienko	49.44	Feb. 12

500m

1. Shaffer	1:02.70 *	Feb. 4
2. Seebruck	1:04.49	Feb. 4
3. Sienko	1:05.90	Feb. 4

600m

1. Shaffer	1:19.20 *	Jan. 22
2. Pierre	1:20.50	Jan. 22

800m

1. Shaffer	1:49.21 *	March 5
2. Pierre	1:51.86	Jan. 15
3. Burey	1:54.32	Feb. 12

Mile

1. Henderson	4:16.03	Jan. 29
2. Schmitz	4:17.60	Feb. 26
3. Williams	4:19.83	Jan. 15

3,000m

1. Williams	8:35.26	Feb. 26
2. Crichton	8:44.70	Jan. 29
3. Henderson	8:46.01	Jan. 22

5,000m

1. Williams	15:02.49	Feb. 25
2. Crichton	15:22.59	Feb. 26
3. Saginus	15:28.28	Feb. 26

High Jump

1. Bratchett	6-10.25	Feb. 18
2. Sage	6-2.00	Feb. 18
3. Piekarski	6-0.00	Feb. 18

Pole Vault

1. Pawlowski	15-1.00 *	Feb. 26
2. Van Deraa	14-7.25	Feb. 26

Long Jump

1. Piekarski	21-10.50	Feb. 18
2. Stewart	21-5.75	Jan. 29
3. Pawlowski	21-2.75	Feb. 18

Triple Jump

1. Mashozhera	49-4.50	Feb. 5
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Shot Put

1. Rosploch	55-5.75	Feb. 26
2. Ballard	52-1.25	Feb. 18
3. Boedeker	43-5.00	Jan. 29

Weight Throw

1. Rosploch	57-11.75	Feb. 12
2. Ballard	55-10.50	Feb. 26
3. Anisko	53-11.75	Feb. 12

Heptathlon

1. Piekarski	5,068 *	Feb. 26
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* denotes school record



Jon Shaffer set a school record in the 600m.



2005 Women's Outdoor Track Recap

March 18 – USA Jaguar Premier; Mobile, Ala.

- Crystal Andalcio-O'Neil shined in the first event of the season, taking first place in both the 100m and 200m.
- Michaela Courtney turned in a strong meet as she claimed first place in the 1,500m, posting a mark of 4:44.67, winning that event by nine seconds. Courtney also placed second in the 800.
- The Marquette distance runners dominated the 3,000 meters, taking the first six places. Junior Jodi Jakubek came in first, posting a mark of 9:57.02.
- Junior Emily Leklem, freshman Jessica Ehlen and senior Andrea Engelmann picked up wins in the field events.

April 1-2 – Mike Pohlein Invitational; W. Lafayette, Ind.

- The lone winner on the day for Marquette came in the women's shot put where school record-holder Leklem won with a heave of 45-04.25.
- The 4x400 meter relay capped off the day for the Marquette women with a third place finish. Andalcio-O'Neal rounded off an excellent all-around performance running the first leg of the race with teammates Lauren Chimielewski, Christina LeDonne, and Kristina Malin following.

April 8-9 – EIU Big Blue Classic; Charleston, Ill.

- Leklem threw her way to first place with a distance of 47-2.25 breaking her previous school record of 46-8.75.
- Kristin Stoniecki broke the school record in the pole vault with a height of 11-5.75.
- Cassie Peller won the 1,500m in a time of 4:31.61.
- Susie Emond grabbed a victory in the 10,000m with a time of 36:46.59.

April 15-16 – Pacesetter Invitational, Terre Haute, Ind.

- On the first day of competition Leklem extended her streak of first place finishes on the young outdoor season to four with a victory in the shot put
- Peller placed second in the 800m with a time of 2:13.95.

April 23 – Central Collegiates; Champaign, Ill.

- Rain kept the Marquette runners from competing.
- Leklem finished third in the shot put with a throw of 46-0.75.
- Engelmann came in second in the hammer, throwing 174-8.

April 28-30 – Drake Relays; Des Moines, Iowa

- Susie Emond finished the 10,000 meters in 36:11.41. Her run was good for fourth place and puts her among the top seven competitors in Marquette history.
- In the 3000 meter steeplechase, Dahm finished fifth in the event with a time of 10:36.43.

April 30 – Redbird Invitational; Normal, Ill.

- Ehlen won with the discus a distance of 140-08
- Leklem finished third in the shot put after a heave of 46-8.75.
- Terri Emond and Tara Hinke finished in first and second, respectively, with times of 10:56.88 and 11:19.51 in the 3,000m-Steeplechase.
- Jakubek won the 5,000m with a time of 17:27.60.

May 7 – Wisconsin Twilight; Madison, Wis.

- Peller's time of 4:28.33 gave her the win in the 1,500 meters, leading a group of six MU runners to finish in the top seven.
- Leklem won her fifth shot put of the season at 48-4.
- Ehlen won the discus. Her throw of 140-3 was better than the second place finisher by a foot and a half.

May 12-14 – C-USA Championships; Houston, Texas

- Team finish of 10th
- Senior Andrea Engelmann came in second on the women's side in the hammer with a throw of 175-0.
- Dahm placed second in the 3,000m-Steeplechase with a time of 10:28.24, leading three MU runners in the top six.
- Peller placed second in the 1,500m with a time of 4:27.54 and senior Brianna Dahm placed one spot behind with a time of 4:27.72.

May 27-28 – NCAA Regionals; Bloomington, Ind.

- Dahm placed fifth in the 3,000m-Steeplechase, recording a time of 10:23.53, to qualify for the NCAA Championships.
- Peller placed ninth in the 1,500m, recording a time of 4:34.77.
- Leklem recorded just one fair throw in her regional experience, tossing the shot put 48-10.

June 8-11 – NCAA Championships; Sacramento, Calif.

- Dahm completed the 3,000m-Steeplechase in a season best time of 10:08.79. She finished seventh to earn All-America status for the second time in her career.

Performance List

100m

1. Andalcio-O'Neil	12.03	April 2
2. Denenga	12.38	April 16
3. Flowers	12.85	April 2

100m Hurdles

1. Denenga	14.73	April 2
2. Pelischek	15.91	May 12

200m

1. Andalcio-O'Neil	24.89	April 2
2. Denenga	25.86	April 30
3. Malin	26.11	April 2

400m

1. Malin	58.23	May 13
2. LeDonne	59.73	April 16
3. Wolf	1:02.04	May 7

400m Hurdles

1. Chimielewski	1:04.67	May 7
2. Dillon	1:10.23	May 7

800m

1. Courtney	2:13.57	May 13
2. Peller	2:13.95	April 16
3. Chambers	2:16.37	April 16

1,500m

1. Peller	4:27.54	May 14
2. Dahm	4:27.72	May 14
3. Courtney	4:32.81	April 16

3,000m

1. Jakubek	9:57.02	March 19
2. Peller	9:59.21	March 19
3. S. Emond	10:03.62	March 19

3,000m Steeplechase

1. Dahm	10:08.79	June 10
2. T. Emond	10:47.77	May 13
3. Hinke	11:09.06	May 13

5,000m

1. Jakubek	17:27.60	April 30
2. S. Emond	17:42.00	April 16
3. T. Emond	17:43.52	May 14

10,000m

1. Emond, S.	36:11.41	April 30
2. Sauer	37:44.02	April 9

Pole Vault

1. Stoniecki	11-05.75 *	April 9
2. Hubmann	9-02.00	May 7

Long Jump

1. Kosmoski	17-1.05	May 7
2. Flowers	16-11.25	May 7
3. Pelischek	16-04.75	May 13

Shot Put

1. Leklem	48-10.00 *	May 28
2. Ehlen	41-03.00	May 14

Discus

1. Ehlen	144-8.00	June 19
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Javelin

1. Pelischek	81-5.00	April 16
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Hammer Throw

1. Engelmann	175-0.00	May 12
2. Ehlen	152-8.00	June 19

Heptathlon

1. Pelischek	3,979 points	April 9
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Brianna Dahm was an All-American for the second time.





2004-05 Review

2005 Men's Outdoor Track Recap

March 18 – USA Jaguar Premier; Mobile, Ala.

- Marquette picked up three first place finishes, led by a win by the 4x400-meter relay team of Ryan Seebruck, Jon Shaffer, Matt Piekarski and Joe Pierre, turning in a time of 3:21.50.
- Zach Pawlowski claimed first in the pole vault with by clearing 15-feet, setting a new school record and improving on his personal best by four inches.
- Raymond Bratchett won the 110m-hurdles with a time of 16.04. He also finished second in the high jump with a leap of 6-feet-6 3/4 inches.

April 1-2 – Mike Pohlein Invitational; W. Lafayette, Ind.

- Shaffer had the best overall day taking third in the 400 meter hurdles with a time of 54.55 and grabbed second place in the 4x400 meter relay running the anchor leg with relay partners Jed Burey, Jacob Sienko, and Seebruck.
- Rosploch took second place in the shot put (51-07.25) and finished in seventh place in the hammer throw (161-01).

April 8-9 – EIU Big Blue Classic; Charleston, Ill.

- The lone victory at the meet came in the decathlon where Matt Piekarski won with a total of 6,056 points.
- Bratchett finished second in the high jump with a leap of 6-4.75.

April 15-16 – Pacesetter Invitational, Terre Haute, Ind.

- Burey ran the 800 meters in 1:53.78, good enough for second place while Tommy Schmitt and David Henderson both finished in the top eight.
- In the 3000 meter steeplechase Jeremy Williams ran a 9:30.27, finishing second.
- Matt Piekarski finished second in the javelin throw with a heave of 173-8.

April 23 – Central Collegiates; Champaign, Ill.

- Rain kept the Marquette runners from competing.
- Anisko took seventh in the hammer with a distance of 165-7.

April 28-30 – Drake Relays; Des Moines, Iowa

- In the men's distance medley, Lelinski, Seebruck, Pierre and Henderson took home seventh place, finishing the race in 10:02.41.
- Charles Mashozhara competed in the triple jump and finished 13th with a leap of 48-3.25.
- Shaffer finished third in the 800m.

April 30 – Redbird Invitational; Normal, Ill.

- Williams took first in the 3,000m-Steeplechase with a time of 9:31.05 and Kyle Saginus took second place running a 9:48.15.

May 7 – Wisconsin Twilight; Madison, Wis.

- Bratchett came away with the best individual finish for the men. He placed second in the high jump with a mark of 6-6.75.
- Pawlowski also shined in the pole vault, leaping 15-5, matching the second best jump of the meet and a new school best.

May 12-14 – C-USA Championships; Houston, Texas

- Sixth place finish as a team.
- The men's hammer throwers set the tone by placing three in the top eight. Junior Damian Anisko took third with a launch of 172-0.
- Williams came in second in the men's Steeplechase with a time of 9:15.61.
- Marquette came away with a sixth place finish in the 4x400 meter relay, running a 3:12.85.

May 27-28 – NCAA Regionals; Bloomington, Ind.

- Pierre was unable to qualify for the finals in the NCAA Midwest Regional in the 800 meters, turning in a time of 1:53.01, finishing 21st amongst 24 competitors in the event.

Performance List

100m

1. Piekarski	11.05	April 17
2. Van Deraa	11.37	April 2
3. Giwa	11.38	May 7

110m Hurdles

1. Bratchett	15.15	April 2
2. Piekarski	16.03	May 13

200m

1. Seebruck	22.13	March 19
2. Piekarski	22.42	March 19
3. Bratchett	22.55	April 2

400m

1. Seebruck	48.72	May 7
2. Piekarski	50.18	May 12
3. Burey	50.36	April 2

400m Hurdles

1. Bratchett	53.98	May 13
2. Shaffer	54.55	April 2
3. Wagner	56.31	May 7

800m

1. Pierre	1:49.54 *	May 13
2. Shaffer	1:51.02	April 30
3. Burey	1:53.04	May 7

1,500m

1. Lelinski	3:54.78	May 14
2. Henderson	3:54.96	May 13
3. Pierre	4:01.85	April 16

3,000m Steeplechase

1. Williams	9:15.61	May 13
2. Crichton	9:30.28	May 13
3. Saginus	9:42.54	May 13

5,000m

1. Williams	15:10.74	April 9
2. Crichton	15:29.34	April 16
3. Scott	16:08.76	May 7

10,000m

1. Crichton	32:48.49	May 12
2. Saginus	32:52.88	May 12

Pole Vault

1. Pawlowski	15-05.00 *	May 7
2. Van Deraa	15-01.00	May 14

Long Jump

1. Piekarski	22-03.00	March 19
2. Stewart	20-09.25	May 7
3. Giwa	19-09.75	April 30

Triple Jump

1. Mashozhara	49-5.00	May 14
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High Jump

1. Bratchett	6-8.75	June 23
2. Sage	5-10.00	March 19

Shot Put

1. Rosploch	54-1.25	April 30
2. Piekarski	39-1.00	May 7

Discus

1. Anisko	159-10.00	May 12
2. Boedeker	153-4.00	May 12
3. Heim	142-5.00	April 8

Javelin

1. Piekarski	182-6.00	May 13
2. Rosploch	163-4.00	April 30

Hammer Throw

1. Anisko	172-0.00	May 12
2. Rosploch	169-10.00	May 12
3. Boedeker	152-9.00	May 7

Decathlon

1. Piekarski	6,852 *	April 27-28
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Joe Pierre advanced to the NCAA Regionals.



2005 Conference USA Indoor Championships

Women's Results

Feb. 25-26, 2005 • Houston, Texas

Event	Champion	Marquette Finishers
60m	Gloria Asumnu, Tulane 7.43	6. Andalcio-O'Neil 7.59
60m Hurdles	Raquel Washington, Southern Miss 8.38	None
200m	Cheryl Garner, Houston 23.79	None
400m	Cheryl Garner, Houston 54.43	None
800m	Dijana Kojic, Southern Miss 2:08.26	4. Haro 2:14.05
Mile	Cassie Ficken, Charlotte 4:51.77	2. Peller 4:57.05 12. Hinke 5:09.17 14. Courtney 5:13.83 16. Chambers 5:14.66
3,000m	Cassie Ficken, Charlotte 9:39.06	7. Jakubek 10:04.89 9. S. Emond 10:08.64 15. T. Emond 10:15.07 18. Supanich-Winter 10:24.54
5,000m	Elizabeth Ambrus, UAB 16:57.16	7. S. Emond 17:32.11 9. T. Emond 17:44.12 14. Sauer 18:11.61 17. Jakubek 18:23.65
4x400m	TCU 3:45.09	11. Marquette 4:01.41
Dist. Med. Relay	Charlotte 11:43.96	2. Marquette 11:49.68
High Jump	Renee Hein, Cincinnati 5-08.50	None
Long Jump	Jasmin Jackson, Houston 20-04.50	None
Triple Jump	Sharonda Johnson, Charlotte 42-03.25	None
Shot Put	Chandra Brewer, USF 51-07.75	10. Thomason 42-11.50 14. Ehlen 40-11.50 16. Mahaffey 38-09.75
Weight Throw	Gail Lee, Memphis 61-07	5. Engelmann 52-11.00 7. Ehlen 51-03.50
Pole Vault	Jacey Hughes, Louisville 12-11.50	10. Stoniecki 11-05.75
Pentathlon	Krystal Ward, Houston 3,833	10. Pelischek 2,857

Team Results

Pl.	School	Points
1.	Houston	117
2.	Charlotte	83.50
3.	UAB	77
4.	Southern Miss	59
5.	USF	53
6.	Cincinnati	47
7.	Tulane	45
8.	East Carolina	40
	TCU	40
10.	Marquette	34
11.	Louisville	25
12.	Memphis	23.50
13.	DePaul	19



Cassie Peller recorded Marquette's highest finish at the C-USA indoors, second in the mile.

Men's Results

Feb. 25-26, 2005 • Houston, Texas

Event	Champion	Marquette Finishers
60m	Derrick Johnson, Charlotte 6.66	None
60m Hurdles	Andrew Carruthers, Houston 7.81	None
200m	LaShawn Merritt, East Carolina 20.91	None
400m	LaShawn Merritt, East Carolina 46.77	9. Seebruck 50.236
800m	Jon Shaffer, Marquette 1:53.48	1. Shaffer 1:53.48 3. Pierre 1:54.36 5. Burey 1:57.12
Mile	Kip Kangogo, TCU 4:07.89	7. Schmitz 4:17.60 10. Lelinski 4:20.89 13. Henderson 4:30.6
3,000m	Kip Kangogo, TCU 8:24.03	3. Williams 8:35.26 12. Crichton 8:56.52 16. Saginus 9:00.43
5,000m	Kip Kangogo, TCU 14:40.76	9. Crichton 15:22.59 11. Saginus 15:28.28 17. Pinter 16:29.84
4X400m	Houston 3:15.11	7. Marquette 3:23.06
Dist. Med. Relay	TCU 9:58.26	4. Marquette 10:08.07
High Jump	Tristian Whitley, Houston 6-11.75	2. Bratchett 6-09.75 8. Sage 6-00.00
Long Jump	Brandon Bray, Houston 24-07.25	14. Stewart 20-04.25 17. Mashozera 17-07.50
Triple Jump	Janon Busby, Memphis 50-09.25	None
Shot Put	J.D. Ericson, Memphis 57-03.50	3. Rosploch 52-04.50 4. Ballard 51-05
Weight Throw	Eric Frasure, East Carolina 67-09.50	4. Ballard 55-10.50 7. Rosploch 54-06.75 8. Anisko 51-10.50 11. Boedeker 50-06.25
Pole Vault	Tom Rusteberg, Houston 16-06.75	4. Pawlowski 15-01 6. Van Deraa 14-07.25
Heptathlon	Ronald Veillon, Houston 5,134	3. Piekarski 5,068

Team Results

Pl.	School	Points
1.	Houston	166.50
2.	TCU	101
3.	Charlotte	89
4.	East Carolina	82
5.	Marquette	81.50
6.	Memphis	69
7.	DePaul	41
8.	Southern Miss	32



Ray Bratchett finished second at the C-USA indoor meet in the high jump with a leap of 6-9 3/4.





2004-05 Review

2005 Conference USA Outdoor Championships

Women's Results

May 12-14, 2005 • Houston, Texas

Event	Champion	Marquette Finishers
100m	Gloria Asumnu, Tulane 11.61	None
200m	Shareese Woods, Charlotte 23.45	None
400m	Kiesha Howard, Houston 52.11	None
800m	Dijana Kojic, Southern Miss 2:07.85	None
1,500m	Cassie Ficken, Charlotte 4:26.19	2. Peller 4:27.54 3. Dahm 4:27.72 7. Chambers 4:40.07
5,000m	Cassie Ficken, Charlotte 16:50.42	3. Jakubek 17:30.50 10. T. Emond 17:43.52 11. S. Emond 17:58.84 18. Oster 18:39.78
10,000m	Marlene Key, DePaul 36:15.15	6. S. Emond 37:31.24 11. Sauer 38:56.45
100m Hurdles	Raquel Washington, Southern Miss 13.31	None
400m Hurdles	Alicia Cave, Houston 57.67	None
Steeplechase	Tsehaye Dagnachew, Charlotte 10:21.18	2. Dahm 10:28.24 4. T. Emond 10:47.77 6. Hinke 11:09.06
4x100m	Southern Miss 45.21	Marquette 48.65
4x400m	TCU 3:34.82	10. Marquette 3:52.4
High Jump	Krista Miller, Southern Miss 5-08.75	None
Pole Vault	Jennifer Hartig, Louisville 12-05.50	10. Stoniecki 10-11.75
Long Jump	Jasmin Jackson, Houston 20-08.00	None
Triple Jump	Aaliyah Shareef, Southern Miss 40-09.75	None
Shot Put	Chandra Brewer, USF 54-04.50	5. Leklem 46-10.75 9. Ehlen 41-03.00
Discus	Chandra Brewer, USF 155-11	11. Ehlen 130-00.00
Hammer	Jo Young, Cincinnati 181-00	2. Engelmann 175-00.00 10. Ehlen 148-07.00
Javelin	Hana Prudilova, Southern Miss 145-04	None
Heptathlon	Krystal Ward, Houston 5,536	10. Pelischek 3,979

Team Results

Pl.	School	Points
1.	Houston	137
2.	Southern Miss	116.50
3.	Charlotte	75
4.	USF	74.50
5.	Tulane	63
6.	TCU	58
7.	Cincinnati	57
8.	UAB	54
	East Carolina	54
10.	Marquette	53
11.	Memphis	31
12.	Louisville	24
13.	DePaul	22



Brianna Dahm finished second in the Steeplechase at the C-USA meet, en route to a seventh place NCAA finish.

Men's Results

May 12-14, 2005 • Houston, Texas

Event	Champion	Marquette Finishers
100m	Bradley Reed, TCU 10.45	None
200m	Carey LaCour, Houston 20.60	None
400m	Carey LaCour, Houston 46.02	None
800m	Jackson Langat, TCU 1:47.38	3. Pierre 1:49.54 8. Burey 1:53.25
1,500m	Kip Kangogo, TCU 3:43.82	6. Letinski 3:54.78 7. Henderson 3:54.96
5,000m	Kip Kangogo, TCU 14:29.48	8. Williams 15:21.93
10,000m	Wesley Korir, Louisville 30:53.32	11. Crichton 32:48.49 12. Saginus 32:52.88
110m Hurdles	Andrew Carruthers, Houston 13.78	None
400m Hurdles	Andrew Carruthers, Houston 51.15	7. Bratchett 55.14
Steeplechase	Anthony Becknek, DePaul 9:10.19	2. Williams 9:15.61 7. Crichton 9:30.28
4x100m	Houston 39.57	None
4x400m	TCU 3:05.70	6. Marquette 3:12.85
High Jump	Tristian Whitley, Houston 7-00.50	9. Bratchett 6-04.75
Pole Vault	Jonathan Miller, USF 17-00.75	8. Van Deraa 15-01.00 12. Pawlowski 14-07.25
Long Jump	Brandon Bray, Houston 25-06.00	None
Triple Jump	Jaydian Busby, Memphis 50-06.75	4. Mashozhera 49-05.00
Shot Put	Steve Kahle, Houston 7-00.50	3. Rosploch 52-05.50
Discus	Johnthan Reeves, Houston 168-06.00	4. Anisko 159-10.00 8. Boedeker 153-04.00 16. Heim 120-11.00
Hammer	Eric Frasure, East Carolina 201-09.00	3. Anisko 172-00.00 4. Rosploch 169-10.00 8. Boedeker 148-09.00
Javelin	Conrad Chanove, Southern Miss 223-08.00	4. Piekarski 180-04.00 10. Rosploch 152-09.00
Decathlon	Ben Haber, Cincinnati 7,204	3. Piekarski 6,789

Team Results

Pl.	School	Points
1.	Houston	201
2.	TCU	105
3.	Cincinnati	90
4.	Charlotte	76
5.	USF	70.50
6.	Marquette	70
7.	East Carolina	60
8.	Southern Miss	46
9.	Louisville	40
10.	Memphis	29.50
11.	DePaul	24
12.	Tulane	6



Jeremy Williams was second at the C-USA meet in the Steeplechase, Marquette's highest finish.



Women's Indoor Track and Field Records

55 Meters

FlaTria Horne	6.95	2000
Crystal Andalcio-O'Neil	7.10	2005
Karen Goodwin	7.21	1996
Joy Krekelberg	7.22	1996
Wendy Thompson	7.24	1982
Kate Gordon	7.24	2001
Jennifer Batie	7.28	2001
Erica Tittsworth	7.32	1998
Cindy Tyler	7.33	1997
Sher-ree Beekman	7.36	2000
FR: FlaTria Horne	7.10	1997
'05: C. Andalcio-O'Neil	7.10	1/15

55 Meter Hurdles

Chris Spindler	8.27	1993
Megan Kosman	8.30	2001
Jeannette Batie	8.30	2000
Lucky Denenga	8.32	2005
Joy Krekelberg	8.32	1999
Jeannie Kauth	8.33	1997
Kelly Herbst	8.38	1996
Cathy Gilling	8.63	1983
Jeanmifer Evans	8.67	1992
Angela Williams	8.74	1980
FR: Joy Krekelberg	8.35	1996
'05: Lucky Denenga	8.32	2/12

60 Meters

Crystal Andalcio-O'Neil	7.50	2005
FlaTria Horne	7.56	2000
Joy Krekelberg	7.71	1999
Kate Gordon	7.74	2001
Sher-ree Beekman	7.75	2000
Erica Tittsworth	7.98	1998
Krystal Hardy	8.18	2003
Nicole Pelishek	8.22	2004
Christina Flowers	8.23	2005
Marianne Junck	8.20	2003
FR: FlaTria Horne	7.63	1997
'05: C. Andalcio-O'Neil	7.50	1/29

60 Meter Hurdles

Megan Kosman	8.78	2001
Joy Krekelberg	8.83	1999
Jeannette Batie	8.85	2001
Jeannie Kauth	8.86	1997
Lucky Denenga	9.14	2004
Marianne Junck	9.50	2005
Nicole Pelishek	9.62	2005
Latri-cea McClendon	9.67	2003
Alicia Wantoch	10.52	2004
Amy Merrill	10.57	2003
FR: Jeanatte Batie	9.30	1999
'05: Lucky Denega	8.96	2/18

200 Meters

FlaTria Horne	24.77	2000
Joy Krekelberg	25.01	1999
Crystal Andalcio-O'Neil	25.10	2004
Jennifer Batie	25.25	2001
Sher-ree Beekman	25.77	2000
Kate Gordon	25.79	2001
Jeannette Batie	25.83	2000
Raquel Pittman	26.08	1990
Karen Goodwin	26.13	1996
Lucky Denega	26.50	2004
FR: FlaTria Horne	24.88	1997
'05: C. Andalcio-O'Neil	25:10	2/18

300 Meters

Jennifer Batie	39.56	2001
FlaTria Horne	41.04	1999
Joy Krekelberg	41.14	1997
Jeannette Batie	41.37	2001
Sher-ree Beekman	41.54	1999
Kate Gordon	41.97	2001
Crystal Andalcio-O'Neil	42.15	2002
Tiffany Bilderback	42.24	2002
Clare Look	42.34	1988
Juliana Wesolowski	42.34	2002
FR: Jennifer Batie	40.64	1999

FR denotes freshman record
'05 denotes 2005 best mark

400 Meters

Jennifer Batie	55.00	2000
FlaTria Horne	58.14	1997
Juliana Wesolowski	58.15	2004
Clare Look	58.24	1988
Jeannette Batie	58.36	2002
Jeannie Kauth	58.39	1997
Sher-ree Beekman	58.61	2000
Jessica Monnier	58.71	1996
Marisa Walsh	59.32	1986
Megan Kosman	59.35	2001
FR: Jennifer Batie	57.32	1999
'05: Kristina Malin	60.37	2/18

500 Meters

Marissa Walsh	1:17.24	1988
Jamie Haro	1:17.51	2005
Lauren Chimielewski	1:22.81	2004

600 Yards

Mary Tremblay	1:28.44	1982
Pattie Zehren	1:29.14	1987
Kelly Warner	1:29.94	1980
Terri Strodthoff	1:31.69	1986
Marisa Walsh	1:31.82	1986
Laurie Wilson	1:33.64	1982
Anne Bicha	1:33.64	1986
Sylvia Springer	1:34.24	1982
Terri Miles	1:35.24	1979
Julie Akin	1:36.64	1987
FR: Kelly Warner	1:29.7	1980

600 Meters

Jessica Monnier	1:36.23	1996
Jennifer Batie	1:36.44	2002
Juliana Wesolowski	1:36.49	2004
Jamie Haro	1:37.02	2003
Sandy Fondow	1:37.23	2003
Keli O'Neill	1:38.25	1998
Tammy Daul	1:38.64	1991
Paula Doucette	1:38.80	1993
Stephanie Goplin	1:39.15	2000
Marianne Junck	1:39.36	2003
FR: Jamie Haro	1:38.50	2001
'05: Jamie Haro	1:37.16	1/22

800 Meters

Jessica Berlowski	2:13.33	1998
Jennifer Batie	2:13.44	2002
Brianna Dahm	2:13.53	2002
Jamie Haro	2:13.98	2003
Sandy Fondow	2:14.19	2003
Michaela Courtney	2:14.46	2004
Christy Rice	2:14.46	1996
Juliana Wesolowski	2:14.94	2004
Nicole Johnson	2:15.26	2004
Cassie Peller	2:15.50	2005
FR: Brianna Dahm	2:14.75	2001
'05: Jamie Haro	2:14.05	2/26

1,000 Meters

Brianna Dahm	2:54.09	2003
Jessie Swan	2:56.21	2002
Sheila Fagen	2:56.22	1995
Heidi Lindeman	2:56.49	2004
Nicole Johnson	2:58.84	2004
Jamie Haro	2:58.87	2002
Kim Bendel	2:59.17	1998
Christy Rice	3:01.64	1994
Jen Koenigsmark	3:02.51	1998
Mara Braun	3:02.65	1994
FR: Brianna Dahm	2:55.97	2001

1,500 Meters

Amy Erickson	4:36.83	1998
Julie Zimmer	4:37.95	1986
Kara Hughes	4:38.24	1982
Sheila Fagen	4:39.05	1996
Tammy Daul	4:44.74	1993
Carrie Barber	4:46.34	1994
Amy Eddington	4:48.19	1988
Anne Turzinski	4:48.72	1987
Beth Palmer	4:49.41	1998
Terri Leibfried	4:50.54	1986
FR: Kara Hughes	4:38.24	1992

Mile

Michaela Courtney	4:45.40	2004
Brianna Dahm	4:50.70	2002
Cassie Peller	4:50.82	2005
Jessica Berlowski	4:51.49	1998
Julia Zimmer	4:54.54	1986
Katie Webb	4:56.77	1983
Jessie Swan	4:56.91	2002
Kim Bendel	4:57.50	1998
Terri Leibfried	4:57.84	1986
Susan Barth	4:58.59	2002
FR: Cassie Peller	4:50.82	2005
'05: Cassie Peller	4:50.82	2/12

3,000 Meters

Brianna Dahm	9:22.07	2003
Susan Barth	9:40.91	2002
Michaela Courtney	9:42.57	2004
Jessie Swan	9:42.68	2002
Amy Erickson	9:44.92	1998
Julia Zimmer	9:50.76	1986
Heidi Lindeman	9:52.58	2004
Jodi Jakubek	9:53.42	2005
Erika Jacobson	9:56.75	2000
Jackie Swan	9:58.07	2003
FR: Heidi Lindeman	9:52.58	2004
'05: Jodi Jakubek	9:53.42	1/29

5,000 Meters

Susan Barth	16:29.11	2002
Jessie Swan	16:50.65	2002
Amy Erickson	16:52.26	1998
Katie Webb	16:56.00	1983
Jodi Jakubek	17:00.41	2005
Jen Koenigsmark	17:05.43	1998
Bethany Harry	17:17.14	2001
Susie Emond	17:17.63	2005
Beth Palmer	17:30.64	1998
Sarah McCullough	17:31.63	2002
FR: Katie Webb	17:10.0	1982
'05: Jodi Jakubek	17:00.41	2/12

Long Jump

Joy Krekelberg	19-5.25	1999
Chris Spindler	19-0	1993
Clare Look	18-11.5	1987
Erica Tittsworth	18-6.5	1998
Brenda Felver	18-4.5	2000
Peppur Chambers	18-1.75	1992
Jeannie Kauth	17-11	1996
Raquel Pittman	17-9	1991
Jacki Draeger	17-8.75	1996
Megan Kosman	17-8.5	1999
FR: Claire Look	18-5.75	1985
'05: Nicole Pelishek	16-10.5	1/15

Triple Jump

Peppur Chambers	40-9	1992
Kelly Herbst	39-6.75	1996
Andrea Engelmann	38-0.25	2002
Brenda Felver	37-8.75	2000
Erica Tittsworth	37-6	1999
Angie Shippee	37-1	1994
Clare Look	37-0	1988
Christina LeDonne	36-11.75	2002
Jacki Draeger	36-7.75	1995
Chris Spindler	35-11.75	1993
FR: A. Engelmann	38-0.25	2002

High Jump

Chris Spindler	5-9.25	1993
Joy Krekelberg	5-8	1996
Clare Look	5-7	1988
Gina Lambert	5-6	1999
Tiffany Clendenning	5-5	1992
Jill Tlachac	5-5	1992
Jeannie Kauth	5-5	1997
Lisa Goetsch	5-3.5	1995
Marianne Junck	5-3	2003
Lisa Owczarski	5-2.25	1992
Amy Merrill	5-2.25	2001
Megan Kosman	5-2.25	2001
FR: Joy Krekelberg	5-8	1996

Pole Vault

Kristin Stoniecki	11-6.25	2005
Jenny Prybl	10-11.75	2004
Megan Kosman	10-6	2001
Danielle Hubmann	9-6.25	2005
Brooke Haseltine	7-8	2001
Missy Detzner	7-6.5	200
FR: Jenny Prybl	10-6	2002
'05: Kristin Stoniecki	11-6.25	2/12

Shot Put

Anne Rygiewicz	51-5.75	1996
Jane Richards	48-11.75	1996
Lori Perrie	47-6.25	1998
Emily Leklem	47-1.5	2004
Annie Lewandowski	46-10	2001
Katie Wimberger	45-5	1995
Cindy Wehrman	45-1	1999
Julie Sorrentino	44-4	2000
Heather Thomason	44-2.5	2004
Jessica Ehlen	44-1.50	2005
FR: Emily Leklem	46-8	2002
'05: Emily Leklem	44-6.75	1/22

20-lb. Weight Throw

Julie Sorrentino	61-0	2002
Crystal Larson	55-11.75	2002
Andrea Engelmann	52-11.00	2005
Jane Richards	52-6	1996
Jessica Ehlen	51-3.50	2005
Lori Perrie	50-11	2000
Jenna Mahaffey	50-0.75	2005
Anne Rygiewicz	47-9	1997
Cindy Wehrman	47-0.75	1998
Jodi Marsh	46-2	2004
FR: Jessica Ehlen	51-3.50	2005
'05: Andrea Engelmann	52-11.00	2/26

Pentathlon

Clare Look	3,783	1988
Joy Krekelberg	3,533	1999
Chris Spindler	3,110	1990
Megan Kosman	2,978	1999
Lucky Denenga	2,967	2004
Nicole Pelishek	2,855	2005
Wendy Delich	2,734	1990
Marisa Walsh	2,730	1986
Jill Tlachac	2,729	1993
FR: Claire Look	3,449	1985
'05: Nicole Pelishek	2,857	2/5

1,600-Meter Relay

Jen. Batie, Beekman, Home, Jea. Batie	3:43.99	2000
Jen. Batie, Wesolowski, Gordon, Jea. Batie	3:48.91	2001
Jen. Batie, Kosman	3:49.29	2001
Gordon, Jea. Batie	3:49.82	2002
Jen. Batie, Wesolowski, Bilderback, Jea. Batie	3:49.82	2002
Jen. Batie, B-Lundqvist, Home, Jea. Batie	3:50.28	2000
'05: J. Haro, C. Peller, C. LeDonne, C. Andalcio-O'Neil	4:00.31	1/29

Distance Medley Relay

Je. Swan, Jea. Batie, R. Kirvan, B. Dahm	11:41.17	2002
K. Chambers, C. O'Neil	11:44.76	2005
J. Haro, C. Peller	11:44.76	2005
Bendel, O'Neill, Berlowski, Erickson	11:48.85	1998
K. Chambers, K. Malin, M. Courtney, C. Peller	11:49.68	2005
Je. Swan, J. Wesolowski,	11:56.66	2003
J. Haro, B. Dahm	11:56.66	2003
'05: K. Chambers, C. O'Neil	11:44.76	2-11
J. Haro, C. Peller		



History



Men's Indoor Track and Field Records

55 Meters

Ralph Metcalfe	6.34	1933
Tracy Brown	6.40	1986
Arthur Egbert	6.44	1942
Mike Maragos	6.44	1946
Mike Edler	6.50	1996
Quincy Maggit	6.54	1998
Al Thomas	6.54	1950
Bob Thomas	6.54	1957
Roger Van Scotter	6.54	1961
Bill Sutton	6.54	1978
Nick Newton	6.54	2004
FR: Quincy Maggit	6.54	1998
'05: Matt Piekarski	6.72	1/15

55 Meter Hurdles

Joe Ouellette	7.51	1996
Arthur Egbert	7.54	1942
Nic Wucherer	7.58	2002
Pat Weas	7.66	1986
Mike Diamond	7.72	1999
Cameron Harvey	7.80	2002
Jeff Rosner	7.81	1995
Bob Thomas	7.84	1957
Jon Skiba	7.88	1992
Rob Vine	7.92	1992
FR: Nic Wucherer	7.73	2000
'05: Ray Bratchett	8.25	1/15

60 Meters

Nick Newton	7.06	2004
Quincy Maggit	7.08	1999
DeMarques Potter	7.09	2002
Mike Edler	7.10	1997
Matt Piekarski	7.18	2005
Adeola Giwa	7.19	2005
Brian Hardin	7.19	2001
Ryan Seebuck	7.22	2005
Charles Mashozhera	7.23	2004
Nick Van Deraa	7.39	2005
FR: DeMarques Potter	7.12	2002
'05: Matt Piekarski	7.18	2/18

60 Meter Hurdles

Nic Wucherer	8.15	2002
Cameron Harvey	8.30	2002
Mike Diamond	8.35	2001
Joe Ouellette	8.41	1997
Paul Kanning	8.71	1999
Zach Pawlowski	8.73	2004
Charlie Lehman	8.86	1999
Ray Bratchett	8.86	2005
Matt Piekarski	8.93	2005
Nick Newton	8.95	2004
FR: Nic Wucherer	8.33	2000
'05: Ray Bratchett	8.96	1/22

200 Meters

Matti Heusala	22.10	1993
Marek Krawczyk	22.20	2002
Brian Hardin	22.23	2000
Jerry Crimmins	22.56	1994
Quincy Maggit	22.57	1998
Ryan Seebuck	22.60	2004
Jacob Sienko	22.63	2005
DeMarques Potter	22.64	2003
Darek Frye	22.64	1992
Mike Edler	22.71	1997
FR: Brian Hardin	22.34	1999
'05: R. Seebuck/J. Sienko	22.63	

300 Meters

John Rydeski	34.74	1980
Marek Krawczyk	35.28	2001
Brian Hardin	35.55	2001
Darek Frye	35.58	1991
Brandon Pliska	35.74	1999
Brian Olsson	35.84	1997
Jerry Crimmins	35.93	1996
Matti Heusala	36.01	1992
Ryan Seebuck	36.02	2002
Phil Rose	36.24	1985
FR: Brian Hardin	35.94	1999
Brandon Pliska	35.94	1997

400 Meters

Marek Krawczyk	48.32	2002
Brandon Pliska	48.73	1998
John Rydeski	48.75	1981
John Shaffer	48.84	2005
Brian Olsson	48.85	1997
Brian Hardin	48.87	2000
Ryan Seebuck	49.04	2004
Jacob Sienko	49.44	2005
Darek Frye	49.45	1994
Mark Carey	49.31	1983
FR: Marek Krawczyk	48.87	2000
'05: Jon Shaffer	48.84	2/18

500 Meters

Jon Shaffer	1:02.70	2005
Ryan Seebuck	1:04.49	2005
Vic Dallas	1:04.60	1979
Terry Haley	1:04.94	1996
Darek Frye	1:05.74	1994
Jacob Sienko	1:05.90	2005
Kevin Jakopin	1:05.93	1986
Gerald Loeding	1:06.34	1990
Bill Hombsch	1:06.39	1986
Keith Connolly	1:06.64	1980
Bob Arvidson	1:06.64	1987
FR: Terry Haley	1:05.76	1995
'05: Jon Shaffer	1:02.70	3/5

600 Yards

John Rydeski	1:12.04	1981
Bob Schaefer	1:12.74	1960
Keith Connolly	1:12.90	1983
Ryan Jacobson	1:12.90	2004
Dave Uhrich	1:13.14	1984
Bob Arvidson	1:13.20	1986
Vic Dallas	1:13.24	1980
Mark Carey	1:13.25	1985
Tim Robinson	1:13.47	1983
Brian Olsson	1:13.52	2000
FR: Tim Robinson	1:13.47	1983

600 Meters

Jon Shaffer	1:19.20	2005
Ryan Jacobson	1:19.82	2002
Joe Pierre	1:20.50	2005
Bill Hombsch	1:20.86	1989
Marek Krawczyk	1:21.04	2003
Terry Haley	1:21.29	1998
Ken Mueller	1:22.14	1999
Calvin Beckett	1:22.24	1937
Craig Sobocinski	1:22.34	1981
Bob Arvidson	1:22.64	1988
FR: Joe Pierre	1:20.50	2005
'05: Jon Shaffer	1:19.20	1/22

800 Meters

Jon Shaffer	1:49.21	2005
Dave Uhrich	1:50.14	1982
Terry Haley	1:51.12	1998
Ryan Jacobson	1:51.54	2002
Joe Pierre	1:51.86	2005
Bill Hombsch	1:52.09	1989
Dave Kaluzny	1:53.04	2005
Ken Mueller	1:53.42	1980
Jeff Grant	1:53.44	1980
Keith Connolly	1:53.83	1983
FR: Joe Pierre	1:51.86	2005
'05: Jon Shaffer	1:49.21	3/3

1,000 Meters

Dave Uhrich	2:23.50	1983
Dave Kaluzny	2:24.56	1984
Houston Barber	2:27.97	1998
Jack LoPresti	2:28.24	1991
Tim Robinson	2:28.63	1986
Glen Gardiner	2:29.03	1992
Tommy Schmitz	2:29.34	2005
Ryan Jacobson	2:29.45	2002
Carey Mares	2:30.03	1987
Pete Bandettini	2:30.29	1989
FR: Houston Barber	2:29.33	1995
'05: Tommy Schmitz	2:29.34	2/14

1,500 Meters

Dave Uhrich	3:45.77	1984
Chago Navarro	3:56.81	1994
Mike McTernan	3:57.44	1987
Rob Hartman	3:57.74	1990
Ryan Hendrickson	3:58.44	1990
Casey Rakoczy	3:58.58	1998
Jeff Brault	3:58.94	1991
Joe Engel	4:01.74	1985
Carey Mares	4:01.94	1985
John Wenzel	4:02.24	1993
FR: Adam Lindell	4:03.62	1998

Mile

Dave Uhrich	4:03.00	1983
Keith Hanson	4:04.84	1986
Houston Barber	4:07.58	1998
Jack LoPresti	4:07.93	1993
Dave Kaluzny	4:09.34	1983
Nick Frank	4:09.68	1998
Mike McTernan	4:10.04	1988
Luke Kunze	4:10.38	2001
David Henderson	4:11.81	2004
Jake Remitz	4:12.64	2002
FR: Dave Uhrich	4:08.76	1981
'05: David Henderson	4:16.03	1/29

3,000 Meters

Keith Hanson	7:57.80	1986
James Orthmann	8:22.04	1987
Joe Herington	8:25.91	2000
Brent Des Roches	8:27.24	2004
Chago Navarro	8:27.85	1994
Jonathan Chenier	8:27.89	2000
Houston Barber	8:28.39	1998
Jeff Brault	8:29.35	1991
Hans Van Zanten	8:30.01	1997
David Henderson	8:30.05	2004
FR: Brent Des Roches	8:32.68	2003
'05: Jeremy Williams	8:35.26	2/26

5,000 Meters

Keith Hanson	13:52.14	1985
Chago Navarro	14:38.01	1994
James Orthmann	14:44.00	1983
Jeff Brault	14:45.08	1991
Joe Herington	14:48.68	2002
Jamie Hassinger	14:52.44	1998
Kim Lasecki	14:53.34	1989
Bill Thomas	14:53.82	1989
David Lance	14:55.84	2002
Brent Des Roches	14:56.54	2003
FR: Keith Hanson	14:19.12	1983
'05: Jeremy Williams	15:02.49	2/25

High Jump

Shawn Nielsen	6-11.75	1996
Pat Dauphin	6-10.75	1992
Ray Bratchett	6-10.25	2005
Ed Burke	6-8	1937
Paul Kanning	6-7	1999
Steve Schaefer	6-6.75	1995
Scott Legan	6-6	2002
Pete Armbruster	6-6	1979
Jim Van Camp	6-6	1979
Jeff Kieckhafer	6-6	1982
FR: Shawn Nielsen	6-8.25	1995
'05: Ray Bratchett	6-10.25	2/18

Pole Vault

Zach Pawlowski	15-1.00	2004
Ed Hoyle	14-10	1959
Nick Van Deraa	14-7.25	2005
Ryan McAbee	14-6	2004
Bob Verbeck	14-6	1959
Brian Salerno	14-0	1991
Matt Piekarski	13-11.25	2005
Pete Geary	13-7.25	2004
Roy Potochnik	13-6.25	1948
Joe Tyrrell	13-6	1979
Nick Newton	13-6	2002
FR: Ryan McAbee	14-0	2002
'05: Nick Van Deraa	14-7.25	2/14

Long Jump

John Bennett	24-6.5	1954
Quincy Maggit	24-0.75	1999
Peter Slater	23-8	1997
Dave Liszka	23-1.75	1996
Nick Newton	23-0.5	2004
Erick Haglund	22-9.75	1998
Charles Mashozhera	22-7.75	2003
Bob Thomas	22-7.5	1957
Jim Gmeiner	22-7.25	1970
Mike Edler	22-7.25	1995
FR: Peter Slater	23-8	1998
'05: Matt Piekarski	21-10.50	2/18

Triple Jump

Peter Slater	50-1.25	1997
Charles Mashozhera	50-0	2003
Dave Liszka	48-2.75	1993
Mike Edler	45-7	1996
Pat Dauphin	45-6	1993
Erick Haglund	45-5.5	1998
Nick Newton	45-1.75	2001
Mike Lue-hing	44-9.25	1981
Mike Williams	44-9	1980
Art Nelson	43-11.75	1992
FR: Peter Slater	50-1.25	1997
'05: C. Mashozhera	47-8.00	1/15

Shot Put

Dan Fax	60-8	1997
Keith Lozowski	57-8.5	1998
Greg Uher	56-9.5	2001
Jonathan Rosploch	55-5.75	2005
Andy Ballard	53-11.75	2003
Paul Nowkowski	53-2.25	1987
Ed Sundra	53-2.25	1988
Jim Wieland	52-4	1997
Kevin Quartemont	51-9.75	1995
Justin Broerman	51-1.5	1999
FR: Dan Fax	53-2.75	1995
'05: Jonathan Rosploch	55-5.75	2/26

35-lb. Weight Throw

Dan Fax	62-7.75	1999
Jonathan Rosploch	57-11.25	2005
Chris Schwandt	57-0	2002
Heath Roussel	56-4.75	2001
Andy Ballard	55-10.5	2005
Damian Anisko	53-11.75	2005
Sean McInroe	53-1	1998
Greg Uher	52-9.25	2000
Michael Boekeker	50-6.25	2005
Wade Harbin	50-2.75	1997
FR: Michael Boekeker	50-6.25	2005
'05: Jonathan Rosploch	57-11.25	2/26

Heptathlon

Matt Piekarski	5,068	2005
Nick Newton	5,037	2004
Zach Pawlowski	4,213	2004
FR: Zach Pawlowski	4,213	2004
'05: Matt Piekarski	5,069	2/26

1,600-Meter Relay

Krawczyk, Olsson, Hardin, Mueller, Seebuck, Sienko, Shaffer, Jacobson, Hardin, Mashozhera, Krawczyk	3:14.42	2000
Pliska, Haley, Edler, Olsson	3:16.49	2005
Pfiska, Haley, Frank, Olsson	3:16.60	2002
Pliska, Haley, Edler, Olsson	3:17.36	1997
Pliska, Haley, Frank, Olsson	3:18.04	1998
'05: Seebuck, Sienko, Pierre, Shaffer	3:16.49	2/16

Distance Medley Relay

Roberts, Rydeski, Grant, Uhrich	9:50.64	1981
Robinson, Carey, Wieglos, Kaluzny	9:53.74	1983
Frank, Olsson, Haley, Barber	9:55.66	1998
Frank, Pliska, Haley, Barber	9:58.74	1998
Neubauer, Carey, Wieglos, Kaluzny	10:00.94	1983
'05: Pierre, Seebuck, Shaffer, Henderson	10:21.61	2-12

FR denotes freshman record
'05 denotes 2005 best mark



Women's Outdoor Track and Field Records

100 Meters

Karen Goodwin	11.76	1997
FlaTria Horne	11.89	2001
Crystal Andalcio-O'Neil	12.03	2005
Joy Kregelberg	12.26	1996
Sher-ree Beekman	12.29	2000
Angela Williams	12.34	1980
Wendy Thompson	12.34	1982
Jennifer Batie	12.38	2001
Megan Kosman	12.38	2001
Lucky Denenga	12.38	2005
FR: Karen Goodwin	11.94	1993
'05: C. Andalcio-O'Neil	12.03	4/2

100 Meter Hurdles

Megan Kosman	13.92	2001
Jeanette Batie	14.18	2002
Joy Kregelberg	14.20	1999
Chris Spindler	14.25	1992
Jeanne Kauth	14.29	1997
Kelly Herbst	14.40	1995
Lucky Denenga	14.73	2005
Marianne Junck	14.96	2004
Latri-ea McClendon	15.42	2004
Clare Look	15.44	1998
FR: Megan Kosman	14.94	1998
'05: Lucky Denenga	14.73	4/2

200 Meters

Karen Goodwin	24.37	1997
FlaTria Horne	24.40	1997
Joy Kregelberg	24.52	1997
Sher-ree Beekman	24.76	1999
Crystal Andalcio-O'Neil	24.89	2005
Jennifer Batie	25.10	2000
Megan Kosman	25.11	2001
Lori Kowalski	25.24	1981
Wendy Thompson	25.24	1982
Cindy Tyler	25.55	1997
FR: FlaTria Horne	24.40	1997
'05: C. Andalcio-O'Neil	24.89	4/2

400 Meters

Jennifer Batie	54.15	2000
Sher-ree Beekman	56.47	1998
Jeanette Batie	57.40	2000
Jamie Haro	57.88	2004
Jessica Monnier	58.17	1995
Juliana Wesolowski	58.18	2003
Tiffany Bilderback	58.19	2002
Kristina Malin	58.23	2005
Clare Look	58.54	1988
Katherine McQuin	59.29	1999
FR: Jennifer Batie	55.69	1999
'05: Kristina Malin	58.23	5/13

400 Meter Hurdles

Jeanette Batie	59.37	2002
Marisa Walsh	1:02.54	1988
Jeanne Kauth	1:02.55	1997
Kelly Herbst	1:02.91	1995
Carey Buczwinski	1:04.04	1993
Megan Kosman	1:04.22	2001
Lauren Chimielewski	1:04.67	2005
Kym Piller	1:05.58	1996
Lisa Brennan-Lundqvist	1:05.93	2000
Marianne Junck	1:05.97	2004
FR: Jeanette Batie	1:01.06	1999
'05: Lauren Chimielewski	1:04.67	5/7

800 Meters

Jennifer Batie	2:07.61	2002
Jessica Schaefer	2:11.66	1998
Jamie Haro	2:11.67	2004
Jessica Bertowski	2:11.94	1998
Michaela Courtney	2:12.34	2004
Christy Rice	2:12.44	1996
Keli O'Neil	2:12.45	1997
Tammy Daul	2:13.75	1993
Cassie Peller	2:13.95	2005
Marisa Walsh	2:14.69	1988
FR: Cassie Peller	2:13.95	2005
'05: Cassie Peller	2:13.95	4/2

1,500 Meters

Brianna Dahm	4:23.93	2003
Michaela Courtney	4:24.94	2004
Cassie Peller	4:27.54	2005
Jessica Bertowski	4:32.11	1998
Heidi Lindeman	4:32.14	2004
Kara Hughes	4:32.54	1983
Laurie Hottinger	4:34.43	1981
Amy Erickson	4:34.74	1997
Sheila Fagen	4:35.05	1996
Christy Rice	4:35.72	1996
FR: Cassie Peller	4:27.54	2005
'05: Cassie Peller	4:27.54	5/14

3,000 Meters

Katie Webb	9:43.54	1983
Julia Zimmer	9:45.06	1986
Amy Erickson	9:49.56	1996
Laurie Hottinger	9:53.48	1982
Jessica Swan	9:55.18	2000
Jodi Jakubek	9:57.02	2005
Cassie Peller	9:59.21	2005
Erika Jacobson	10:00.64	1999
Jen Koenigsmark	10:00.89	1998
Kim Bendel	10:02.26	1998
FR: Katie Webb	9:46.4	1882
'05: Jodi Jakubek	9:57.02	3/19

3,000m Steeplechase

Brianna Dahm	10:01.77	2002
Jessie Swan	10:41.25	2002
Bethany Harry	10:46.15	2001
Theresa Emond	10:47.77	2005
Audrey Schiltz	10:59.81	2002
Heidi Lindeman	11:07.40	2004
Tara Hinke	11:09.06	2005
Susan Barth	11:29.45	2001
Andrea Casey	12:05.16	2001
FR: Brianna Dahm	10:36.77	2001
'05: Brianna Dahm	10:08.79	6/10

5,000 Meters

Susan Barth	16:50.41	2001
Brianna Dahm	16:50.84	2003
Bethany Harry	16:51.20	2001
Amy Erickson	16:52.05	1997
Jen Koenigsmark	16:53.21	1997
Jessie Swan	16:57.84	2003
Jodi Jakubek	16:59.18	2003
Katie Webb	17:00.16	1983
Jackie Swan	17:06.15	2003
Diane Held	17:08.14	1984
FR: Jodi Jakubek	16:59.18	2003
'05: Jodi Jakubek	17:27.60	4/30

10,000 Meters

Susan Barth	34:12.72	2002
Amy Erickson	34:55.40	1997
Katie Webb	35:44.07	1985
Alli Sauer	35:53.55	2003
Jacqueline Swan	36:03.47	2002
Sarah McCullough	36:09.46	2002
Susie Emond	36:11.41	2005
Carrie Barber	36:15.35	1996
Jodi Jakubek	36:39.58	2004
Julie Schultz	36:46.84	1983
FR: Allison Sauer	35:53.55	2003
'05: Susie Emond	36:11.41	4/30

Long Jump

Joy Kregelberg	19-4.75	1997
Clare Look	19-0.5	1988
Chris Spindler	19-0	1993
Jeanne Kauth	18-9.25	1997
Brenda Felver	18-5.5	2000
Peppur Chambers	18-5.5	1992
Erica Tittsworth	18-5	1999
Angie Shippee	18-3	1994
Raquel Pittman	18-2.5	1990
Jacki Draeger	18-1.75	1995
FR: Joy Kregelberg	18-5.25	1996
'05: Brynn Kosmoski	17-1.05	5-7

Triple Jump

Peppur Chambers	41-2.25	1990
Kelly Herbst	39-5.25	1995
Andrea Engelmann	38-2	2002
Erica Tittsworth	37-11.5	1999
Angie Shippee	37-8.75	1994
Brenda Felver	37-5.25	2000
Chris Spindler	37-4.5	1993
Jacki Draeger	37-0.5	1995
Christina LeDonne	35-11.25	2002
Anne Thompson	35-3.75	1990
FR: Peppur Chambers	39-6	1989

High Jump

Chris Spindler	5-9.25	1993
Clare Look	5-8.75	1988
Joy Kregelberg	5-6	1996
Gina Lambert	5-5	2000
Jeanne Kauth	5-4.25	1995
Julie Sievers	5-4	1981
Tiffany Clendinging	5-4	1992
Lisa Goetsch	5-4	1993
Marianne Junck	5-3.25	2004
Linda Schomaker	5-2	1981
FR: Joy Kregelberg	5-6	1996

Pole Vault

Kristin Stoenieki	11-05.75	2005
Megan Kosman	10-11.75	2001
Jenny Pribyl	10-10.25	2003
Danielle Hubmann	9-02.00	2005
Missy Detzner	6-11.75	2001
FR: Jenny Pribyl	9-6.25	2002
'05: Kristin Stoenieki	11-05.75	4/9

Shot Put

Emily Leklem	48-10	2005
Annie Lewandowski	46-8	2001
Jane Richards	46-6.25	1994
Anne Rygielwicz	46-4.75	1997
Lori Perrie	46-2.75	1999
Heather Thomason	45-10.75	2004
Katie Wimberger	44-7.5	1998
Julie Sorrentino	43-8.75	2000
Cindy Wehrman	43-1	1999
Jessica Ehlen	41-03.00	5/14
FR: Emily Leklem	46-8.75	2002
'05: Emily Leklem	48-10	5/28

Discus

Katie Wimberger	166-4	1997
Jane Richards	163-6	1995
Anne Rygielwicz	149-1	1996
Julie Sorrentino	147-9	2000
Lori Perrie	147-3	1997
Annie Lewandowski	146-1	2001
Jessica Ehlen	144-8	2005
Jenna Mahaffey	134-0	2004
Emily Leklem	133-10	2002
Cindy Wehrman	130-1	1997
FR: Lori Perrie	147-3	1997
'05: Jessica Ehlen	144-8	4/30

Hammer Throw

Julie Sorrentino	195-4	2002
Crystal Larson	182-0	2002
Lori Perrie	176-9	2000
Andrea Engelmann	175-0	2005
Jessica Ehlen	152-8	2005
Jane Richards	152-4	1996
Anne Rygielwicz	148-9	1996
Cindy Wehrman	142-6	1999
Jodi Marsh	141-1	2004
Annie Lewandowski	131-0	1999
FR: Jessica Ehlen	152-8	2005
'05: Andrea Engelmann	175-0	5/12

Javelin (1999-present)

Amy Merrill	126-4	2003
Joy Kregelberg	115-5	1999
Marianne Junck	103-3	2004
Annie Lewandowski	102-10	2001
Lucky Denenga	97-7	2004
'05: Nicole Peltschek	81-5	4/16

Javelin (pre-1999)

Katie Wimberger	132-2	1995
Tina Karagiannis	126-9	1993
Clare Look	117-7	1988
Lori Perrie	117-5	1998
Chris Spindler	117-4	1993
FR: Tina Karagiannis	126-9	1993

Heptathlon

Chris Spindler	5,321	1993
Clare Look	5,310	1988
Joy Kregelberg	5,286	1999
Megan Kosman	4,832	2001
Jeanne Kauth	4,820	1997
Cindy Tyler	4,433	1997
Marianne Junck	4,372	2004
Lucky Denenga	4,293	2004
Wendy Delich	4,221	1990
Kelly Herbst	4,100	1995
FR: Joy Kregelberg	4,454	1996
'05: Nicole Peltschek	3,979	4/9

4x100m Relay

Tyler, Kregelberg, Home, Goodwin	45.99	1997
Beekman, Kregelberg, Tyler, Horne	46.73	1999
Beekman, Kregelberg, McQuinn, Tittsworth	46.88	1999
Tittsworth, Kregelberg Tyler, Horne	46.94	1998
Tittsworth, Kregelberg, Gates, Goodwin	46.99	1998
'05: Denege, Malin, Andalcio-O'Neil, Flowers	47.56	5/14

4x400m Relay

Jen. Batie, Beekman, Home, Jea. Batie	3:41.50	2000
Jen. Batie, Jea. Batie, Beekman, Kregelberg	3:42.44	1999
Jen. Batie, Jea. Batie, Bilderback, Wesolowski	3:43.98	2002
Jen. Batie, Beekman, Wesolowski, Jea. Batie	3:45.21	2001
Jen. Batie, Wesolowski, Home, Jea. Batie	3:45.96	2001
'05: LeDonne, Chimielewski, Andalcio-O'Neil, Malin	3:52.48	5/14

FR denotes freshman record
'05 denotes 2005 best mark





History



Men's Outdoor Track and Field Records

100 Meters

Ralph Metcalfe	10.44*	1932
Tracy Brown	10.60	1986
William Sutton	10.64	1976
John Rydeski	10.64	1980
Matti Heusala	10.73	1994
Mike Elder	10.80	1995
Jeff Howard	10.89	1994
Quincy Maggit	10.91	1998
Jim Brown	10.94	1976
Jerry Crimmins	10.97	1996
FR: Quincy Maggit	10.94	1998
'05: Matt Piekarski	11.03	4/7

110 Meter Hurdles

Cameron Harvey	14.38	2001
Joe Ouellette	14.42	1996
Nic Wucherer	14.44	2001
Mike Diamond	14.68	2001
Karl Strutzten	14.74*	1959
Pat Weas	14.74*	1946
Jeff Rosner	15.01	1995
Paul Boemer	15.04*	1950
Jon Skiba	15.14	1991
Ray Bratchett	15.15	2005
FR: Nic Wucherer	14.59	2000
'05: Ray Bratchett	15.15	4/2

200 Meters

John Rydeski	21.24	1980
Ralph Metcalfe	21.34*	1933
Bob Quinn	21.64*	1956
Roger Van Scotter	21.64	1961
Dick Schmandt	21.74*	1950
Roger Abbott	21.74	1959
William Sutton	21.74	1978
Matti Heusala	21.76	1994
Tracy Brown	21.77	1986
Dan Brierton	21.84	1968
Al Pritchett	21.84*	1954
FR: Jerry Crimmins	22.05	1993
'05: Ryan Seebruck	22.13	3/19

400 Meters

John Rydeski	47.13	1981
Marek Krawczyk	47.57	2001
Brian Hardin	47.99	2000
Jerry Crimmins	48.07	1996
Herman Carr	48.14*	1938
Darek Frye	48.48	1991
Ryan Seebruck	48.68	2004
Jack Gardner	48.74*	1959
Brandon Pliska	48.82	1997
Kevin Jakopin	48.84	1985
FR: Marek Krawczyk	48.08	2000
'05: Ryan Seebruck	48.72	5/7

400 Meter Hurdles

Brian Olsson	51.76	2000
Karl Sturtzen	52.44*	1959
Jon Shaffer	52.63	2004
Jeff Rosner	52.86	1995
Ken Mueller	53.64	1998
Pat Weas	53.66	1985
Phil Rose	53.83	1985
Ray Bratchett	53.98	2005
Scott Pryzbilla	54.14	1987
Nic Whcherer	54.58	2001
FR: Bryan Olsson	53.07	1996
'05: Ray Bratchett	53.98	5/13

800 Meters

Terry Haley	1:49.54	1999
Joe Pierre	1:49.54	2005
Dave Uhrich	1:49.86	1982
Bill Hombsch	1:50.33	1988
Keith Connolly	1:50.88	1982
Dave Neubauer	1:51.01	1984
Jon Shaffer	1:51.02	2005
Craig Sobocinski	1:51.24	1982
Ryan Jacobson	1:51.37	2002
Glen Gardiner	1:51.38	1992
FR: Joe Pierre	1:49.54	2005
'05: Joe Pierre	1:49.54	5/13

1,500 Meters

Dave Uhrich	3:45.47	1984
Dave Kaluzny	3:46.44	1985
Jack LoPresti	3:48.33	1993
Keith Hanson	3:49.11	1986
Houston Barber	3:50.48	1998
Jake Remitz	3:52.32	2003
Nick Frank	3:52.38	1998
Pete Bandettini	3:52.44	1988
Luke Kunze	3:53.14	2001
Jamie Gabb	3:53.52	1996
FR: Dave Uhrich	3:47.66	1981
'05: Andrew Letinski	3:54.78	5/14

3,000 Meter Steeplechase

Chago Navarro	8:53.29	1994
Peter Skorseth	8:58.74	1982
Keith Hanson	8:59.38	1985
Pete Wieglos	9:04.54	1983
Dave Uhrich	9:04.80	1981
Jon Chenier	9:07.23	1999
Nick Frank	9:11.02	1998
Jeremy Williams	9:15.61	2005
Matt Dunlavy	9:16.71	1999
Jason Crichton	9:17.27	2003
FR: Dave Uhrich	9:04.56	1983
'05: Jeremy Williams	9:15.61	5/13

5,000 Meters

Keith Hanson	13:46.72	1985
James Orthmann	14:22.85	1987
Brent Des Roches	14:28.48	2004
Joe Herington	14:33.79	2001
Dave Kaluzny	14:38.24	1982
Chago Navarro	14:39.10	1994
Hans Van Zanten	14:40.07	1997
Peter Skorseth	14:45.44	1982
Jeff Brault	14:45.80	1992
Ian Bouche	14:46.30	1983
FR: Keith Hanson	14:22.2	1983
'05: Jeremy Williams	15:10.74	4/9

10,000 Meters

Keith Hanson	28:59.04	1985
James Orthmann	29:42.24	1985
Brent Des Roches	30:15.48	2004
Pete Melms	30:24.70	1983
Peter Skorseth	30:40.16	1980
Jeff Brault	30:44.74	1991
Jamie Hassinger	30:47.64	1997
Chago Navarro	30:50.21	1994
Mark Jerva	30:56.94	1991
Kim Lasecki	30:59.64	1988
FR: Keith Hanson	29:43.8	1983
'05: Jason Crichton	32:48.49	5/12

Long Jump

John Bennett	25-10.75	1954
Jim Gmeiner	24-1	1966
Shawn Nielsen	24-0.25	1995
Nick Newton	23-4.75	2003
Mike Elder	23-4	1997
Bob Thomas	23-3.75	1956
Quincy Maggit	23-3.25	1999
Dave Liszka	23-3.25	1995
Dick Shurilla	23-3	1939
Howard Dixon	23-0.5	1966
FR: Shawn Nielsen	24-0.25	1995
'05: Matt Piekarski	22-3	3/19

Triple Jump

Charles Mashozhera	51-4.5	2004
Dave Liszka	48-6.75	1995
Art Nelson	46-9	1989
Peter Slater	46-7.25	1998
Mike Elder	45-10.75	1994
Mike Williams	45-9.75	1980
Pat Dauphin	45-8.5	1993
Erik Haglund	45-3	1998
Rob Vine	44-4.75	1993
Nick Newton	44-3.5	2000
FR: Charles Mashozhera	50-0	2002
'05: Charles Mashozhera	49-5	5/14

High Jump

Pat Dauphin	7-1	1993
Shawn Nielsen	6-11.75	1996
Ray Bratchett	6-8.75	2005
Ken Wiesner	6-8.5	1946
Ed Burke	6-6.5	1939
John Bennett	6-6	1954
Bill Yach	6-6	1969
Jim Van Camp	6-5.5	1976
Steve Schaefer	6-5.25	1994
John Van Gemert	6-5.25	1993
FR: Shawn Nielsen	6-9.75	1995
'05: Ray Bratchett	6-8.75	6/23

Pole Vault

Zach Pawlowski	15-5	2005
Nick Van Deraa	15-1	2005
Ryan McAbee	14-7.25	2004
Robert Verbick	14-6.75	1961
Ed Hoyle	14-5.25	1958
Mike McGrath	14-0	1955
Brian Salerno	13-9	1991
Earl Stolberg	13-8	1939
Bill Radey	13-8	1970
Joe Tyrrell	13-6	1979
FR: Nick Van Deraa	15-1	2005
'05: Zach Pawlowski	15-5	5/7

Shot Put

Dan Fax	61-0.25	1999
Keith Lozowski	57-0	1998
Greg Uher	56-4	2001
Jim Wieland	54-2.5	1997
Paul Nowakowski	54-2.5	1986
Jonathan Rosploch	54-1.25	2005
Andy Ballard	53-5	2004
Ed Sundra	53-0.5	1988
Kevin Quartermont	52-6.75	1995
John Vishnevsky	51-8.25	1951
FR: Dan Fax	54-5.5	1995
'05: Jonathan Rosploch	54-1.25	4/30

Discus

Greg Uher	192-1	1998
Keith Lozowski	190-10	1998
Dan Fax	181-1	1998
John Vishnevsky	161-10	1951
Paul Nowakowski	160-6	1986
Damian Anisko	159-10	2005
Andy Ballard	158-5	2004
Ed Sundra	155-8	1987
Steve Pribramsky	155-1	1980
Jim Wieland	154-5	1996
FR: Dan Fax	169-5	1995
'05: Damian Anisko	159-10	4/16

Hammer

Chris Schwandt	184-2	2002
Sean McEnroe	183-1	1995
Heath Rousell	180-7	2001
Dan Fax	175-9	1999
Damian Anisko	172-0	2005
Jonathan Rosploch	169-9	2005
Jim Wieland	167-1	1996
Guy Maras	161-5	1987
Greg Uher	153-6	2000
Mike Boedecker	152-9	2005
FR: Chris Schwandt	164-5	2001
'05: Damian Anisko	172-0	5/12

Javelin (1986-present)

Greg Uher	191-3	1998
Matt Piekarski	182-6	2005
Shawn Nielsen	179-3	1999
Nick Newton	172-8	2004
John Van Gemert	172-7	1993
FR: Greg Uher	189-3	1997
'05: Matt Piekarski	182-6	5/13

Javelin (pre-1986)

Ward Cuff	209-4	1936
Donald Vosberg	205-4.75	1940
Carl Shuette	200-3	1948
Steve Redmond	189-3.5	1985
Steve Carney	178-0	1928

Decathlon

Matt Piekarski	6,852	2005
Nick Newton	6,775	2003
Steve Schaefer	6,104	1995
Paul Kanning	5,934	1999
Charles Beaudry	5,886	1945
Scott Przybyla	5,842	1987
Mike Elder	5,826	1996
Zach Pawlowski	5,603	2004
Phil Rose	5,584	1986
Pat Weas	5,425	1982
FR: Matt Piekarski	6,095	2003
'05: Matt Piekarski	6,852	4/27-28

4x100m Relay

Maggit, Pliska, Newton, Wucherer	41.75	2000
Nielsen, Ouellette, Elder, Crimmins	41.76	1995
Beaudry, Callahan, Black, Carr	41.84	1938
Phillips, Booth, Jessel, Metcalfe	41.84	1934
Seebruck, Hardin, Krawczyk, Potter	41.84	2002
FR: Seebruck, Bratchett, Van Deraa, Piekarski	42.00	5-7

4x400m Relay

Krawczyk, Olsson, Hardin, Mueller	3:11.07	2000
Bratchett, Pierre, Seebruck, Shaffer	3:12.85	2005
Seebruck, Krawczyk, Sienko, Shaffer	3:13.84	2003
Pliska, Mueller, Haley, Olsson	3:13.86	1998
Krawczyk, Mueller, Jacobson, Hardin	3:14.27	2001
'05: Bratchett, Pierre, Seebruck, Shaffer	3:12.85	5/7

FR denotes freshman record
'05 denotes 2005 best mark



Cross Country Champions and Awards

Women's Champions

North Star Conference Individual Champions

1985	Julie Zimmer	17:15
1986	Julie Zimmer	17:45

Great Midwest Conference Individual Champions

1995	Amy Katai	18:05
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Great Midwest Team Champions

1993	Mara Braun, Carrie Barber, Tammy Dahl, Amy Katai, Erin Hallinan, Christy Rice, Kristen McCotter
1994	Amy Katai, Carrie Barber, Amy Erickson, Sheila Fagen, Christy Rice, Beth Palmer, Claudia Becque

Conference USA Individual Champions

1997	Amy Erickson	17:43
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Conference USA Team Champions

1995	Amy Erickson, Christy Rice, Sheila Fagen, Amy Katai, Kim Bendel, Carrie Barber, Jen Koenigsmark
1997	Amy Erickson, Jenny Koenigsmark, Beth Palmer, Jessica Berlowski, Kim Bendel, Lezlye Moran, Anne Schneider
2000	Brianna Dahm, Jessie Swan, Susan Barth, Bethany Harry, Audrey Schiltz, Jackie Swan, Sarah McCullough
2001	Brianna Dahm, Jessie Swan, Susan Barth, Bethany Harry, Audrey Schiltz, Jackie Swan, Sarah McCullough
2002	Jessie Swan, Susan Barth, Jackie Swan, Jodi Jakubek, Alli Sauer, Jamie Haro, Susie Emond
2003	Susie Emond, Michaela Courtney, Audrey Schiltz, Jamie Haro, Jodi Jakubek, Heidi Lindeman, Brianna Dahm
2004	Jodi Jakubek, Heidi Lindeman, Susie Emond, Alli Sauer, Terri Emond, Michaela Courtney, Cassie Peller

Men's Champions

Great Midwest Conference Individual Champions

1991	Charlie Haag	26:07
1994	Chago Navarro	25:47

Great Midwest Team Champions

1991	Charlie Haag, Mike O'Hara, Glen Gardner, Jeff Barult, Paul Mortras, Jack LoPresti, Chago Navarro
1992	Mike O'Hara, Jack LoPresti, Charlie Haag, Chago Navarro, John Wenzel, Glen Gardiner, Pete Lawrence
1993	Chago Navarro, Eric Van Lanningham, Pete Lawrence, John Wenzel, Jamie Hassinger, John Mroz, Greg Ward
1994	Chago Navarro, Houston Barber, John Wenzel, Greg Ward, Craig Gundlach, Hans Van Zanten, Jamie Hassinger

Conference USA Team Champions

2003	Tommy Schmitz, David Henderson, Brent Des Roches, Sal Graziano, Jake Remitz, Jeremy Williams, Bo Erickson
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Women's Award Winners

Cross Country All-Americans

1980	Laura Hottinger
1981	Katie Webb
1982	Diane Held, Laura Hottinger, Kara Hughes, Mary Kay VanEss, Katie Webb
1983	Laura Hottinger, Katie Webb, Julie Zimmer
1984	Terry Liebfried, Katie Webb
1997	Amy Erickson

Cross Country All-Conference

1991	Erica Larson
1992	Mara Braun, Tammy Daul, Carrie Barber
1993	Mara Braun, Carrie Barber, Tammy Dahl
1994	Amy Katai, Carrie Barber, Amy Erickson, Sheila Fagen, Christy Rice, Beth Palmer
1995	Amy Erickson, Christy Rice, Sheila Fagen, Amy Katai, Kim Bendel, Carrie Barber
1996	Amy Erickson, Christy Rice, Jenny Koenigsmark
1997	Amy Erickson, Jenny Koenigsmark, Beth Palmer, Jessica Berlowski, Kim Bendel, Kiley Reese, Kim Bendel
1998	Susan Barth, Sarah McCullough, Jessie Swan
1999	Susan Barth, Bethany Harry, Erika Jacobson, Brianna Dahm, Jessie Swan
2000	Brianna Dahm, Jessie Swan, Susan Barth, Bethany Harry, Audrey Schiltz
2001	Jessie Swan, Susan Barth, Jackie Swan, Jodi Jakubek, Allison Sauer
2002	Jodi Jakubek, Heidi Lindeman, Brianna Dahm, Jamie Haro, Audrey Schiltz
2003	Jodi Jakubek, Heidi Lindeman, Susie Emond
2004	Jodi Jakubek, Heidi Lindeman, Susie Emond

Conference Athlete of the Year

1997	Amy Erickson
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Conference Freshman of the Year

1994	Amy Erickson
1999	Susan Barth
2001	Brianna Dahm

Conference Coach of the Year

Dave Uhrich	1993, 1994, 1995, 1997, 2000, 2001, 2002, 2003, 2004
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Men's Award Winners

Cross Country All-Americans

1927	Melvin Shimek
1950	John Stearns
1983	Keith Hanson
1984	Keith Hanson
1985	Keith Hanson

Cross Country All-Conference

1991	Charlie Haag, Mike O'Hara, Glen Gardiner, Jeff Brault, Paul Matras, Jack LoPresti
1992	Mike O'Hara, Jack LoPresti, Charlie Haag, Chago Navarro, John Wenzel
1993	Chago Navarro, Eric Van Lanningham, Pete Lawrence, John Wenzel
1994	Chago Navarro, Houston Barber, John Wenzel, Greg Ward
1995	John Wenzel, Houston Barber, Eric Vanlaningham
1996	Hans Van Zanten, Houston Barber, Jamie Hassinger
1997	Houston Barber, Joel Brusewitz
1998	Jon Chenier
2000	Joel Brusewitz
2001	Joe Herington, Matt Dunlavy, Luke Kunze
2002	Brent Des Roches, Jake Remitz
2003	Jeremy Williams, Brent Des Roches, David Henderson, Jake Remitz

Conference Freshman of the Year

1992	John Wenzel
1994	Houston Barber
2002	Brent Des Roches
2003	Jeremy Williams

Conference Coach of the Year

Dave Uhrich	1991, 1992, 1993, 1994, 2003
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Indoor Track Champions and Awards

Women's Champions & Awards

Wisconsin Women's Intercollegiate Athletic Conference Champions

1981	Laurie Hottinger	Mile	5:01.6
	Lori Kowalski	60 Yards	
1982	Wendy Thompson	60 Yards	7.0
	Katie Webb	2 Mile	10:38.5
1983	Cathy Gilling	60-Yard Hurdles	8.63
1984	Diane Held	Mile	4:59.89
	Distance Medley Relay		12:12.00
	(Diane Held, Kara Hughes, Terri Leibfried, Patti Zehren)		

Midwestern Collegiate Conference Champions

1989	Carey Buczwinski	Mile Relay	4:18.1
	Peppur Chambers	Triple Jump	36-7 1/2
	Wendy Delich	Mile Relay	4:18.1
	Cathy Fritsche	Shot Put	38-10 1/2
	Debbie Kopf	55-Meter Hurdles	9.05
	Debbie Kopf	Mile Relay	4:18.1
	Jill Tlachac	Mile Relay	4:18.1
	3,200m Relay		9:49.01
	(Diane Breuer, Erin McDermott, Ann Pietrantone, Rachel Winkler)		
1990	Peppur Chambers	Triple Jump	38-1 1/2
	Paula Doucette	800 Meters	2:23.0
	Raquel Pittman	Long Jump	17-5 1/2
	Christine Spindler	55-Meter Hurdles	8.70
1991	Peppur Chambers	Triple Jump	38-8 1/4
	Tammy Daul	400 Meters	1:00.08
	Christine Spindler	High Jump	5-5
	Christine Spindler	55-Meter Hurdles	8.46

Great Midwest Conference Champions

1992	1,600m Relay		4:02.27
	(Carey Buczwinski, Tammy Daul, Paula Doucette, Mia Fuller)		
	3,200m Relay		9:35.42
	(Carey Buczwinski, Tammy Daul, Julene Jamot, Amy Ochocki)		
	Tammy Daul	800 Meters	2:20.23
	Christine Spindler	High Jump	5-4 1/2
	Christine Spindler	55-Meter Hurdles	8.48
1993	Tammy Daul	800 Meters	2:15.89
	Jane Richards	Shot Put	40-0
	Christine Spindler	55-Meter Hurdles	8.27
	Christine Spindler	High Jump	5-5
	Christine Spindler	Triple Jump	35-1 1/2
1994	Carrie Barber	5,000 Meters	18:01.94
	Mara Braun	Mile	5:06.13
	Mara Braun	3,000 Meters	10:22.10
	Tammy Daul	800 Meters	2:17.98
	Distance Medley Relay		12:16.72
	(Tammy Daul, Sheila Fagen, Jessica Monnier, Christy Rice)		
	Jane Richards	Shot Put	45-3
1995	Distance Medley Relay		12:15.65
	(Sheila Fagen, Jessica Monnier, Kym Piller, Christy Rice)		
	Christy Rice	800 Meters	2:24.29
	Christy Rice	Mile	5:07.59
	Jane Richards	Shot Put	43-5 1/4

Conference USA Champions

1996	Joy Krekelberg	55-Meter Hurdles	8.35
	Jane Richards	Weight Throw	52-6
1997	Amy Erickson	5,000 Meters	17:24.24
	Anne Rygiewicz	Shot Put	45-7 1/4
1998	Amy Erickson	3,000 Meters	9:44.92
	Amy Erickson	5,000 Meters	16:54.75
	Lori Perrie	Shot Put	47-6 1/4
2000	Jennifer Batie	400 Meters	55.00
2001	Susan Barth	5,000 Meters	16:53.41
	Anne Lewandowski	Shot Put	46-10
2002	Susan Barth	3,000 Meters	9:40.91
2003	Brianna Dahm	Mile	4:50.16

	Brianna Dahm	1,500m	9:47.65
	Susan Barth	5,000m	17:00.97
	Distance Medley Relay		11:54.66
	(Jessie Swan, Julianna Wesolowski, Brianna Dahm, Jamie Haro)		
2004	Distance Medley Relay		11:54.76
	(Heidi Lindeman, Julianna Wesolowski, Michaela Courtney, Audrey Schiltz)		

Conference Freshman of the Year

1996	Joy Krekelberg
2000	Susan Barth
2001	Brianna Dahm
2005	Cassie Peller

Conference Athlete of the Year

2003	Brianna Dahm
1993	Chris Spindler

Conference Coach of the Year

Dave Uhrich	1993, 1996, 1997
Bill Wegehaupt	1992

Men's Champions & Awards

Midwestern Collegiate Conference Champions

1989	Mile Relay		3:24.83
	(Bob Arvidson, Bill Hombusch, Mike Kordus, Gerald Loeding)		
	Art Nelson	Triple Jump	43-11 3/4
1990	Tom Liszka	Triple Jump	42-3 1/2
1991	Jeff Lancaster	800 Meters	1:55.1

Great Midwest Conference Champions

1992	Jeff Brault	3,000 Meters	8:42.28
	Rob Hartman	Mile	4:15.30
1994	Kevin Kunkel	800 Meters	1:56.36
	Dave Liszka	Triple Jump	46-1
	Chago Navarro	Mile	4:17.96
	Chago Navarro	3,000 Meters	8:27.85
	Chago Navarro	5,000 Meters	15:02.92
1995	Distance Medley Relay		10:21.46
	(Houston Barber, Jamie Gabb, Terry Haley, Steve Schaefer)		
	Chago Navarro	3,000 Meters	8:40.76
	Chago Navarro	5,000 Meters	14:54.95
	Shawn Nielsen	High Jump	6-8 1/4

Conference USA Champions

1996	Dan Fax	Shot Put	58-2 3/4
	Terry Haley	800 Meters	1:54.81
	Joe Ouellette	55-Meter Hurdles	7.62
1997	Houston Barber	Mile	4:12.29
1998	Distance Medley Relay		9:55.66
	(Houston Barber, Nick Frank, Terry Haley, Brian Olsson)		
	Joe Ouellette	55-Meter Hurdles	7.54
1999	Dan Fax	Weight Throw	59-8 1/4
2002	Ryan Jacobson	800 Meters	1:53.97
2004	Ryan Jacobson	800 Meters	1:53.75
	Jeremy Williams	3,000 Meters	8:32.80
	Brent Des Roches	5,000 Meters	14:59.78
	Distance Medley Relay		10:07.65
	(David Henderson, Ryan Seebruck, Tommy Schmitz, Jeremy Williams)		
2005	Jon Shaffer	800 Meters	1:53.48

Conference Freshman of the Year

2003	Jeremy Williams
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Conference Athlete of the Year

1994	Chago Navarro
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Conference Coach of the Year

Dave Uhrich	1996
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Outdoor Track Champions and Awards

Women's Champions & Awards

Wisconsin Women's Intercollegiate Athletic Conference Champions

1981	Laurie Hottinger	1,500 Meters	4:43.12
	Laurie Hottinger	3,000 Meters	10:07.28
	Lori Kowalski	200 Meters	26.31
1982	400-Meter Relay		48.8
	(Colleen Ballman, Lisa Jenny, Lori Kowalski, Wendy Thompson)		
	880-Yard Medley Relay		1:51.1
	(Colleen Ballman, Lisa Jenny, Lori Kowalski, Wendy Thompson)		
	3,200-Meter Relay		9:32.9
	(Diane Held, Kara Hughes, Lauri Hottinger, Mary Tremblay)		
	Kara Hughes	1,500 Meters	4:35.7
	Katie Webb	5,000 Meters	17:02.5
1984	Diane Held	1,500 Meters	4:39.16
	3,200-Meter Relay		9:19.51
	(Diane Held, Laurie Hottinger, Kara Hughes, Terri Liebfried)		

Midwestern Collegiate Conference Champions

1990	Peppur Chambers	Triple Jump	38-1 1/2
	Paula Doucette	800 Meters	2:23.0
	Raquel Pittman	Long Jump	17-5 1/2
	Christine Spindler	55-Meter Hurdles	8.70
1991	Peppur Chambers	Triple Jump	38-8 1/4
	Tammy Daul	400 Meters	1:00.08
	Christine Spindler	High Jump	5-5
	Christine Spindler	55-Meter Hurdles	8.46
1989	3,200-Meter Relay		9:49.01
	(Diane Breuer, Erin McDermott, Ann Pietrantone, Rachel Winkler)		
	Peppur Chambers	Triple Jump	36-7 1/2
	Mile Relay		4:18.1
	(Carey Buczwinski, Wendy Delich, Debbie Kopf, Jill Tlachac)		
	Cathy Fritsche	Shot Put	38-10 1/2
	Debbie Kopf	55-Meter Hurdles	9.05

Great Midwest Conference Champions

1992	1,600-Meter Relay		3:57.43
	(Tammy Daul, Paula Doucette, Mia Fuller, Amy Ochocki)		
	Lynn Klipstine	Shot Put	40-3 1/4
	Amy Ochocki	1,600-Meter Relay	3:57.43
	Christine Spindler	High Jump	5-4 1/2
	Christine Spindler	Heptathlon	5,106 pts.
1993	Carrie Barber	5,000 Meters	18:10.73
	Mara Braun	1,500 Meters	4:39.42
	Carey Buczwinski	400-Meter Hurdles	1:04.91
	Tammy Daul	800 Meters	2:13.75
	Tina Karagiannis	Javelin	126-9
	Erica Larson	10,000 Meters	38:06.11
	Jane Richards	Shot Put	43-3 1/4
	Jane Richards	Discus	129-8
	Christine Spindler	100-Meter Hurdles	14.46
	Christine Spindler	High Jump	5-7 1/4
	Christine Spindler	Heptathlon	5,071 pts.
1994	Mara Braun	5,000 Meters	17:58.75
	Tammy Daul	1,500 Meters	4:34.14
	Kym Piller	400-Meter Hurdles	1:05.75
	Christy Rice	800 Meters	2:16.27
	Jane Richards	Shot Put	45-7
	Jane Richards	Discus	142-4
1995	Kelly Herbst	400-Meter Hurdles	1:05.12
	Christy Rice	800 Meters	2:20.25
	Christy Rice	1,500 Meters	4:47.38
	Jane Richards	Discus	163-6
	Anne Rygiewicz	Shot Put	45-2 1/2
	Katie Wimberger	Javelin	132-2

Conference USA Champions

1996	Amy Erickson	3,000 Meters	9:54.07
	Amy Erickson	5,000 Meters	17:27.1
	Amy Erickson	10,000 Meters	36:06.03
	4x400m Relay		47.70
	(Kelly Gates, Karen Goodwin, Kelly Herbst, Cindy Tyler)		
	Christy Rice	800 Meters	2:15.29

	Jane Richards	Shot Put	45-1 1/2
	Jane Richards	Discus	152-11
1997	Amy Erickson	5,000 Meters	17:19.90
	Amy Erickson	10,000 Meters	35:51.78
	Joy Krekelberg	Heptathlon	5,054
	Anne Rygiewicz	Shot Put	46-3 1/2
	Katie Wimberger	Discus	155-1
1998	Katie Wimberger	Discus	152-1
2000	Lori Perrie	Hammer Throw	167-5
2001	Susan Barth	10,000 Meters	35:09.65
	Brianna Dahm	3,000m Steep.	10:43.04
2002	Jennifer Batie	800 Meters	2:07.61
	Susan Barth	5,000 Meters	17:01.16
	Brianna Dahm	3,000m Steep.	10:01.77
	Julie Sorrentino	Hammer Throw	188-10
2003	Brianna Dahm	1,500m	4:26.48
	Brianna Dahm	3,000m Steep.	10:22.77

Conference Freshman of the Year

2001	Brianna Dahm
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Conference Athlete of the Year

1996	Amy Erickson
2002	Brianna Dahm

Conference Coach of the Year

Dave Uhrich	1994, 1996, 1997
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Men's Champions & Awards

Great Midwest Conference Champions

1992	Jack LoPresti	1,500 Meters	3:58.82
	Jack LoPresti	5,000 Meters	15:02.39
1993	Pat Dauphin	High Jump	7-1
	Jack LoPresti	1,500 Meters	3:56.86
	Chago Navarro	5,000 Meters	15:04.97
	Kevin Quartemont	Shot Put	46-1/2
1994	Glen Gardiner	800 Meters	1:52.82
	Dave Liszka	Triple Jump	48-2 3/4
	Chago Navarro	10,000 Meters	30:50.21
1995	Dan Fax	Discus	169-5
	Terry Haley	800 Meters	1:55.62
	Sean McEnroe	Hammer Throw	180-1
	Chago Navarro	3,000m Steep.	9:25.71
	Chago Navarro	5,000 Meters	15:28.62
	Chago Navarro	10,000 Meters	31:01.18
	Shawn Nielsen	High Jump	6-9 3/4
	Shawn Nielsen	Long Jump	24-0

Conference USA Champions

1996	Dan Fax	Shot Put	57-2 1/4
1999	Dan Fax	Shot Put	60-1 1/4
2000	Greg Uher	Discus	180-8
2001	Greg Uher	Discus	177-2
	Greg Uher	Shot Put	56-4 1/2
2003	Brent Des Roches	10,000 Meters	30:58.01
	Charles Mashozhera	Triple Jump	50-6

Conference Athlete of the Year

1995	Chago Navarro
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Conference Coach of the Year

Dave Uhrich	1993, 1995
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History

Women's Cross Country/Track and Field National Championship Participants



2005 USA Track & Field Championships

3,000m Steeplechase Brianna Dahm

2005 NCAA Outdoor Championships

3,000m Steeplechase Brianna Dahm

2004 NCAA Cross Country Championships 28th

Jodi Jakubek (7th, 22:02), Cassie Peller (116th, 22:22), Heidi Lindeman (129th, 22:29), Susanna Emond (161st, 22:57), Allison Sauer (166th, 22:59), Theresa Emond (169th, 23:01), Michaela Courtney (198th, 23:41)

2003 NCAA Cross Country Championships 22nd

Brianna Dahm (45th, 20:57), Jodi Jakubek (21st, 21:03), Michaela Courtney (115th, 21:32), Audrey Schiltz (131st, 21:42), Susie Emond (167th, 22:07), Heidi Lindeman (175th, 22:13), Jamie Haro (200th, 22:40)

2003 NCAA Outdoor Championships

3,000m Steeplechase Brianna Dahm

2002 NCAA Cross Country Championships 18th

Jessie Swan (45th, 20:58), Jodi Jakubek (75th, 21:15), Susan Barth (91st, 21:24), Jackie Swan (126th, 21:43), Jamie Haro (148th, 21:56), Allison Sauer (164th, 22:06), Susie Emond (207th, 22:55)

2002 NCAA Outdoor Championships

3,000m Steeplechase Brianna Dahm
Hammer Throw Julie Sorentino

2001 NCAA Cross Country Championships 15th

Brianna Dahm (51st, 21:42), Susan Barth (70th, 21:52), Bethanny Harry (132nd, 22:24), Jessie Swan (149th, 22:33), Jackie Swan (15th, 22:34), Sarah McCullough (181st, 22:52), Audrey Schiltz (201st, 23:04)

2001 NCAA Indoor Championships

5,000 Meter Susan Barth

2000 NCAA Cross Country Championships 27th

Susan Barth (68th, 21:42), Bethanny Harry (92nd, 21:56), Erika Jacobson (175th, 22:38), Brianna Dahm (205th, 22:59), Jessie Swan (209th, 20:03), Audrey Schiltz (221st, 23:21)

1999 USA Junior National Championship

400 Meter Hurdles Jeannette Batie
400 Meters Jennifer Batie

1997 NCAA Outdoor Championships

10,000 Meters Amy Erickson

1996 NCAA Indoor Championships

Shot Put Anne Rygiewicz

1989 TAC Junior National Championships

Triple Jump Peppur Chambers

1988 TAC Junior National Championships

1,500 Meters Amy Eddington

1988 NCAA Outdoor Championships

Heptathlon Clare Look

1987 TAC Intermediate National Championships

Heptathlon Clare Look

1985 NAIA National Outdoor Championships

400 Meters Lisa Jenny

800 Meters
1,500 Meters

Kara Hughes
Kara Hughes
Terri Leibfried
Lynn Schlichting

Laurie Hottinger
Kara Hughes,
Lynn Schlichting

3,000 Meters

Mary Anne Ferguson
Terri Leibfried
Charlene Trimmell
Julia Zimmer

1984 NAIA National Indoor Championships

60 Yards Lori Kowalski

60-Yard Hurdles Kerry Maher

1,000 Meters Denise Lindquist

One Mile Diane Held

Two Miles Diane Held

One-Mile Relay Terri Leibfried

Two-Mile Relay Katie Webb

Distance Medley Charlene Trimmell

5,000 Meters

Katie Webb
Julia Zimmer
Katie Webb
Kim McElroy

10,000 Meters

Marathon
400-Meter Relay

Michelle Eberdt
Denise Lindquist
Kerry Maher
Michel Ruppel

Sprint Medley Relay

Michelle Eberdt
Kerry Maher
Michel Ruppel
Patti Zehren

1,600-Meter Relay

Kara Hughes
Lisa Jenny
Denise Lindquist,
Patti Zehren

3,200-Meter Relay

Kara Hughes,
Lynn Schlichting,
Sylvia Springer,
Terri Strodthoff

High Jump
Heptathlon

Marisa Walsh
Clare Look
Marisa Walsh

High Jump
Heptathlon

1985 NAIA National Indoor Championships

60-Yard Hurdles

Michelle Eberdt
Denise Lindquist
Patti Zehren
Mary Anne Ferguson

600 Meters
One Mile

Kara Hughes
Terri Leibfried
Lynn Schlichting
Charlene Trimmell

Two Miles

Julia Zimmer
Denise Lindquist
Clare Look
Marisa Walsh

One-Mile Relay

Patti Zehren
Kara Hughes
Terri Leibfried
Clare Look

Two-Mile Relay

Lynn Schlichting
Kara Hughes
Terri Leibfried
Clare Look

Distance Medley

1982 NAIA National Outdoor Championships

High Jump

Diane Held
Kara Hughes
Terri Leibfried
Lynn Schlichting
Lee Ann Schultz

Long Jump

Mary Weber
Laurie Hottinger
Charlene Trimmell
Charlene Trimmell
Diane Held,

60 Yards

60-Yard Hurdles

1,000 Meters

One Mile

Two Miles

One-Mile Relay

Two-Mile Relay

Distance Medley

1983 NAIA National Indoor Championships

60 Yards

60-Yard Hurdles

880 Yards

One Mile

Two Miles

One-Mile Relay

Two-Mile Relay

Distance Medley

1982 AIAW National Outdoor Championships

200 Meters

3,000 Meters

5,000 Meters

1981 AIAW National Outdoor Championships

200 Meters

1,500 Meters

3,000 Meters

5,000 Meters

Lori Kowalski
Wendy Thompson
Cathy Gilling
Denise Lindquist
Beth Olson

Sylvia Springer
Diane Held
Laurie Hottinger
Elizabeth Wojcik

Mary Anne Ferguson
Katie Webb
Colleen Ballman
Laurie Hottinger

Lisa Jenny
Mary McGuire
Laurie Hottinger
Kara Hughes

Kris Keyser
Beth Olson
Colleen Ballman
Laurie Hottinger

Kara Hughes
Katie Webb
Lori Kowalski
Laurie Hottinger

Theresa Bender
Diane Held
Laurie Hottinger
Tracey Skorseth

Laurie Hottinger
Theresa Bender
Diane Held
Tracey Skorseth
Irene Tarach



Marquette NCAA National Champions

John Bennett

Long Jump	1953	25-3 7/8
Long Jump	1954	25-10 3/4

Keith Hanson

10,000m	1986	29:02.68
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Ralph Metcalf

100 yard	1932	10.2
220 yard	1932	20.3
100 yard	1933	9.4
220 yard	1933	20.4
100 yard	1934	9.7
220 yard	1934	20.9

Melvin "Bus" Shimek

Two Mile	1927	9:34.4
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Ken Wiesner

High Jump	1944	6-7 5/8
High Jump	1945	6-6 5/8
High Jump	1946	6-8 3/8



Ken Wiesner



John Bennett



Keith Hanson



Ralph Metcalf



Melvin "Bus" Shimek





Women's All-America Selections

Brianna Dahm	2003, 2005	Steeplechase
Amy Erickson	1997, 1998	Academic All-America (2nd Tm)
	1997	Cross Country
Kathy Flynn	1983	Marathon
Diane Held	1982	Cross Country
	1983	1,500 meters
	1984	Mile
Laurie Hottinger	1980, 1982, 1983	Cross Country
	1981	1,500 meters
	1982	5,000 meters
	1983, 1984	Academic All-American
Kara Hughes	1982	Cross Country
	1983	1,500 meters
	1985	Mile
Erica Larson	1992, 1993	Academic All-American
Terri Liebfried	1984	Cross Country
	1985	Mile
	1985	3,000 meters
Christy Rice	1997	Academic All-American (3rd Team)
Mary Kay VanEss	1982	Cross Country
Katie Webb	1981, 1982, 1983, 1984	Cross Country
	1983, 1985	5,000 meters
	1984	Two mile
	1985	NAIA 10,000m Champion
Julie Zimmer	1983	Cross Country
	1985	NAIA Indoor Two Mile Champion
	1985	5,000 meters
Distance Medley Relay	1983, 1984, 1985	
	1983: (Collen Ballman, Diane Held, Laurie Hottinger, Kara Hughes)	
	1984: (Diane Held, Laurie Hottinger, Kara Hughes, Patty Zehren)	
	1985: (Kara Hughes, Terri Liebfried, Claire Look, Lynn Schlichting)	
3,200m Relay	1983	
	(Laurie Hottinger, Kara Hughes, Kris Keyser, Beth Olson)	



Brianna Dahm



Amy Erickson



Laurie Hottinger



Kara Hughes



Erica Larson



Claire Look



Colleen Ballman



Terri Liebfried



Lynn Schlichting



Katie Webb



Patty Zehren



Christy Rice



Julie Zimmer