

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004

Wayne State College

Results

Event 1 Women High Jump

NSIC Records: 5-08 * 1991

Jodi Swenson, UM-Duluth

Name	Yr	School	Finals	Points
Finals				
1 Roberts, Wendy	SR	UM Duluth	1.66m 5-05.25	10
2 Thielen, Trisha	FR	Northern State University	1.61m 5-03.25	7
2 Cunningham, Hillary	FR	Winona State	1.61m 5-03.25	7
4 Trautwein, Jessica	FR	Msu Moorhead	1.61m 5-03.25	5
5 Walford, Tanna	FR	Wayne State College	1.61m 5-03.25	4
6 Stimson, Caesare	JR	Bemidji State	1.61m 5-03.25	3
7 Pribil, Brenna	SO	Wayne State College	1.51m 4-11.50	2
8 Thoma, Lyndsey	FR	Winona State	1.51m 4-11.50	1
9 Nelson, Rebekah	SO	UM Duluth	1.46m 4-09.50	
10 Wubben, Joy	SO	Concordia University	1.46m 4-09.50	
11 Taylor, Amy	SO	Bemidji State	1.41m 4-07.50	

Event 1 Women Indoor Pentathlon

NSIC Records: 3209 * 2000

Aaron Clark, MSU Moorhead

Name	Yr	School	Finals	Points
Finals				
1 Kreuzer, Keri	SR	Winona State	3194	10
2 Anderson, Katie	SO	Northern State University	3168	8
3 Anderson, Kristan	SO	Msu Moorhead	3073	6
4 Faber, Deidra	SO	Winona State	2995	5
5 Pribil, Brenna	SO	Wayne State College	2957	4
6 Walford, Tanna	FR	Wayne State College	2856	3
7 Cunningham, Hillary	FR	Winona State	2714	2
8 Nelson, Rebekah	SO	UM Duluth	2513	1
9 Miller, Alexis	FR	UM Duluth	2183	
10 Giertych, Kim	SO	UM Duluth	2109	
11 Schacher, Tiffany	SO	Wayne State College	1769	
12 Stimson, Caesare	JR	Bemidji State	750	

Event 1 Indoor Pentathlon: #1 Women 55 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals	H#	Points
Finals					
1 Anderson, Katie	SO	Northern State University	8.72	2	804
2 Anderson, Kristan	SO	Msu Moorhead	8.74	3	800
3 Schacher, Tiffany	SO	Wayne State College	8.89	3	767
4 Kreuzer, Keri	SR	Winona State	8.96	2	753
5 Stimson, Caesare	JR	Bemidji State	8.97	2	750
6 Cunningham, Hillary	FR	Winona State	9.08	3	727
7 Walford, Tanna	FR	Wayne State College	9.10	2	723
8 Pribil, Brenna	SO	Wayne State College	9.32	3	678
9 Faber, Deidra	SO	Winona State	9.38	1	666
10 Nelson, Rebekah	SO	UM Duluth	9.83	1	579
11 Giertych, Kim	SO	UM Duluth	10.07	1	535
12 Miller, Alexis	FR	UM Duluth	10.36	1	483

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004**Wayne State College****Results****Event 1 Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

Name	Yr	School	Finals		Points	
Finals						
1	Cunningham, Hillary	FR	Winona State	1.64m	5-04.50	783
1	Walford, Tanna	FR	Wayne State College	1.64m	5-04.50	783
3	Nelson, Rebekah	SO	UM Duluth	1.61m	5-03.25	747
4	Anderson, Katie	SO	Northern State University	1.55m	5-01.00	678
4	Pribil, Brenna	SO	Wayne State College	1.55m	5-01.00	678
6	Kreuzer, Keri	SR	Winona State	1.52m	4-11.75	644
6	Faber, Deidra	SO	Winona State	1.52m	4-11.75	644
8	Anderson, Kristan	SO	Msu Moorhead	1.49m	4-10.50	610
9	Schacher, Tiffany	SO	Wayne State College	1.40m	4-07.00	512
10	Giertych, Kim	SO	UM Duluth	1.31m	4-03.50	419
11	Miller, Alexis	FR	UM Duluth	1.25m	4-01.25	359
---	Stimson, Caesare	JR	Bemidji State	NH		

Event 1 Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Yr	School	Finals		Points	
Finals						
1	Kreuzer, Keri	SR	Winona State	11.91m	39-01.00	655
2	Anderson, Katie	SO	Northern State University	10.68m	35-00.50	574
3	Giertych, Kim	SO	UM Duluth	10.31m	33-10.00	550
4	Miller, Alexis	FR	UM Duluth	9.61m	31-06.50	504
5	Pribil, Brenna	SO	Wayne State College	9.53m	31-03.25	499
6	Anderson, Kristan	SO	Msu Moorhead	9.49m	31-01.75	496
7	Schacher, Tiffany	SO	Wayne State College	9.39m	30-09.75	490
8	Faber, Deidra	SO	Winona State	8.61m	28-03.00	439
9	Walford, Tanna	FR	Wayne State College	7.74m	25-04.75	383
10	Cunningham, Hillary	FR	Winona State	7.62m	25-00.00	375
11	Nelson, Rebekah	SO	UM Duluth	7.35m	24-01.50	357
---	Stimson, Caesare	JR	Bemidji State	ND		

Event 1 Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals		Points	
Finals						
1	Anderson, Kristan	SO	Msu Moorhead	5.37m	17-07.50	663
2	Pribil, Brenna	SO	Wayne State College	5.27m	17-03.50	634
3	Anderson, Katie	SO	Northern State University	5.21m	17-01.25	617
4	Faber, Deidra	SO	Winona State	5.15m	16-10.75	601
5	Kreuzer, Keri	SR	Winona State	5.08m	16-08.00	581
6	Cunningham, Hillary	FR	Winona State	4.64m	15-02.75	464
7	Walford, Tanna	FR	Wayne State College	4.63m	15-02.25	461
8	Giertych, Kim	SO	UM Duluth	4.39m	14-05.00	401
9	Miller, Alexis	FR	UM Duluth	4.32m	14-02.25	384
10	Nelson, Rebekah	SO	UM Duluth	4.30m	14-01.25	379
---	Schacher, Tiffany	SO	Wayne State College	ND		
---	Stimson, Caesare	JR	Bemidji State	ND		

Event 1 Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals	Points	
Finals					
1	Faber, Deidra	SO	Winona State	2:33.86	645

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004**Wayne State College****Results****Finals ... (Event 1 Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon)**

Name	Yr	School	Finals	Points
2 Kreuzer, Keri	SR	Winona State	2:41.05	561
3 Walford, Tanna	FR	Wayne State College	2:46.03	506
4 Anderson, Kristan	SO	Msu Moorhead	2:46.14	504
5 Anderson, Katie	SO	Northern State University	2:46.98	495
6 Pribil, Brenna	SO	Wayne State College	2:49.59	468
7 Miller, Alexis	FR	UM Duluth	2:51.01	453
8 Nelson, Rebekah	SO	UM Duluth	2:51.19	451
9 Cunningham, Hillary	FR	Winona State	3:00.01	365
10 Giertych, Kim	SO	UM Duluth	3:19.68	204
--- Stimson, Caesare	JR	Bemidji State	NT	
--- Schacher, Tiffany	SO	Wayne State College	NT	

Event 2 Men Indoor Pentathlon

NSIC Records: 3544 * 1999

Dan Frette, Bemidji State

Name	Yr	School	Finals	Points
Finals				
1 Heinz, Jesse	SO	Northern State University	3317	10
2 Dixon, Brian	SR	Wayne State College	3227	8
3 Eskierka, Adam	JR	UM Duluth	3137	6
4 Schwan, Eric	SO	Northern State University	3102	5
5 Ellich, John	JR	UM Duluth	3034	4
6 Schwarz, Travis	JR	Bemidji State	3022	3
7 Rogenes, Ryan	JR	Northern State University	3017	2
8 Farwell, Derek	FR	Msu Moorhead	2989	1
9 Mettling, Ben	JR	Bemidji State	2905	
10 Klein, Eric	FR	Wayne State College	2899	
11 Kucher, Rob	JR	Bemidji State	2897	
12 Lukkes, Andy	FR	Msu Moorhead	2113	
13 Williams, Brandon	FR	Wayne State College	352	

Event 2 Indoor Pentathlon: #1 Men 55 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals	H#	Points
Finals					
1 Dixon, Brian	SR	Wayne State College	7.83	4	852
2 Rogenes, Ryan	JR	Northern State University	8.16	2	769
3 Eskierka, Adam	JR	UM Duluth	8.33	3	728
4 Schwan, Eric	SO	Northern State University	8.41	1	709
5 Heinz, Jesse	SO	Northern State University	8.45	2	700
6 Farwell, Derek	FR	Msu Moorhead	8.50	3	688
7 Schwarz, Travis	JR	Bemidji State	8.83	1	614
8 Kucher, Rob	JR	Bemidji State	8.96	4	585
9 Mettling, Ben	JR	Bemidji State	9.05	4	566
10 Klein, Eric	FR	Wayne State College	9.11	1	554
11 Ellich, John	JR	UM Duluth	9.39	3	497
12 Williams, Brandon	FR	Wayne State College	10.18	4	352
13 Lukkes, Andy	FR	Msu Moorhead	11.05	2	220

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004**Wayne State College****Results****Event 2 Indoor Pentathlon: #2 Men Long Jump Indoor Pentathlon**

Name	Yr	School	Finals		Points
Finals					
1	Dixon, Brian	SR Wayne State College	6.58m	21-07.25	716
2	Eskierka, Adam	JR UM Duluth	6.41m	21-00.50	677
3	Schwan, Eric	SO Northern State University	6.35m	20-10.00	664
4	Kucher, Rob	JR Bemidji State	6.32m	20-09.00	657
5	Rogenes, Ryan	JR Northern State University	6.25m	20-06.25	641
5	Ellich, John	JR UM Duluth	6.25m	20-06.25	641
7	Farwell, Derek	FR Msu Moorhead	6.22m	20-05.00	635
8	Heinz, Jesse	SO Northern State University	6.21m	20-04.50	632
9	Lukkes, Andy	FR Msu Moorhead	6.16m	20-02.50	621
10	Mettling, Ben	JR Bemidji State	5.93m	19-05.50	571
11	Schwarz, Travis	JR Bemidji State	5.86m	19-02.75	556
12	Klein, Eric	FR Wayne State College	5.50m	18-00.50	481
---	Williams, Brandon	FR Wayne State College	ND		

Event 2 Indoor Pentathlon: #3 Men Shot Put Indoor Pentathlon

Name	Yr	School	Finals		Points
Finals					
1	Mettling, Ben	JR Bemidji State	11.22m	36-09.75	559
2	Kucher, Rob	JR Bemidji State	10.88m	35-08.50	539
3	Heinz, Jesse	SO Northern State University	10.81m	35-05.75	534
4	Schwan, Eric	SO Northern State University	10.72m	35-02.00	529
5	Schwarz, Travis	JR Bemidji State	10.40m	34-01.50	510
6	Ellich, John	JR UM Duluth	10.38m	34-00.75	508
7	Klein, Eric	FR Wayne State College	10.31m	33-10.00	504
8	Farwell, Derek	FR Msu Moorhead	9.80m	32-02.00	474
9	Dixon, Brian	SR Wayne State College	9.64m	31-07.50	464
10	Lukkes, Andy	FR Msu Moorhead	9.58m	31-05.25	460
11	Eskierka, Adam	JR UM Duluth	8.67m	28-05.50	406
12	Rogenes, Ryan	JR Northern State University	8.41m	27-07.25	391
---	Williams, Brandon	FR Wayne State College	ND		

Event 2 Indoor Pentathlon: #4 Men High Jump Indoor Pentathlon

Name	Yr	School	Finals		Points
Finals					
1	Heinz, Jesse	SO Northern State University	1.98m	6-06.00	785
2	Ellich, John	JR UM Duluth	1.92m	6-03.50	731
2	Eskierka, Adam	JR UM Duluth	1.92m	6-03.50	731
4	Schwarz, Travis	JR Bemidji State	1.86m	6-01.25	679
5	Lukkes, Andy	FR Msu Moorhead	1.77m	5-09.75	602
6	Rogenes, Ryan	JR Northern State University	1.74m	5-08.50	577
7	Schwan, Eric	SO Northern State University	1.71m	5-07.25	552
7	Dixon, Brian	SR Wayne State College	1.71m	5-07.25	552
7	Klein, Eric	FR Wayne State College	1.71m	5-07.25	552
7	Mettling, Ben	JR Bemidji State	1.71m	5-07.25	552
11	Farwell, Derek	FR Msu Moorhead	1.68m	5-06.00	528
11	Kucher, Rob	JR Bemidji State	1.68m	5-06.00	528
---	Williams, Brandon	FR Wayne State College	NH		

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Wayne State College

Results

Event 2 Indoor Pentathlon: #5 Men 1000 Meter Run Indoor Pentathlon

	Name	Yr	School	Finals	Points
Finals					
1	Klein, Eric	FR	Wayne State College	2:45.97	808
2	Heinz, Jesse	SO	Northern State University	2:59.85	666
3	Farwell, Derek	FR	Msu Moorhead	3:00.01	664
4	Schwarz, Travis	JR	Bemidji State	3:00.14	663
5	Mettling, Ben	JR	Bemidji State	3:00.76	657
6	Ellich, John	JR	UM Duluth	3:00.78	657
7	Schwan, Eric	SO	Northern State University	3:01.65	648
8	Dixon, Brian	SR	Wayne State College	3:02.21	643
9	Rogenes, Ryan	JR	Northern State University	3:02.65	639
10	Eskierka, Adam	JR	UM Duluth	3:07.26	595
11	Kucher, Rob	JR	Bemidji State	3:07.95	588
12	Lukkes, Andy	FR	Msu Moorhead	3:58.04	210
---	Williams, Brandon	FR	Wayne State College	NT	

Event 3 Men High Jump

NSIC Records: 6-11.25 * 1992 Brian Rabenberg, MSU Moorhead

	Name	Yr	School	Finals	Points
Finals					
1	Schrieber, Steve	JR	Bemidji State	2.02m 6-07.50	10
2	Sydejko, Jason	SO	UM Duluth	1.97m 6-05.50	8
3	Heinz, Jesse	SO	Northern State University	1.97m 6-05.50	6
4	Swenson, Nate	JR	UM Duluth	1.97m 6-05.50	5
5	Nylander, Kyle	SO	UM Duluth	1.92m 6-03.50	4
6	Anderson, Matt	SO	Northern State University	1.92m 6-03.50	3
7	Schwarz, Travis	JR	Bemidji State	1.87m 6-01.50	1.50
7	Grone, Heath	FR	Wayne State College	1.87m 6-01.50	1.50
9	Clemons, Jon	FR	Bemidji State	1.82m 5-11.50	

Event 4 Women Long Jump

NSIC Records: 18-06.50 * 2003 Tanya Salter, MSU Moorhead

	Name	Yr	School	Finals	Points
Finals					
1	Adedeji, Adejoke	JR	Concordia University	5.70m 18-08.50	10
2	Trautwein, Jessica	FR	Msu Moorhead	5.52m 18-01.50	8
3	Roberts, Wendy	SR	UM Duluth	5.50m 18-00.50	6
4	Cuculi, Jenny	SR	Winona State	5.49m 18-00.25	5
5	Pribil, Brenna	SO	Wayne State College	5.38m 17-08.00	4
6	Anderson, Kristan	SO	Msu Moorhead	5.31m 17-05.25	3
7	Spriggs, Tiffany	SO	Msu Moorhead	5.30m 17-04.75	2
8	Harty, Gretchen		Winona State	5.28m 17-04.00	1
9	Schnabel, Brandy	SR	Northern State University	5.17m 16-11.50	
10	Kreuzer, Keri	SR	Winona State	5.15m 16-10.75	
11	Flavin, Jenny	FR	UM Duluth	4.92m 16-01.75	
12	Wilson, Holly	FR	Concordia University	4.91m 16-01.50	
13	Anderson, Katie	SO	Northern State University	4.84m 15-10.50	

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004**Wayne State College****Results****Event 5 Men Long Jump**

NSIC Records: 24-10.75 * 1981

Ed Stuart, Mankato State

Name	Yr	School	Finals		Points
Finals					
1 Cooper, Mitch	SR	Bemidji State	7.14m	23-05.25	10
2 Leriger, Ryan	SR	Wayne State College	6.95m	22-09.75	8
3 Havranek, Eric	SR	Wayne State College	6.95m	22-09.75	6
4 Beachem, Chang	FR	Northern State University	6.95m	22-09.75	5
5 Brown, Marc	SR	Msu Moorhead	6.74m	22-01.50	4
6 Liska, Cole	SO	Wayne State College	6.68m	21-11.00	3
7 Willprecht, Matt	SR	Msu Moorhead	6.66m	21-10.25	2
8 Warren, Shawn	SO	Northern State University	6.65m	21-10.00	1
9 Johnston, Charlie	FR	Northern State University	6.63m	21-09.00	
10 Grimslid, Eldon	FR	Concordia University	6.59m	21-07.50	
11 Farwell, Derek	FR	Msu Moorhead	6.37m	20-10.75	
12 Nordell, Mark	JR	Bemidji State	6.34m	20-09.75	
13 Aakre, Jeremiah	JR	UM Duluth	6.29m	20-07.75	
14 Kucher, Rob	JR	Bemidji State	6.28m	20-07.25	
15 Ellich, John	JR	UM Duluth	6.21m	20-04.50	
16 Sharpe, David	FR	UM Duluth	6.08m	19-11.50	

Event 6 Women Pole Vault

NSIC Records: 12-00 * 2000

Aaron Clark, MSU Moorhead

Name	Yr	School	Finals		Points
Finals					
1 Wehri, Brooke	FR	Msu Moorhead	11-04.00	3.45m	10
2 Magnuson, Bria	FR	Winona State	11-04.00	3.45m	8
3 Mostad, Jill	SO	Msu Moorhead	11-00.00	3.35m	6
4 Malander, Katie	SO	Wayne State College	10-08.00	3.25m	5
5 Charboneau, Lisa	SR	Northern State University	10-04.00	3.14m	4
6 Reinbolt, Brittany	SO	Winona State	10-04.00	3.14m	3
7 Spriggs, Tiffany	SO	Msu Moorhead	9-08.00	2.94m	2
8 Caywood, Breanna	FR	UM Duluth	9-08.00	2.94m	1
9 Foegen, Jenny	JR	Winona State	9-04.00	2.84m	
10 Zienty, Beth	FR	UM Duluth	9-04.00	2.84m	
11 Green, Melissa	SO	Wayne State College	9-04.00	2.84m	

Event 7 Men Pole Vault

NSIC Records: 16-02 * 1997

Matt Schemmel, UM-Duluth

Name	Yr	School	Finals		Points
Finals					
1 Jahnke, Matt	FR	Msu Moorhead	14-09.00	4.49m	10
2 Welker, Reid	SR	UM Duluth	13-09.50	4.20m	8
3 Johnson, Adam	JR	UM Duluth	13-05.50	4.10m	6
4 Crummy, Tommy	FR	Bemidji State	13-01.50	4.00m	5
5 Cossette, Dustin	SR	Msu Moorhead	13-01.50	4.00m	4
6 Nygren, Eric	FR	UM Duluth	12-09.50	3.89m	2.50
6 Esslinger, Phil	FR	Wayne State College	12-09.50	3.89m	2.50
8 Amundson, Joe	SR	Concordia University	12-09.50	3.89m	1
9 Smith, Justin	SO	Bemidji State	11-09.50	3.59m	

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004

Wayne State College

Results

Event 8 Women Shot Put

NSIC Records: 45-03.75 * 1990

Patti Fitzgerald, Bemidji State

Name	Yr	School	Finals		Points
Finals					
1 Dockendorf, Jocelyn	FR	Northern State University	13.60m	44-07.50	10
2 Bonin, LeAnn	"	Northern State University	13.38m	43-10.75	8
3 Klatt, Jenny	SR	Winona State	12.63m	41-05.25	6
4 Tiarks, Katy	FR	Concordia University	12.49m	40-11.75	5
5 Lonning, Nicole	FR	Winona State	12.37m	40-07.00	4
6 Stockwell, Lindsey	SO	Wayne State College	12.24m	40-02.00	3
7 Alens, Stephanie	JR	Winona State	11.91m	39-01.00	2
8 Johnson, Ann	SR	Msu Moorhead	11.30m	37-01.00	1
9 Bergeson, Lindsey	FR	Bemidji State	11.27m	36-11.75	
10 Meier, Gena	SO	Northern State University	11.13m	36-06.25	
11 LeDell, Nicole	SO	UM Duluth	11.09m	36-04.75	
12 Odegard, Kayla	FR	UM Duluth	11.00m	36-01.25	
13 Carpenter, Talia	SO	UM Duluth	10.99m	36-00.75	
14 Schneider, Libby	FR	Bemidji State	10.59m	34-09.00	
15 Suhonen, Erin	JR	Bemidji State	10.28m	33-08.75	
16 Smith, Amy	FR	Wayne State College	9.37m	30-09.00	

Event 9 Men Shot Put

NSIC Records: 57-08.50 * 1984

Bret Ailts, MSU Moorhead

Name	Yr	School	Finals		Points
Finals					
1 Soldner, Dan	JR	UM Duluth	16.83m	55-02.75	10
2 Wilson, Adam	SO	Bemidji State	15.17m	49-09.25	8
3 Johnson, TJ	SR	UM Duluth	15.06m	49-05.00	6
4 Cox, Justin	FR	Bemidji State	14.72m	48-03.50	5
5 Eickman, Jeremy	FR	Wayne State College	14.26m	46-09.50	4
6 Kortuem, Justin	SR	Concordia University	14.08m	46-02.50	3
7 Pfitzer, Garrett	SO	Northern State University	13.75m	45-01.50	2
8 Gross, RJ	FR	Bemidji State	13.62m	44-08.25	1
9 Carlblom, Landon	FR	Msu Moorhead	13.44m	44-01.25	
10 Hudspith, Chris	FR	UM Duluth	13.34m	43-09.25	
11 Ohl, Christian	FR	Wayne State College	13.22m	43-04.50	
12 Vinson, Jeremy	SR	Concordia University	12.76m	41-10.50	
13 Berg, Phil	SR	Msu Moorhead	12.66m	41-06.50	
14 Becerra, Juan	"	Northern State University	12.60m	41-04.25	
15 Brouse, Matt	FR	Msu Moorhead	12.58m	41-03.25	
16 Brock, Troy	FR	Northern State University	12.40m	40-08.25	
17 Matthes, Tony	FR	Wayne State College	11.71m	38-05.00	

Event 10 Women 55 Meter Hurdles

NSIC Records: 8.39 * 2003

Melanie Hoheisel, Bemidji State

Name	Yr	School	Prelims	H#
Preliminaries				
1 Trautwein, Jessica	FR	Msu Moorhead	8.75 Q	1
2 Anderson, Katie	SO	Northern State University	8.83 Q	3
3 Schacher, Tiffany	SO	Wayne State College	8.85 Q	2
4 Anderson, Kristan	SO	Msu Moorhead	8.86 q	2

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Preliminaries ... (Event 10 Women 55 Meter Hurdles)

Name	Yr	School	Prelims	H#
5 Rempp, Heidi	JR	Concordia University	8.92 q	1
6 Walford, Tanna	FR	Wayne State College	9.06 q	3
7 Stimson, Caesare	JR	Bemidji State	9.07 q	2
8 Cunningham, Hillary	FR	Winona State	9.09 q	2
9 Kreuzer, Keri	SR	Winona State	9.10	1
10 Hartle, Jenny	JR	UM Duluth	9.13	1
11 Spriggs, Tiffany	SO	Msu Moorhead	9.14	3
12 Betz, Jenni	FR	Northern State University	9.41	3
13 Pribil, Brenna	SO	Wayne State College	9.51	3
14 Webber, Melissa	SR	UM Duluth	9.55	2
15 Taylor, Amy	SO	Bemidji State	10.07	2
16 Hamilton, Megan	JR	Bemidji State	10.09	1

Event 10 Women 55 Meter Hurdles

NSIC Records: **8.39 * 2003** **Melanie Hoheisel, Bemidji State**

Name	Yr	School	Finals	Points
Finals				
1 Trautwein, Jessica	FR	Msu Moorhead	8.59	10
2 Anderson, Katie	SO	Northern State University	8.61	8
3 Schacher, Tiffany	SO	Wayne State College	8.67	6
4 Anderson, Kristan	SO	Msu Moorhead	8.90	5
5 Rempp, Heidi	JR	Concordia University	8.95	4
6 Stimson, Caesare	JR	Bemidji State	8.99	3
7 Walford, Tanna	FR	Wayne State College	9.13	2
8 Cunningham, Hillary	FR	Winona State	9.14	1

Event 11 Men 55 Meter Hurdles

NSIC Records: **7.52 * 2000** **Andy Eggerth, Bemidji State**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Arnold, Micah	JR	Northern State University	7.70 Q	2
2 Dixon, Brian	SR	Wayne State College	7.87 Q	1
3 Hougen, Michael	FR	Bemidji State	8.06 q	1
4 Kuznia, Tyson	SO	Bemidji State	8.19 q	2
5 Pickard, Sam	FR	UM Duluth	8.25 q	2
6 Barnett, Adam	SO	Msu Moorhead	8.29 q	1
7 Rogenes, Ryan	JR	Northern State University	8.31 q	1
8 Wang, Steve	FR	UM Duluth	8.40 q	1
9 Eskierka, Adam	JR	UM Duluth	8.41	1
10 Schwan, Eric	SO	Northern State University	8.44	2
11 Farwell, Derek	FR	Msu Moorhead	8.51	2
12 Jacobson, Tony	FR	Bemidji State	9.01	2

Event 11 Men 55 Meter Hurdles

NSIC Records: **7.52 * 2000** **Andy Eggerth, Bemidji State**

Name	Yr	School	Finals	Points
Finals				
1 Arnold, Micah	JR	Northern State University	7.67	10
2 Dixon, Brian	SR	Wayne State College	7.78	8
3 Barnett, Adam	SO	Msu Moorhead	8.13	6

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Finals ... (Event 11 Men 55 Meter Hurdles)

Name	Yr	School	Finals	Points
4 Pickard, Sam	FR	UM Duluth	8.14	5
5 Rogenes, Ryan	JR	Northern State University	8.16	4
6 Kuznia, Tyson	SO	Bemidji State	8.36	3
7 Wang, Steve	FR	UM Duluth	8.37	2
--- Hougen, Michael	FR	Bemidji State	NT	

Event 12 Women 55 Meter Dash

NSIC Records: 7.14 * 2001 Kaneisha Hunter, MSU Moorhead

Name	Yr	School	Prelims	H#
Preliminaries				
1 Cuculi, Jenny	SR	Winona State	7.25 Q	3
2 Faber, Deidra	SO	Winona State	7.45 Q	2
3 Adedeji, Adejoke	JR	Concordia University	7.51 Q	1
4 Rempp, Heidi	JR	Concordia University	7.49 q	2
4 Price, Becca	FR	UM Duluth	7.49 q	3
6 Teske, Crystal	JR	Winona State	7.58 q	3
7 Anderson, Katie	SO	Northern State University	7.61 q	1
8 Stimson, Caesare	JR	Bemidji State	7.65 q	2
9 Vake, Andrea	JR	UM Duluth	7.68	1
10 Wehri, Brooke	FR	Msu Moorhead	7.73	1
10 Bielke, Megan	FR	UM Duluth	7.73	3
12 Anderson, Kristan	SO	Msu Moorhead	7.78	1
13 Turnbough, Karri	SO	Bemidji State	7.89	1
13 Enders, Jeni	JR	Northern State University	7.89	3
15 Perry, Carla	JR	Bemidji State	7.95	2
16 Thomas, Hillary	SO	Msu Moorhead	8.01	2
17 Green, Melissa	SO	Wayne State College	8.15	2

Event 12 Women 55 Meter Dash

NSIC Records: 7.14 * 2001 Kaneisha Hunter, MSU Moorhead

Name	Yr	School	Finals	Points
Finals				
1 Cuculi, Jenny	SR	Winona State	7.21	10
2 Faber, Deidra	SO	Winona State	7.43	8
3 Price, Becca	FR	UM Duluth	7.47	6
4 Adedeji, Adejoke	JR	Concordia University	7.50	5
5 Rempp, Heidi	JR	Concordia University	7.51	4
6 Teske, Crystal	JR	Winona State	7.57	3
7 Stimson, Caesare	JR	Bemidji State	7.59	2
8 Anderson, Katie	SO	Northern State University	7.62	1

Event 13 Men 55 Meter Dash

NSIC Records: 6.39 * 2000 Starr Roberts, MSU Moorhead

Name	Yr	School	Prelims	H#
Preliminaries				
1 Arnold, Micah	JR	Northern State University	6.48 Q	2
2 Martin, Chucky	SR	Concordia University	6.51 Q	1
3 Havranek, Eric	SR	Wayne State College	6.58 Q	3
4 Blocker, Sam	SR	Concordia University	6.56 q	2
5 Beachem, Chang	FR	Northern State University	6.62 q	2

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Preliminaries ... (Event 13 Men 55 Meter Dash)

Name	Yr	School	Prelims	H#
5 Brown, Marc	SR	Msu Moorhead	6.62 q	3
7 Hopkins, Ben	SO	Bemidji State	6.64 q	2
8 Molacek, Zach	JR	Wayne State College	6.65 q	3
9 Cruz, Ronnie	FR	Northern State University	6.66	1
9 Perryman, Adrian	FR	Concordia University	6.66	1
11 Shonblom, Mike	SO	Msu Moorhead	6.69	3
12 Patten, Jon	FR	Bemidji State	6.74	1
13 Jacobsen, Denis	FR	UM Duluth	6.78	2
14 Wockman, Travis	SR	Wayne State College	6.79	1
15 Scarborough, Darryl	JR	Msu Moorhead	6.85	3
16 Vondros, Steve	SO	Bemidji State	6.94	2
17 Krueger, Scott	FR	UM Duluth	7.07	1
18 Verhulst, Neal	SR	UM Duluth	7.09	3

Event 13 Men 55 Meter Dash

NSIC Records: **6.39 * 2000** **Starr Roberts, MSU Moorhead**

Name	Yr	School	Finals	Points
Finals				
1 Martin, Chucky	SR	Concordia University	6.44	10
2 Arnold, Micah	JR	Northern State University	6.48	8
3 Beachem, Chang	FR	Northern State University	6.58	6
4 Molacek, Zach	JR	Wayne State College	6.60	5
5 Havranek, Eric	SR	Wayne State College	6.61	4
6 Blocker, Sam	SR	Concordia University	6.61	3
7 Hopkins, Ben	SO	Bemidji State	6.68	2
8 Brown, Marc	SR	Msu Moorhead	7.03	1

Event 14 Women 400 Meter Dash

NSIC Records: **56.72 * 1993** **Amy Von Wald, Northern State**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Oswald, Erin	FR	Wayne State College	60.10 Q	2
2 Vake, Andrea	JR	UM Duluth	60.25 Q	1
3 Mueller, Amanda	SO	Concordia University	60.64 Q	3
4 Rhodig, Jodi	JR	Wayne State College	60.85 q	3
5 Lucas, Christi	SO	Northern State University	60.91 q	2
6 Johnson, Linnea	FR	UM Duluth	61.89 q	3
7 Larson, Kerri	JR	Msu Moorhead	62.71 q	2
8 Simondet, Lindsey	FR	UM Duluth	63.20 q	3
9 Gregg, Lindsey	FR	Bemidji State	63.23	1
10 Konechne, Megan	SO	Northern State University	63.33	1
11 Babcock, Megan	FR	Winona State	66.02	2
12 Prorok, Sara	SR	Winona State	73.63	1

Event 14 Women 400 Meter Dash

NSIC Records: **56.72 * 1993** **Amy Von Wald, Northern State**

Name	Yr	School	Finals	H#	Points
Finals					
1 Vake, Andrea	JR	UM Duluth	58.80	2	10
2 Oswald, Erin	FR	Wayne State College	59.07	2	8

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Finals ... (Event 14 Women 400 Meter Dash)

Name	Yr	School	Finals	H#	Points
3 Rhodig, Jodi	JR	Wayne State College	59.68	2	6
4 Mueller, Amanda	SO	Concordia University	59.82	2	5
5 Lucas, Christi	SO	Northern State University	60.61	1	4
6 Johnson, Linnea	FR	UM Duluth	62.04	1	3
7 Simondet, Lindsey	FR	UM Duluth	62.28	1	2
8 Larson, Kerri	JR	Msu Moorhead	63.81	1	1

Event 15 Men 400 Meter Dash

NSIC Records: 48.96 * 1998 Erik Hanson, UM-Duluth

Name	Yr	School	Prelims	H#
Preliminaries				
1 Schaffer, Matt	SO	Wayne State College	51.55 Q	2
2 Amis, Brian	FR	Concordia University	51.91 Q	3
3 Sandine, Ross	JR	Northern State University	52.51 Q	1
4 Cooper, Mitch	SR	Bemidji State	52.02 q	3
5 Cossette, Dustin	SR	Msu Moorhead	52.60 q	2
6 Jacobsen, Denis	FR	UM Duluth	52.62 q	3
7 Martin, Justin	SR	Bemidji State	52.73 q	1
8 Stumvoll, Aron	FR	Concordia University	52.80 q	1
9 DeMain, Greg	SO	UM Duluth	52.84	2
10 Moore, William	JR	Concordia University	54.38	1
11 Schwarz, Travis	JR	Bemidji State	56.12	2
12 Wang, Steve	FR	UM Duluth	56.46	3

Event 15 Men 400 Meter Dash

NSIC Records: 48.96 * 1998 Erik Hanson, UM-Duluth

Name	Yr	School	Finals	H#	Points
Finals					
1 Amis, Brian	FR	Concordia University	51.48	2	10
2 Schaffer, Matt	SO	Wayne State College	51.72	2	8
3 Sandine, Ross	JR	Northern State University	52.18	2	6
4 Stumvoll, Aron	FR	Concordia University	52.28	1	5
5 Martin, Justin	SR	Bemidji State	52.34	1	4
6 Cossette, Dustin	SR	Msu Moorhead	52.55	1	3
7 Jacobsen, Denis	FR	UM Duluth	52.64	1	2
8 Cooper, Mitch	SR	Bemidji State	53.56	2	1

Event 16 Women 600 Meter Run

NSIC Records: 1:33.52 * 2000 Lori Schmidt, UM-Duluth

Name	Yr	School	Prelims	H#
Preliminaries				
1 Luedtke, Adi	FR	Winona State	1:41.61 Q	2
2 Demulling, Abby	SO	UM Duluth	1:42.18 Q	4
3 Lesnar, Lindsey	JR	Northern State University	1:42.41 Q	1
4 Schuster, Heather	SO	Msu Moorhead	1:47.44 Q	3
5 Schmit, Natalie	JR	Concordia University	1:43.61 q	1
6 Schofield, Katie	SR	UM Duluth	1:44.10 q	4
7 Pesta, Erin	JR	Msu Moorhead	1:46.41 q	1
8 Ulman, Sara	SO	Concordia University	1:52.75 q	3
9 Taylor, Laura	FR	Winona State	1:53.34	3

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Preliminaries ... (Event 16 Women 600 Meter Run)

Name	Yr	School	Prelims	H#
10 Lauer, Reyne	SO	Msu Moorhead	1:55.42	4
11 Sipola, Amanda	FR	Winona State	2:01.24	1
--- Marson, Joslyn	SR	UM Duluth	DQ	2

Event 16 Women 600 Meter Run

NSIC Records: 1:33.52 * 2000

Lori Schmidt, UM-Duluth

Name	Yr	School	Finals	Points
Finals				
1 Schuster, Heather	SO	Msu Moorhead	1:36.27	10
2 Demulling, Abby	SO	UM Duluth	1:40.47	8
3 Schmit, Natalie	JR	Concordia University	1:40.86	6
4 Lesnar, Lindsey	JR	Northern State University	1:41.56	5
5 Schofield, Katie	SR	UM Duluth	1:42.18	4
6 Luedtke, Adi	FR	Winona State	1:42.29	3
7 Pesta, Erin	JR	Msu Moorhead	1:49.85	2
8 Ulman, Sara	SO	Concordia University	1:55.55	1

Event 17 Men 600 Meter Run

NSIC Records: 1:22.12 * 1999

Kris Brevik, UM-Duluth

Name	Yr	School	Prelims	H#
Preliminaries				
1 Warren, Kyle	FR	Concordia University	1:25.97 Q	1
2 Baltzell, Josh	FR	Northern State University	1:26.88 Q	2
3 Wenger, Andy	SR	UM Duluth	1:29.25 Q	3
4 Leriger, Ryan	SR	Wayne State College	1:26.19 q	1
5 Hougen, Michael	FR	Bemidji State	1:27.04 q	1
6 Saathoff, Kyle	SR	UM Duluth	1:27.29 q	1
7 Delude, Dennis	SO	Msu Moorhead	1:28.12 q	2
8 Koepke, Paul	SO	UM Duluth	1:29.39 q	3
9 Stage, Alan	FR	Concordia University	1:30.96	2
10 Plese, James	JR	Bemidji State	1:35.62	2
--- Babler, Richie	FR	Bemidji State	DO	3

Event 17 Men 600 Meter Run

NSIC Records: 1:22.12 * 1999

Kris Brevik, UM-Duluth

Name	Yr	School	Finals	H#	Points
Finals					
1 Wenger, Andy	SR	UM Duluth	1:24.14	2	10
2 Baltzell, Josh	FR	Northern State University	1:25.00	2	8
3 Saathoff, Kyle	SR	UM Duluth	1:27.12	1	6
4 Warren, Kyle	FR	Concordia University	1:27.17	2	5
5 Koepke, Paul	SO	UM Duluth	1:28.30	1	4
6 Delude, Dennis	SO	Msu Moorhead	1:28.58	1	3
7 Leriger, Ryan	SR	Wayne State College	1:29.96	2	2
--- Hougen, Michael	FR	Bemidji State	DO	1	

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Event 18 Women 4x800 Meter Relay

NSIC Records: 9:47.22 * 2003

Team	Concordia-St.Paul Relay	Finals	Points
Finals			
1	Concordia University	9:48.11	10
2	UM Duluth	9:50.82	8
3	Wayne State College	9:59.42	6
4	Bemidji State	10:04.35	5
5	Winona State	10:15.82	4
6	Msu Moorhead	10:20.34	3
7	Northern State University	11:25.56	2

Event 19 Men 4x800 Meter Relay

NSIC Records: 7:56.87 * 2003

Team	UM-Duluth Relay	Finals	Points
Finals			
1	UM Duluth	8:07.82	10
2	Wayne State College	8:08.36	8
3	Msu Moorhead	8:16.25	6
4	Bemidji State	8:19.76	5
5	Concordia University	8:36.30	4
6	Northern State University	8:43.53	3

Event 20 Women 200 Meter Dash

NSIC Records: 25.72 * 1999

Name	Yr	School	Prelims	H#
Preliminaries				
1 Cuculi, Jenny	SR	Winona State	26.14 Q	1
2 Oswald, Erin	FR	Wayne State College	26.57 Q	3
3 Adedeji, Adejoke	JR	Concordia University	26.72 Q	5
4 Mueller, Amanda	SO	Concordia University	26.81 Q	4
5 Lucas, Christi	SO	Northern State University	26.96 Q	2
6 Rhodig, Jodi	JR	Wayne State College	26.90 q	4
7 McInerney, Shauna	SO	Bemidji State	26.91 q	3
8 Vake, Andrea	JR	UM Duluth	27.38 q	5
9 Konechne, Megan	SO	Northern State University	27.41	1
10 Price, Becca	FR	UM Duluth	27.50	3
11 Reinbolt, Brittany	SO	Winona State	27.70	1
12 Bielke, Megan	FR	UM Duluth	28.28	5
12 Enders, Jeni	JR	Northern State University	28.28	4
14 Wilson, Holly	FR	Concordia University	28.65	2
15 Perry, Carla	JR	Bemidji State	28.89	2
16 Turnbough, Karri	SO	Bemidji State	29.07	4
17 Thomas, Hillary	SO	Msu Moorhead	29.08	5
18 Legge, Kathy	FR	Msu Moorhead	29.44	3
--- Faber, Deidra	SO	Winona State	DQ	2

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Event 20 Women 200 Meter Dash

NSIC Records: 25.72 * 1999

Amber Bohman, Bemidji State

Name	Yr	School	Finals	H#	Points
Finals					
1 Cuculi, Jenny	SR	Winona State	25.92	2	10
2 Oswald, Erin	FR	Wayne State College	26.41	2	8
3 Adedeji, Adejoke	JR	Concordia University	26.49	2	6
4 Rhodig, Jodi	JR	Wayne State College	26.70	1	5
5 Lucas, Christi	SO	Northern State University	27.05	1	4
6 Mueller, Amanda	SO	Concordia University	27.11	2	3
7 Vake, Andrea	JR	UM Duluth	27.18	1	2
--- McInerney, Shauna	SO	Bemidji State	DQ	1	

Event 21 Men 200 Meter Dash

NSIC Records: 21.63 * 2000

Starr Roberts, MSU Moorhead

Name	Yr	School	Prelims	H#	
Preliminaries					
1 Arnold, Micah	JR	Northern State University	22.95 Q	5	
2 Martin, Chucky	SR	Concordia University	23.25 Q	1	
3 DeMain, Greg	SO	UM Duluth	23.34 Q	4	
4 Hopkins, Ben	SO	Bemidji State	23.46 Q	3	
5 Shonblom, Mike	SO	Msu Moorhead	23.71 Q	2	
6 White, Tristan	SO	Bemidji State	23.26 q	1	
7 Amis, Brian	FR	Concordia University	23.29 q	5	
8 Patten, Jon	FR	Bemidji State	23.38 q	5	
9 Perryman, Adrian	FR	Concordia University	23.64	3	
10 Sharpe, David	FR	UM Duluth	23.75	4	
11 Scarborough, Darryl	JR	Msu Moorhead	24.24	3	
12 Woockman, Travis	SR	Wayne State College	24.33	1	
13 Gaines, Waleed	FR	Northern State University	24.48	4	
14 Verhulst, Neal	SR	UM Duluth	24.76	2	
15 Reindl, Luke	FR	Northern State University	25.26	1	
16 Leriger, Ryan	SR	Wayne State College	27.73	4	
--- Brown, Marc	SR	Msu Moorhead	DQ	2	

Event 21 Men 200 Meter Dash

NSIC Records: 21.63 * 2000

Starr Roberts, MSU Moorhead

Name	Yr	School	Finals	H#	Points
Finals					
1 Arnold, Micah	JR	Northern State University	22.59	2	10
2 Amis, Brian	FR	Concordia University	23.17	1	8
3 White, Tristan	SO	Bemidji State	23.23	1	6
4 Martin, Chucky	SR	Concordia University	23.35	2	5
5 Shonblom, Mike	SO	Msu Moorhead	23.41	1	4
6 Hopkins, Ben	SO	Bemidji State	23.54	2	3
7 Patten, Jon	FR	Bemidji State	23.64	1	2
--- DeMain, Greg	SO	UM Duluth	DNF	2	

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004**Wayne State College****Results****Event 22 Women Weight Throw**

NSIC Records: 58-05.50 * 1998

Beth Howard, UM-Duluth

Name	Yr	School	Finals		Points
Finals					
1 Eastlack, Belinda	SR	Msu Moorhead	18.12m	59-05.50	10
2 Klatt, Jenny	SR	Winona State	16.13m	52-11.00	8
3 King, Emily	FR	Winona State	15.47m	50-09.25	6
4 Bonin, LeAnn	"	Northern State University	14.91m	48-11.00	5
5 Meier, Gena	SO	Northern State University	14.34m	47-00.75	4
6 Johnson, Ann	SR	Msu Moorhead	14.01m	45-11.75	3
7 Lonning, Nicole	FR	Winona State	13.98m	45-10.50	2
8 Carpenter, Talia	SO	UM Duluth	13.54m	44-05.25	1
9 LeDell, Nicole	SO	UM Duluth	13.28m	43-07.00	
10 Stockwell, Lindsey	SO	Wayne State College	12.72m	41-08.75	
11 Suhonen, Erin	JR	Bemidji State	12.36m	40-06.75	
12 Tiarks, Katy	FR	Concordia University	12.10m	39-08.50	
13 Smith, Amy	FR	Wayne State College	11.43m	37-06.00	
14 Olson, Sara	FR	Bemidji State	11.03m	36-02.25	
15 LaPlant, Lindsey	SO	UM Duluth	10.25m	33-07.50	

Event 23 Men Weight Throw

NSIC Records: 60-06 * 2003

Chris Nulle, MSU Moorhead

Name	Yr	School	Finals		Points
Finals					
1 Soldner, Dan	JR	UM Duluth	16.65m	54-07.50	10
2 Dark, Josh	SR	UM Duluth	15.74m	51-07.75	8
3 McCollam, Phil	SO	Bemidji State	15.65m	51-04.25	6
4 Little, Chad	JR	Northern State University	15.52m	50-11.00	5
5 Wojcechawski, Jacob	JR	Bemidji State	14.78m	48-06.00	4
6 Wilson, Adam	SO	Bemidji State	14.30m	46-11.00	3
7 Johnson, TJ	SR	UM Duluth	14.30m	46-11.00	2
8 Berg, Phil	SR	Msu Moorhead	14.09m	46-02.75	1
9 Becerra, Juan	"	Northern State University	13.63m	44-08.75	
10 Kortuem, Justin	SR	Concordia University	13.51m	44-04.00	
11 Brouse, Matt	FR	Msu Moorhead	13.09m	42-11.50	
12 Carlblom, Landon	FR	Msu Moorhead	12.66m	41-06.50	
13 Vinson, Jeremy	SR	Concordia University	12.24m	40-02.00	
14 Brock, Troy	FR	Northern State University	12.19m	40-00.00	
15 Ohl, Christian	FR	Wayne State College	11.45m	37-06.75	
16 Matthes, Tony	FR	Wayne State College	10.20m	33-05.75	

Event 24 Women Triple Jump

NSIC Records: 37-10.75 * 2003

Tracy Knippel, Winona State

Name	Yr	School	Finals		Points
Finals					
1 Knippel, Tracy	SR	Winona State	11.76m	38-07.00	10
2 Trautwein, Jessica	FR	Msu Moorhead	11.69m	38-04.25	8
3 Roberts, Wendy	SR	UM Duluth	11.53m	37-10.00	6
4 Kreuzer, Keri	SR	Winona State	11.36m	37-03.25	5
5 Anderson, Kristan	SO	Msu Moorhead	11.17m	36-07.75	4
6 Schnabel, Brandy	SR	Northern State University	10.73m	35-02.50	3

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Name	Yr	School	Finals		Points
7 Pribil, Brenna	SO	Wayne State College	10.68m	35-00.50	2
8 McCrady, Shelby	FR	Bemidji State	10.67m	35-00.25	1
9 Flavin, Jenny	FR	UM Duluth	10.32m	33-10.25	
10 Giertych, Kim	SO	UM Duluth	10.16m	33-04.00	
11 Wilson, Holly	FR	Concordia University	9.94m	32-07.50	
12 Cunningham, Hillary	FR	Winona State	9.88m	32-05.00	
13 Beck, Rachel	FR	Msu Moorhead	9.84m	32-03.50	
14 Schwan, Jackie	SR	Northern State University	9.52m	31-03.00	

Event 25 Men Triple Jump

NSIC Records: 48-10.75 * 1994

Duane Philip, UM-Duluth

Name	Yr	School	Finals		Points
Finals					
1 Swenson, Nate	JR	UM Duluth	13.65m	44-09.50	10
2 Liska, Cole	SO	Wayne State College	13.57m	44-06.25	8
3 Nordell, Mark	JR	Bemidji State	13.53m	44-04.75	6
4 Dooley, Dave	SR	Wayne State College	13.43m	44-00.75	5
5 Havranek, Eric	SR	Wayne State College	13.39m	43-11.25	4
6 Cooper, Mitch	SR	Bemidji State	13.37m	43-10.50	3
7 Schwan, Eric	SO	Northern State University	13.19m	43-03.25	2
8 Aakre, Jeremiah	JR	UM Duluth	13.03m	42-09.00	1
9 Mathiason, Jeff	JR	UM Duluth	12.86m	42-02.25	
10 Grimslid, Eldon	FR	Concordia University	12.83m	42-01.25	
11 Willprecht, Matt	SR	Msu Moorhead	12.76m	41-10.50	
12 Lukkes, Andy	FR	Msu Moorhead	12.70m	41-08.00	
13 Willard, Tucker	JR	Northern State University	12.61m	41-04.50	
14 Johnston, Charlie	FR	Northern State University	12.39m	40-07.75	
15 Crummy, Tommy	FR	Bemidji State	12.19m	40-00.00	

Event 26 Women 1 Mile Run

NSIC Records: 5:01.53 * 2000

Katie Huntley, UM-Duluth

Name	Yr	School	Finals		Points
Finals					
1 Frederickson, Sara	FR	UM Duluth	5:09.16		10
2 Shoop, Emily	JR	Concordia University	5:12.45		8
3 Peterson, Kristin	SR	Northern State University	5:13.53		6
4 Dahlgren, Kelsey	SO	UM Duluth	5:15.76		5
5 Foss, Erin	JR	UM Duluth	5:16.67		4
6 Emanuel, Audrey	SR	Wayne State College	5:27.92		3
7 Pribula, Christa	SO	Bemidji State	5:29.87		2
8 Coleman, Nicole	FR	Winona State	5:46.01		1
9 Peterson, Jami	SR	Bemidji State	6:01.76		
10 Gravalin, Erin	SO	Msu Moorhead	6:04.00		
11 Toll, Chris	JR	Winona State	6:04.42		
12 Taylor, Laura	FR	Winona State	6:18.96		

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004**Wayne State College****Results****Event 27 Men 1 Mile Run**

NSIC Records: 4:15.94 * 1974

John Tiemann, MSU Moorhead

Name	Yr	School	Finals	Points
Finals				
1 Beerling, Nate	JR	UM Duluth	4:17.09	10
2 Winterfield, Rob	JR	UM Duluth	4:22.49	8
3 Bredeson, Collin	SR	Concordia University	4:31.76	6
4 White, Nick	SO	Northern State University	4:32.64	5
5 Hubley, Dan	JR	UM Duluth	4:32.86	4
6 Kriz, Korey	FR	Wayne State College	4:36.99	3
7 Moreland, Dane	FR	Msu Moorhead	4:37.81	2
8 Bischof, Matt	FR	Bemidji State	4:38.86	1
9 Lynch, Joe	JR	Msu Moorhead	4:39.05	
10 Scott, Matt	FR	Northern State University	4:40.69	
11 Solmonson, Kipton	SR	Bemidji State	4:46.56	
12 McCarty, Christian	FR	Msu Moorhead	5:02.23	
13 Shephard, Jason	FR	Northern State University	5:14.61	

Event 28 Women 800 Meter Run

NSIC Records: 2:17.96 * 2000

Marsha Krienke, Wayne State

Name	Yr	School	Finals	H#	Points
Finals					
1 McCrady, Shelby	FR	Bemidji State	2:22.24	2	10
2 Hoffert, Amanda	JR	UM Duluth	2:22.91	2	8
3 Frederickson, Sara	FR	UM Duluth	2:23.52	2	6
4 Smith, Ashley	FR	Wayne State College	2:25.94	2	5
5 Buresh, Elissa	SO	UM Duluth	2:29.13	2	4
6 Kraus, Angie	JR	Wayne State College	2:29.79	2	3
7 Gertz, Jessica	JR	Concordia University	2:33.90	2	2
8 Larson, Kerri	JR	Msu Moorhead	2:36.03	1	1
9 Janssen, Allison	FR	Msu Moorhead	2:37.43	1	
10 Duncan, Brooke	FR	Msu Moorhead	2:37.58	1	
11 Roelofs, Jessica	FR	Winona State	2:39.44	1	
12 Fry, Erin	FR	Northern State University	2:40.94	2	
13 Judkins, Ali	FR	Bemidji State	2:42.36	1	
14 Sipola, Amanda	FR	Winona State	2:50.05	1	

Event 29 Men 800 Meter Run

NSIC Records: 1:53.99 * 2001

Adam Gellerstedt, UM-Duluth

Name	Yr	School	Finals	H#	Points
Finals					
1 Kriz, Korey	FR	Wayne State College	1:55.96	2	10
2 Gellerstedt, Adam	SR	UM Duluth	1:56.22	2	8
3 Beerling, Nate	JR	UM Duluth	2:00.55	2	6
4 Stumvoll, Aron	FR	Concordia University	2:00.70	2	5
5 Girod, Tim	JR	Bemidji State	2:00.83	2	4
6 Buck, Adam	FR	UM Duluth	2:02.81	2	3
7 McIntire, Nate	FR	Wayne State College	2:02.99	2	2
8 Beaudry, Brandon	JR	Msu Moorhead	2:04.68	2	1
9 Lais, Pat	JR	Bemidji State	2:05.62	1	
10 Scott, Matt	FR	Northern State University	2:05.70	1	

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004

Wayne State College

Results

Finals ... (Event 29 Men 800 Meter Run)

Name	Yr	School	Finals	H#	Points
11 Janssen, Nick	JR	Msu Moorhead	2:10.47	1	
12 Delude, Dennis	SO	Msu Moorhead	2:10.96	1	
13 Solmonson, Kipton	SR	Bemidji State	2:16.93	1	
14 Richey, Tom	SR	Wayne State College	2:19.37	1	

Event 30 Women 1000 Meter Run

NSIC Records: 2:56.39 * 2000

Lori Schmidt, UM-Duluth

Name	Yr	School	Finals	Points
Finals				
1 Schuster, Heather	SO	Msu Moorhead	3:03.06	10
2 Shoop, Emily	JR	Concordia University	3:07.59	8
3 Demulling, Abby	SO	UM Duluth	3:08.31	6
4 Thome, Sarah	SO	Msu Moorhead	3:09.06	5
5 Dahlgren, Kelsey	SO	UM Duluth	3:11.08	4
6 Lesnar, Lindsey	JR	Northern State University	3:11.24	3
7 Pribula, Christa	SO	Bemidji State	3:11.46	2
8 Emanuel, Audrey	SR	Wayne State College	3:12.06	1
9 Sullivan, Jill	SR	UM Duluth	3:15.78	
10 Coleman, Nicole	FR	Winona State	3:20.07	
11 Schmit, Natalie	JR	Concordia University	3:22.95	
12 Warling, Florence	FR	Msu Moorhead	3:30.39	
13 Toll, Chris	JR	Winona State	3:37.63	
14 Taylor, Laura	FR	Winona State	3:39.59	
15 Peterson, Jami	SR	Bemidji State	3:49.29	

Event 31 Men 1000 Meter Run

NSIC Records: 2:30.60 * 1988

Jeff Streich, MSU Moorhead

Name	Yr	School	Finals	Points
Finals				
1 Salay, Nick	FR	UM Duluth	2:35.73	10
2 Bredeson, Collin	SR	Concordia University	2:38.49	8
3 Revering, Bill	SR	UM Duluth	2:39.07	6
4 Hublev, Dan	JR	UM Duluth	2:39.63	5
5 Schaffer, Matt	SO	Wayne State College	2:40.09	4
6 Moreland, Dane	FR	Msu Moorhead	2:40.35	3
7 Lynch, Joe	JR	Msu Moorhead	2:40.49	2
8 Bischof, Matt	FR	Bemidji State	2:41.40	.50
8 Anderson, Scott		Bemidji State	2:41.40	.50
10 Baltzell, Josh	FR	Northern State University	2:42.95	
11 Babler, Richie	FR	Bemidji State	2:43.26	
12 Schaaf, Troy	SO	Wayne State College	2:46.00	
13 Warren, Kyle	FR	Concordia University	2:52.33	
14 Cossette, Dustin	SR	Msu Moorhead	2:54.21	
15 Klein, Eric	FR	Wayne State College	2:56.95	

Event 32 Women 5000 Meter Run

NSIC Records: 17:42.90 * 2001

Tammy Stang, UM-Duluth

Name	Yr	School	Finals	Points
Finals				
1 Frederickson, Sara	FR	UM Duluth	18:01.30	10

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004

Wayne State College

Results

Finals ... (Event 32 Women 5000 Meter Run)

Name	Yr	School	Finals	Points
2 Foss, Erin	JR	UM Duluth	18:35.45	8
3 Peterson, Kristin	SR	Northern State University	18:48.96	6
4 Shoop, Emily	JR	Concordia University	19:04.38	5
5 Beier, Sara	JR	Winona State	19:36.19	4
6 McCoy, Nicole	SO	Wayne State College	20:14.78	3
7 Sanders, Courtney	FR	UM Duluth	20:38.64	2
8 Norenberg, Erin	FR	Wayne State College	21:08.38	1
9 Reeves, Haley	FR	Wayne State College	21:24.47	
10 Rogrud, Jenny	FR	Winona State	21:24.53	
11 Givot, Sarah	SR	Winona State	22:02.68	

Event 33 Men 5000 Meter Run

NSIC Records: 15:26.83 * 2001 Andy Tucknott, Wayne State

Name	Yr	School	Finals	Points
Finals				
1 Winterfield, Rob	JR	UM Duluth	15:34.04	10
2 Polski, Brian	FR	UM Duluth	15:53.12	8
3 Herron, Jeremiah	FR	Wayne State College	16:00.53	6
4 Crabtree, Ben	FR	Wayne State College	16:04.43	5
5 Breitbarth, Marcus	JR	Concordia University	16:06.41	4
6 Bredeson, Collin	SR	Concordia University	16:09.85	3
7 White, Nick	SO	Northern State University	16:14.41	2
8 Plack, Brad	SO	Northern State University	16:55.54	1
9 Guyo, Hasson	SO	Concordia University	17:43.46	
10 McCarty, Christian	FR	Msu Moorhead	18:51.79	

Event 34 Women 4x400 Meter Relay

NSIC Records: 3:58.97 * 2003

Team	Um-Duluth Relay	Finals	H#	Points
Finals				
1	UM Duluth	4:04.58	2	10
2	Wayne State College	4:06.18	2	8
3	Winona State	4:08.08	1	6
4	Bemidji State	4:08.87	2	5
5	Concordia University	4:09.15	2	4
6	Northern State University	4:16.88	1	3
7	Msu Moorhead	4:22.18	1	2

Event 35 Men 4x400 Meter Relay

NSIC Records: 3:22.25 * 2001

Team	MSU Moorhead Relay	Finals	H#	Points
Finals				
1	Wayne State College	3:30.43	2	10
2	UM Duluth	3:30.64	2	8
3	Concordia University	3:31.01	2	6
4	Bemidji State	3:32.13	1	5
5	Northern State University	3:35.97	1	4
6	Msu Moorhead	3:37.01	1	3

NSIC Conference Indoor 2004 - 2/26/2004 to 2/28/2004**Wayne State College****Results**Women - Team Rankings - 18 Events Scored

1) UM Duluth	145	2) Winona State	135
3) MSU Moorhead	117	4) Wayne State College	92
5) Northern State University	91	6) Concordia University	86
7) Bemidji State	33		

Men - Team Rankings - 18 Events Scored

1) UM Duluth	215.5	2) Wayne State College	125
3) Northern State University	108	4) Bemidji State	102.5
5) Concordia University	86	6) MSU Moorhead	56