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--May 7, 2009-- Midwest Conference Outdoor Track & Field

## Monmouth Men & Women Look To Continue Title Streaks In Waukesha

RIPON, WIS. -- This weekend will mark the 87th edition of the Midwest Conference's oldest competitive tradition. Carroll University will play host to all nine of the conference's outdoor track & field teams as both the men's and women's squads meet to battle for top conference honors at the 2009 Midwest Conference Outdoor Track & Field Championships. This weekend's festivities are scheduled to begin Friday, May 8th and conclude Saturday, May 9th in Waukesha, Wisconsin. Last year's team championship was taken home by a familiar face as Monmouth continued to add to its prestigious resume with its fourth consecutive sweep of both the men's and women's titles. 2008 marked the tenth time Monmouth has swept both the men's and women's honors, the most in MWC history. For a complete schedule of this weekend's events please refer to page 3 of this release.

Coming off two consecutive years of seventh-place finishes, Beloit Head Coach **Brian Bliese's** men hope that 2009 will bring improvement. Bliese will call upon a number of young Buccaneers to earn points including sophomore **Andrew Christensen** who currently holds the conference's second best time in the 400-meter intermediate hurdles. On the women's side, the Bucs come off a very respectable fourth-place finish in 2008. **Joanna Johnson** will be in contention for a gold medal as the senior was last year's 400-meter dash silver medalist.

Carroll Head Coach **Shawn Thielitz's** is coming off of a very successful 2008 showing in which the women finished second. Thielitz's chances of knocking off Monmouth appear to be quite a possibility as the Lady Pioneers return several key contributors including senior **Melissa Roesch** who will look to defend her 2007 conference title in the women's 100-meter dash. Freshman **Megan O'Grady** will be in contention for top honors in the 1500-meter run as she currently holds the conference's second best mark on the season while junior **Rebecca Grafenauer** has the MWC's top effort in the pole vault. On the men's side, the Pioneers return last year's 110-meter hurdles champion in **Justin Troeller**. Troeller is joined by fellow defending champion **Josh Hurlbaas** who took home the gold in 2008 version of the 100-meter dash. The Pioneers will rely on the senior leadership of Troeller and Hurlbaas to lead the team to an improvement of last year's fourth place finish.

The Grinnell Pioneers return to the MWC Championships coming off two fifth place finishes in 2008. Head coaches **Will and Evelynn Freeman** hope to move the Pioneers up the conference ladder and establish themselves as annual conference contenders. The women's squad has shown great promise throughout the year posting top five efforts in the league for a number of events. Sophomore **Leah Russell** holds the third best mark in the 800-meter dash while seniors **Curran Johnson** and **Anna Gilbert** own top three performances in the high jump and pole vault events, respectively. The men have shown promise headed into this year's Championships as well garnering a total of three MWC-best marks. Junior **Kyle Lynch-Klarup** enters with the top 800-meter dash time with seniors **William Stewart** and **Michael Hargadine** hold the top performances in the javelin throw and pole vault, respectively.

Illinois College Head Coach **Mike Brooks** hopes 2009 is the year his Blueboys can jump the hurdle and come home with the gold. Brooks' squad will be paced by a couple of reigning MWC Performers of the Year in seniors **DJ Jackson** (Track) and **Dink Simmons** (Field). The Lady Blues look to improve off last year's seventh place finish and will be led by senior **Katie Miller** who currently holds top conference times in four different events. Brooks will also call on junior **Candace Norville** to earn points. Norville currently holds top five conference marks in five different events.

## MIDWEST CONFERENCE OUTDOOR TRACK & FIELD CHAMPIONSHIPS 2009

Knox looks to prove that it can be a conference contenders coming off respective eighth and ninth place finishes for its men and women. Prairie Fire co-head coaches **Patrick Irwin** and **Dan Zierfuss's** men's team will be paced by sophomore **Will Schaefer** who holds the sixth best mark for the 400-meter intermediate hurdles. Irwin and Zierfuss will look to senior **Jaclyn Anderson** to earn some quality points within her field events. Anderson has top five marks in three different field events.

First-year Lawrence Head Coach **Vic Finch** hopes to be able to make progress in turning around the Viking program. The men's squad will hope to improve upon last year's ninth place finish and climb up the conference ranks. Freshman **David Zane** appears to be in title contention in the 3000-meter steeplechase in which he holds the conference's fifth-best time. On the women's side, the Vikings will call on another promising freshman in **Marva Goodson** who owns the fourth-best time in the 100-meter dash and second-best mark in the long jump. Along with Goodson, junior **Madeline Steinger** has the fourth-best time in the 100-meter hurdles.

This year's Monmouth squads look to continue its conference dominance with a repeat title sweep. Reigning men's and women's Coach of the Year **Roger Haynes** leads the way for a talented Fighting Scot team. The women's side returns one of the 2008 women's Field Performers of the Year in **Tanasha Hughes**. The senior looks to add to her already impressive resume with another championship conference outing. Fellow senior **Shannon Turczyn** also returns to defend last season's 100-meter hurdles title. The men return two defending Performers of the Year. Senior **Jonny Henkins** leads the way on the field side while junior **Luke Reschke** will pace the track side of things.

Both the Ripon men and women come off sixth place conference finishes in 2008 and hope to use this weekend's events to move toward the top of the league. Head Coach **Robert Duley's** men's squad appears to have some talent to make that climb up the standings. A pair of sophomores will lead the way for the Red Hawks as **Jason Smith** holds the MWC's top time in the 5000-meter run while **Kyle Roy** has top five marks in three different field events. The Red Hawk women have some young talent as they hold top five efforts in eight different events including the conference's best shot put mark from freshman **Heidi Baerenwald**.

St. Norbert Head Coach **Don Augustine's** hopes to improve off last year's sweep of third place for the Green Knights. The Green Knight women will most likely in the thick of the conference title race as both of their 2009 MWC Track Performers of the Year return. Senior **Ashley Graybill** and junior **Jenny Scherer** aim for repeat performances to lead the way for Augustine's women's squad. On the men's side, several individuals look to be in title contention. Sophomore **Alex Devillers** leads the way as he has turned in top three times in three different track events.

Written By Ryan Andersen



**--2009 Top Men's Times/Marks--**

Event	Name	Yr.	Time/Mark	Date
100m Dash	Josh Hurlbaus, Carroll	Sr.	10.54	4/18
200m Dash	Josh Hurlbaus, Carroll	Sr.	21.40	4/18
400m Dash	Dann Schneider, St. Norbert	So.	47.71	4/23
800m Dash	Kyle Lynch-Klarup, Grinnell	Jr.	1:57.14	4/11
1,500m Run	Thomas Jamison, Grinnell	Sr.	4:02.98	5/1
5,000m Run	Jason Smith, Ripon	So.	15:18.03	4/25
10,000m Run	Geoffrey Bird, Monmouth	Fr.	32:39.05	4/17
110m Hurdles	Logan Hohl, Monmouth	So.	14.80	4/17
400 inter. Hurdles	Logan Hohl, Monmouth	So.	53.58	4/17
3,000 Steeple	Alex DeVillers, St. Norbert	So.	9:58.51	4/17
4x100 Relay	Carroll		41.74	4/4
4x400 Relay	Carroll		3:18.70	4/18
Discus	Peyton Lumzy, Monmouth	So.	147'07.00"	5/2
Hammer Throw	Zachary Hopkins, Illinois Col.	Sr.	167'03.00"	5/1
High Jump	Tyler Hannam, Monmouth	So.	6'08.00"	4/17
Javelin Throw	William Stewart, Grinnell	Sr.	191'11.00"	3/19
Long Jump	Donald Jackson, Illinois Col.	Sr.	24'00.25"	4/21
Pole Vault	Michael Hargadine, Grinnell	Sr.	14'07.25"	5/1
Shot Put	Peyton Lumzy, Monmouth	So.	49'11.00"	4/21
Triple Jump	Sean Wells, Monmouth	Jr.	45'11.75"	4/21

**--2009 Top Women's Times/Marks--**

Event	Name	Yr.	Time/Mark	Date
100m Dash	Katherine Miller, Illinois Col.	Sr.	12.31	4/25
200m Dash	Katherine Miller, Illinois Col.	Sr.	25.49	5/1
400m Dash	Ashley Graybill, St. Norbert	Jr.	56.49	4/4
800m Dash	Ashley Graybill, St. Norbert	Jr.	2:11.33	4/23
1,500m Run	Ashley Graybill, St. Norbert	Jr.	4:34.23	4/23
5,000m Run	Megan O'Grady, Carroll	Fr.	17:23.35	4/18
10,000m Run	Jenny Scherer, St. Norbert	So.	36:11.51	4/23
100m Hurdles	Shannon Turcyzn, Monmouth	Sr.	14.33	4/4
400 inter. Hurdles	Candace Norville, Illinois Col.	Jr.	1:07.25	4/21
3,000 Steeple	Mary Kate Beyer, Monmouth	So.	11:01.94	5/2
4x100 Relay	Monmouth		49.53	4/17
4x400 Relay	St. Norbert		4:00.60	5/2
Discus	Tanesha Hughes, Monmouth	Sr.	164'06.00"	4/17
Hammer Throw	Tanesha Hughes, Monmouth	Sr.	151'08.00"	4/11
High Jump	Madeline Steininger, Lawrence	Jr.	5'03.75"	4/25
Javelin Throw	Amanda Trieloff, Carroll	Fr.	137'03.00"	4/25
Long Jump	Katherine Miller, Illinois Col.	Sr.	19'01.25"	4/25
Pole Vault	Rebecca Grafenauer, Carroll	Jr.	13'00.25"	4/25
Shot Put	Heidi Baerenwald, Ripon	Fr.	45'07.75"	4/4
Triple Jump	Megan McKenna, Monmouth	Sr.	36'04.75"	4/17

**--Men's Outdoor Champions--**

Year	Team	Year	Team	Year	Team	Year	Team	Year	Team
2008	Monmouth	1990	Monmouth	1972	Coe	1954	Monmouth	1936	Coe
2007	Monmouth	1989	Cornell	1971	St. Olaf	1953	Carleton	1935	Coe
2006	Monmouth	1988	Cornell	1970	St. Olaf	1952	Knox	1934	Carleton
2005	Monmouth	1987	Knox	1969	Carleton	1951	Beloit	1933	Coe
2004	Monmouth	1986	Monmouth	1968	St. Olaf	1950	Beloit	1932	Monmouth
2003	Monmouth	1985	Monmouth	1967	Carleton	1949	Beloit	1931	Coe
2002	Monmouth	1984	Coe	1966	Carleton	1948	Grinnell	1930	Carleton
2001	Monmouth	1983	Coe	1965	Grinnell	1947	Lawrence	1929	Knox
2000	Carroll	1982	Carleton	1964	Grinnell	1946	Lawrence	1928	Knox
1999	Carroll	1981	Coe	1963	Grinnell	1945	No Competition	1927	Carleton
1998	Monmouth	1980	Coe	1962	Grinnell	1944	No Competition	1926	Carleton
1997	Monmouth	1979	Coe	1961	Monmouth	1943	Lawrence	1925	Cornell
1996	Monmouth	1978	Coe	1960	St. Olaf	1942	Coe	1924	Ripon
1995	Monmouth	1977	Coe	1959	Cornell	1941	Coe	1923	Beloit/Carleton
1994	Grinnell	1976	Coe	1958	Cornell	1940	Coe	1922	Knox
1993	Grinnell	1975	Coe	1957	Cornell	1939	Coe	1921	Cornell
1992	Monmouth	1974	Coe	1956	Grinnell	1938	Coe		
1991	Monmouth	1973	Coe	1955	Carleton	1937	Knox		

**--Women's Outdoor Champions--**

Year	Team	Year	Team
2008	Monmouth	1993	Monmouth
2007	Monmouth	1992	Coe
2006	Monmouth	1991	St. Norbert
2005	Monmouth	1990	St. Norbert
2004	Carroll	1989	St. Norbert
2003	Monmouth	1988	St. Norbert
2002	Monmouth	1987	St. Norbert
2001	Monmouth	1986	St. Norbert
2000	Monmouth	1985	Grinnell
1999	Carroll	1984	Uni. of Chicago
1998	Monmouth	1983	Uni. of Chicago
1997	Monmouth	1982	Coe
1996	Monmouth	1981	Cornell
1995	Coe	1980	Grinnell
1994	Coe	1979	Grinnell

**--2009 NCAA National Qualifiers--**

Men	Women
<b>AUTOMATIC NCAA QUALIFIERS</b>	
D.J. Jackson, IC (long)	Rebecca Grafenauer, CU (pole)
	Tanesha Hughes, MC (discus)
<b>PROVISIONAL NCAA QUALIFIERS</b>	
Logan Hohl, MC (110m-, 400m-hurdles)	Heidi Baerenwald, RC (shot put)
Josh Hurlbaus, CU (200m)	Mary Kate Beyer, MC (steeple)
D.J. Jackson, IC (100m, 200m)	Ashley Graybill, SNC (400m, 800m, 1500m)
Dann Schneider, SNC (200m, 400m, long)	Tanesha Hughes, MC (shot put)
Dink Simmons, IC (long)	Gloria Lehr, MC (shot put)
Carroll 4x100	Katie Miller, IC (long)
	Candace Norville, IC (heptathlon)
	Jenny Scherer, SNC (5000m, 10000m, steeple)

**--2009 Outdoor Track & Field Performers of the Week--**

<b>March 31, 2009</b>		<b>April 7, 2009</b>	
<b>Track</b> Andrew Handeland, Ripon	Nikki Swanson, St. Norbert	<b>Track</b> Josh Hurlbaus, Carroll	Ashley Graybill, St. Norbert
<b>Field</b> Kyle Roy, Ripon	Trisha Jones, Ripon	<b>Field</b> Jordan Gobert, St. Norbert	Baerenwald, Ripon/Hughes, Monmouth
<b>April 14, 2009</b>		<b>April 21, 2009</b>	
<b>Track</b> Kyle Lynch-Klarup, Grinnell	Megan O'Grady, Carroll	<b>Track</b> Logan Hohl, Monmouth	Megan Domnick, St. Norbert
<b>Field</b> Peyton Lumzy, Monmouth	Rebecca Grafenauer, Carroll	<b>Field</b> Dann Schneider, St. Norbert	Tanesha Hughes, Monmouth
<b>April 28, 2009</b>		<b>May 5, 2009</b>	
<b>Track</b> Dann Schneider, St. Norbert	Ashley Graybill, St. Norbert	<b>Track</b> Tommy Jamison, Grinnell	Mary Kate Beyer, Monmouth
<b>Field</b> James Hughes, Illinois College	Katie Miller, Illinois College	<b>Field</b> Zach Hopkins, Illinois College	Katie Colver, Grinnell



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[www.MidwestConference.org](http://www.MidwestConference.org)



# 2009 Midwest Conference Outdoor Track & Field Championships

**Friday & Saturday, May 8-9 at Carroll University (Waukesha, Wis.)**

## Friday, May 8

11 a.m.	Hammer - Women
1 p.m.	Shot Put - Men
	Long Jump - Men/Women
	Pole Vault - Women/Men
	High Jump - Women
	Discus - Women
2 p.m.	1,500m - Women/Men (Final-Sections)
2:15 p.m.	10,000m - Women (Final)
3:15 p.m.	Javelin - Men
	10,000m - Men (Final)
4:15 p.m.	100m Hurdle - Women (Trials)
	110m Hurdle - Men (Trials)
4:45 p.m.	400m - Women/Men (Trials)
5:10 p.m.	100m - Women/Men (Trials)
5:40 p.m.	400m Hurdles - Women/Men (Trials)
6 p.m.	200m - Women/Men (Trials)

## Saturday, May 9

9 a.m.	Hammer - Men
11 a.m.	Shot Put - Women
	Triple Jump - Women/Men
	High Jump - Men
	Discus - Men
12:15 p.m.	4x100 Relay Women/Men (Finals-Sections)
12:30 p.m.	3,000m Steeplechase - Women/Men (Finals)
1 p.m.	Javelin - Women
1:20 p.m.	100m Hurdles - Women (Finals)
	110m Hurdle - Men (Finals)
1:35 p.m.	400m - Women/Men (Finals)
1:45 p.m.	100m - Women/Men (Finals)
1:55 p.m.	800m - Women/Men (Finals-Sections)
2:20 p.m.	400 Hurdle - Women/Men (Final)
2:35 p.m.	200m - Women/Men (Final)
2:45 p.m.	5,000m - Women/Men (Final)
3:25 p.m.	4x400 - Women/Men (Final-Sections)

## --MWC Outdoor Track & Field Championship Records--

### MEN

Event	Time	Record Holder, School-Year
100m	10.61	D.J. Jackson, Illinois College-2007
200m	21.36	Dante Daniels, Monmouth-2007
400m	46.85	Ben Dreyer, St. Norbert-2001
800m	1:52.94	Dave Green, U-Chicago-1981
1,500m	3:53.06	Zach Barr, Monmouth-2005
3,000 Steeple-Dry	9:12.37	John Aerni, Grinnell-1999
3,000 Steeple-Water	9:08.31	Zach Barr, Monmouth-2005
5,000m	14:42.44	Doug Simpson, Carleton-1980
10,000m	30:46.24	Mike Axinn, U-Chicago-1981

### Hurdles

110m HH	14.60	Dennis Staggs, Monmouth-1998
400m IH	53.20	Jason Devino, Monmouth-1993

### Relays

4x100m	41.77	Monmouth-2007
4x400m	3:15.47	Monmouth-2007

### Field Events

Pole Vault	17'00.75"	Jonny Henkins, Monmouth -2008
Long Jump	24'00.25"	Glen Brooks, Monmouth-1961
High Jump	7'00.00"	Scott Schleich, Beloit-1993
Triple Jump	48'10.25"	Chuck Meyer, Coe-1982
Shot Put	54'02.00"	Todd Ciesielczyk, Ripon-1987
Discus	166'04.00"	Ron Wopat, Lawrence-1977
Javelin	198'03.00"	Dave Hillis, Monmouth-1992
Hammer Throw	176'10.00"	Zach Wilson, Monmouth-2007

### WOMEN

Event	Time	Record Holder, School-Year
100m	11.98	Dori Ternig, Monmouth-1994
200m	24.86	Stacy Brown, Monmouth-1997
400m	56.36	Ashley Graybill, St. Norbert-2008
800m	2:13.84	Bridget Wiedl, Beloit-1999
1,500m	4:35.48	Nicole Cueno, Grinnell-2001
3,000m	10:26.54	Julie Wick, Lawrence-1984
3,000m Steeple	11:15.59	Jenny Scherer, St. Norbert-2008
5,000m	17:12.99	Sarah Spencer, Grinnell-2007
10,000m	36:27.59	Jenny Scherer, St. Norbert-2008

### Hurdles

100m HH	14.48	Shannon Turczyn, Monmouth-2008
400m IH	1:02.44	Heather Furrow, Monmouth-1997

### Relays

4x100m	48.40	Monmouth-2001
4x400m	3:58.76	Monmouth-2000

### Field Events

Pole Vault	12'06.25"	Jessica White, Monmouth-2008
Long Jump	19'06.25"	Paula Hageman, Ripon-1993
High Jump	5'08.00"	Laura Salm, St. Norbert-1993
Triple Jump	37'09.25"	Kara Kuhrts, Monmouth-2003
Shot Put	45'00.75"	Jenny Prochazka, Carroll-2002
Discus	156'08.00"	Veronika Platzer, Grinnell-1986
Javelin	129'11.00"	Megan Maure, Beloit-2006
Hammer Throw	145'00.00"	Tanesha Hughes, Monmouth-2008