# 2007 Falcon Men's Track & Field Roster

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<th>Name</th>
<th>Hgt. Yr. Events</th>
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<td>John Bratcher</td>
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<tr>
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<td>Tony Casi</td>
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**Head Coach:** Martha Brennan  
**Assistant Coaches:** Brenda Thiel, Torrion Amie, Keven Syverson, Steve Wros, Don Glover, Lance Wiersma, Sara Rudesill, Steve Berg  
**Managers:** Avery Newman, Alicia Ekegren
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Nathan Huneke
5-10, Freshman
Middle Distance
Red Wing, Minn.
Red Wing High School

Jeff Johnson
5-5, Sophomore
Sprints
Pepin, Wis.
Pepin High School

Dustin Jolicoeur
6-2, Junior
Throws
Baldwin, Wis.
Baldwin-Woodville High School

Dave Jones
6-2, Sophomore
Sprints
Milwaukee, Wis.
Vincent High School

Jonathan Keepers
5-9, Freshman
Sprints
Argonne, Wis.
Crandon High School

James Klug
6-0, Junior
Hurdles
Menomonie, Wis.
Colfax High School

Zach Mast
5-11, Sophomore
Sprints
Oakdale, Minn.

Nate McConnell
6-2, Junior
Sprints
Clear Lake, Wis.
Clear Lake High School

Chase Melstrom
5-11, Freshman
Sprints
Ellsworth, Wis.
Ellsworth High School

Jeremy Olson
6-2, Senior
Distance
Greenwood, Wis.
Greenwood High School

Tom Olson
5-11, Junior
Throws
New Berlin, Wis.
Eisenhower High School

Jason Phillippi
5-10, Junior
Distance
Maplewood, Minn.
Tartan High School

Andrew Reckard
5-7, Junior
Middle Distance
Menomonie, Wis.
Menomonie High School

Scott Reise
6-3, Senior
Middle Distance
Suring, Wis.
Suring High School

John Richardson
5-10, Freshman
Sprints
Arden Hills, Minn.

Londe Richardson
5-10, Freshman
Sprints, Jumps
Spooner, Wis.
Spooner High School

Jose Rojas
5-7, Freshman
Distance
Temple Hills, Md.
West Potomac High School

Taylor Smith
5-10, Freshman
Sprints
Mound, Minn.
Mound High School
Charlie Sowa
6-6, Junior
Jumps
Rochester, Minn.
Century
High School

Rick Stewart
5-6, Senior
Jumps, Sprints
Oregon, Wis.
High School

Adam Sumser
6-0, Freshman
Jumps
Princeton, Minn.
High School

J. R. Trabler
6-3, Freshman
Sprints, Jumps
Milwaukee, Wis.

Alex Wahlberg
6-1, Sophomore
Multi
Oregon, Wis.
High School

Joe Weinrich
6-1, Sophomore
Multi
Plainview, Minn.
High School

John Weisbrod
5-11, Freshman
Multi
Stillwater, Minn.
High School

Bryan Woitas
5-9, Junior
Sprints, Jumps
Waterville, Minn.

Tim Wucherer
5-10, Freshman
Distance
Holmen, Wis.
High School

Reily Yerigan
6-0, Sophomore
Multi
Grantsburg, Wis.
High School

Justin Youngblom
6-1, Senior
Distance
Wells, Minn.
United South Central
High School
2007 Falcon Track & Field Schedule

Indoor
Jan. 20 UWRF Alumni Invitational - no team scores kept
Jan. 27 at Stout Open - no team scores kept
Feb. 3 at MSU-Mankato Invitational - no team scores kept
Feb. 9-10 Coca Cola Classic - No team scores kept
Feb. 16 Men at University of Minnesota - No team scores kept
Feb. 17 Women at University of Minnesota - No team scores kept
Feb. 23-24 at WIAC Meet (at Whitewater)
Women - La Crosse 205, Oshkosh 134.5, Eau Claire 123, River Falls 81.5, Platteville 59, Stevens Point 56, Superior 18, Stout 15, Whitewater 10
Men - La Crosse 171, Whitewater 110, Oshkosh 109.5, Stevens Point 97, Eau Claire 83, Platteville 66, River Falls 27.5, Stout 22, Superior 16
March 3 at Last Chance Meet (at Whitewater, Stevens Point)
No team scores kept

Outdoor
March 17 Rhodes College Open
No team scores kept
March 23-25 at Alabama Relays
No team scores kept
April 7 Falcon Invitational - Cancelled
April 14 at Blugold Open - No team scores kept
April 15-16 at St. John's Decathlon
April 20 at Phil Eisten Challenge (at La Crosse)
Women - La Crosse 210, Wartburg 183, River Falls 103.5, Winona 88.5, Stevens Point 76, Stout 48, St. Mary's 31, Dubuque 6
Men - La Crosse 257, Wartburg 150, Stout 66, River Falls 59, Dubuque 40, St. Mary's 18, Stevens Point 10
April 25 at Macalester Invitational (men)
Team scores not kept
April 28 at Macalester Invitational (women)
St. Thomas 148.5, River Falls 98, St. Benedict 88, St. Olaf 79, Bethel 75.5, Carleton 72, Hamline 65, Macalester 63, Stout 48.5, Concordia-St Paul 29.50, St. Catherine 25, Superior 9, Northwestern 4, Augsburg 3
May 4 WIAC Meet (at River Falls)
Men - La Crosse 72, Oshkosh 46, Whitewater 40, Eau Claire 30, Stevens Point 28, Stout 20, River Falls 20, Platteville 13, Superior 4

Women - La Crosse 62.6, Eau Claire 53, Oshkosh 51, Stevens Point 29, River Falls 28, Whitewater 22, Platteville 10, Stout 9.3, Superior 8
May 5 WIAC Meet (at River Falls)
Women - La Crosse 204.3, Oshkosh 163, River Falls 121, Eau Claire 110, Stevens Point 89, Platteville 64, Stout 42.6, Whitewater 42, Superior 22
Men - La Crosse 232, Whitewater 158, Oshkosh 103, Stevens Point 102, Platteville 84, Stout 62, Eau Claire 62, River Falls 40, Superior 14
May 17 Last Chance Meet (at La Crosse)
No team scores kept.
May 24-26 at NCAA Div. III Nationals (at Oshkosh)
Women - Placed 9th with 25 points.

2007 Falcon Men's Track & Field Outdoor Individual Results
As of May 29, 2007

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2007 Falcon Men's Track & Field Indoor Individual Results
As of March 6, 2007
JR Trabler  25.76  24.78  25.61
Jeff Johnson  26.3  26.14
Chase Mestrom  26.00  24.97  25.34  24.55
Jonathan Keepers  26.16  25.64  25.37
Jordan Hedlund  24.12  24.05  23.98
Pat Anderson  25.07  25.46
John Bratcher  25.27  25.39  25.76
John Richardson  24.46  24.62
Londe Richardson  24.75  25.04
Bryan Woitas  23.76
Nate McConnell  24.48
Pat Anderson  25.27
Joe Weinrich  25.98

400-Meters
Nate McConnell  55.59  55.5  54.93  54.8
Jordan Hedlund  56.64
Jonathan Keeper  57.04
Josh Dietz  57.71  56.1
JR Trabler  1:00.7  59.56
Chase Mestrom  1:01.26
Londe Richardson  1:00.7  56.09
Anthony McFarland  55.71  55.66
Taylor Smith  55.79

500-Meters
Taylor Smith  1:13.03

800-Meters
Scott Reise  2:05.67  2:05.11  2:04.91  2:05.8
Andrew Reckard  2:02.38  2:01.28  2:03.11
Tony Casci  2:03.04  2:02.4  2:06.53
Dusty Pfendheller  2:06.79
Shad Gausmann  2:12.44  2:06.29
Jason Phillipi  1:58.55
Jake Cavanaugh  2:09.66
Adam Casillas  2:11.18

Mile
Tony Casci  2:41.97
Shad Gausmann  2:47.56

3,000-Meters
Jason Phillipi  8:56.79
Chad Ernst  9:10.29  9:00.33  9:07.93
JD Rojas  9:09.9
Jeremy Olson  9:24.71  9:19.9
Bobby Hanson  9:35.06
Kiel Hausler  10:06.32
Andrew Reckard  9:40.81
Justin Youngblom  9:16.94

5,000-Meters
JD Rojas  15:55.58  15:39.85  15:54.64
Justin Youngblom  16:17.69  16:10.16
Brandon Heebink  17:31.6  17:15.73
Jeremy Olson  16:03.94  15:54.22
Bobby Hanson  16:43.97  16:24.98
Chad Ernst  15:37.12  15:36.84
Jake Cavanaugh  16:34.57
Kiel Hausler  17:35.94
Tim Wucherer  18:46.91

55 Hurdles
Josh Dietz  8.31  8.25  8.25
Jim Klug  9.45  9.77
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SO: Stout Open (Jan. 27)
MSU-M: MSU-Mankato Open (Feb. 3)
CC: Coca Cola Classic (Feb. 9-10)
UM: University of Minnesota (Feb. 16)
WIAC - WIAC Meet (Feb. 23-24)

Falcon News

Stocker, Wros Added to Falcon Track & Field Coaching Staff

June 21, 2007

Steve Wros will now be a full time assistant and Steve Stocker has been added to the UW-River Falls track & field coaching staff, according to Falcon Head Coach Martha Brennan.

Wros, who has been on the staff for several years as a part time coach, will now be a full time assistant. He most recently coached the Hudson High School girl's track & field team. The Raiders won the WIAA State Div. I championship in 2007. He will coach pole vaulters and assist in other events.

Stocker, who will coach sprinters, competed with the Falcons as an undergraduate and is a four-time NCAA All-American. He won the WIAC 400-meter hurdles title in 1993 with a record setting time of 51.45. That record still stands today. He was the head coach of the River Falls High School boy's track & field team for 10 years. He coached both boys and girls sprinters for 11 seasons. Stocker has coached five Big Rivers.
Conference champion winning teams, 63 conference champions, 61 state qualifiers, and three state champions. His teams have virtually rewritten the record books holding 31 indoor and 34 outdoor school records. Stocker is the director of the Hunt Arena and Knowles Recreation Center at UWRF.

"After three years of working with the team I need to have more coaches involved. The timing is right for both men and I feel that I know they will make the program stronger," said Brennan. "I want both teams to experience the success the women's team had this year and I know that additional staff members that are dedicated to the program will improve our chances of being more competitive in all areas in the WIAC. Both men are very well respected in the area and I look forward to working with them next year."

The Falcons had five NCAA All-Americans in 2007. The women's team placed third in the WIAC outdoor meet and ninth in the NCAA Div. III outdoor meet. The ninth place finish is the team's highest ever.

**Falcons Place First at NCAA Meet**

May 24, 2007

Falcons Shannon Zweifel, Krista Hasselquist and Vicki Cooper all earned All-American honors Saturday in the final day of the NCAA Division III Championships at UW-Oshkosh.

It is the second All-American honor for Zweifel. She also earned the honor at the 2006 outdoor meet. It is the second time that Hasselquist has been an All-American. She earned the honor at the 2007 indoor meet. This is the first time that Cooper has earned All-American honors. Jill Crandall earned All-American recognition in two events; the high jump and heptathlon. The five All-American honors are the most in a single season for the Falcons.

The women finished with 25 team points and placed in a tie for ninth place in the final team standings. The finish is the best team finish ever for the Falcons. They share ninth place with Williams and Augustana of Illinois. Oshkosh won the meet with 57 points followed by Calvin (44.5) and City College of New York (43). The Falcons were the second highest team finisher in the 2007 Championships. Platteville finished 13th (19) and La Crosse was 16th (15).

Throwing in the shot put, Hasselquist threw 45-2 ½ for third place. Her third place finish produced six team points. Cooper finished seventh with a throw of 43-0 ¾. Her throw earned the women two team points. Zweifel represented the women on the track. She stopped the clock at 1:02.27 for eighth place. She added one point to the women's team total. Crandall earned points for the women on Thursday and Friday with a first place finish in the high jump and a third place finish in the heptathlon.

Falcons Clint Christy represented the men and earned five team points for a seven-way tie for 42nd. He competed on Thursday and Friday and placed fourth in the decathlon. La Crosse won the team title (99). SUNY-Cortland took second (34) and Monmouth took third (28). The WIAC had four teams finish in the top eight. After La Crosse, Platteville was fourth (27), Whitewater was sixth (26) and Oshkosh was eighth (20).

**Falcons Finish First at NCAA Nationals**

May 24, 2007

Falcons Clint Christy and Jill Crandall participated in the second day of the NCAA Div. III Championships at UW-Oshkosh.

Both had record setting and All-American performances. Crandall earned the women's team 16 points and Christy earned the men's team seven points.

Earning the title of national champion, Crandall leaped 5-7 in the high jump to tie the J. J. Keller Field record and win the event. She is the second Falcon to win a NCAA track & field event title. Jen Pontius won the discus title at the 1996 outdoor championships. Crandall shares the Keller Field record with Carrie Morschauer of Platteville who set the record in 2006. Finishing the last three events in the women's heptathlon, Crandall finished with a total of 4,989 and finished in third place. She also broke the UWRF record in the event. The previous record was set by Crandall earlier in the season (4,936). She took sixth place in the long jump (16-6 ½) and javelin (119-7) and seventh in the 800-meter run (2:27.4). Crandall earned All-American honors in both the high jump and decathlon.

Christy finished the men's decathlon in fourth place with 6,894 points to break the UWRF record. Scott Hanold previously held the record, which he set in 1994, with 6,499 points. Christy started the day with a seventh place finish in the 110-meter hurdles (15.9). He also had seventh place finishes in the pole vault (13-3 1/2) and 1500-meter run (4:42.84). He placed sixth in both the discus (119-7) and javelin (158-2) events. Christy earned All-American honors for his fourth place finish. He is the first Falcon men's All-American since the 1994 outdoor season.

Competing tomorrow for the Falcons, Krista Hasselquist and Vicki Cooper will throw the shot. That competition is at 2 p.m. Shannon Zweifel will run in the 400-meter hurdles final at 3:25 p.m.

**Falcons Finish First at NCAA Nationals; Crandall Sets High Jump Record**

May 24, 2007

Four of five participating Falcons competed in the first day of the 2007 track & field NCAA Div. III Championships Thursday at UW-Oshkosh.

Jill Crandall completed the first four events in the heptathlon. She sits in third place with 3094 points. Crandall won the high jump with a University record-breaking jump of 5-8 ½. The previous record was set by Crandall in 2005 at a height of 5-7. She took ninth in the 100-meter hurdles (15.04), fourth in the shot put (37-0 ¾) and 14th in the 200-meter dash (26.67). Christina Acquaviva of SUNY-Cortland leads the competition with 3181 points.

Falcon thrower Vicki Cooper threw 124-10 for seventh in the discus during the first flight of prelims. She did not qualify for finals. Shara Guidry of St. Thomas won the event with a toss of 145-11.

On the track, Shannon Zweifel ran an advancing time in the 400-meter hurdles (1:02.45). Zweifel will compete in the event finals on Saturday at 3:25 p.m.

Representing the men, Clint Christy is in third place in the decathlon after five events with 3700 points. Christy took sixth in both the 100-meter dash (11.09) and long jump (21-10) and fifth in both the shot put (38-7 3/4) and high jump (6-3 3/4). Running the 400-meter dash in a time of 50.27 Christy took second. Kyle Steiner of Stevens Point leads the decathlon with 3783 points.
Crandall and Christy will compete Friday in the last round of the women's heptathlon and men's decathlon. Crandall will compete in the long jump, javelin and 800-meter run. Crandall will also participate in the open high jump that starts at 3 p.m. Christy will compete in the 110 hurdles, discus, pole vault, javelin and 1,500 run.

Throwing for the women, Cooper and Krista Hasselquist will toss the shot on Saturday with that action starting at 2 p.m.

Crandall Named Women's Field Athlete of the Year by USTFCCCA

May 24, 2007

Jill Crandall [Sr., Roseville, Minn.] has been named the women's National Field Athlete of the Year by the United States Track & Field and Cross Country Coaches Association (USTFCCCA).

Track & Field coaches from across the country voted for the national award winners. Earlier this week Crandall was one of just 16 track & field student-athletes to be honored by the USTFCCCA as the Midwest Region Field Athlete of the Year. The association names one track and one field athlete of the year in eight regions.

After the WIAC Meet on May 4-5, Crandall was named the field Athlete of the Meet. At the meet Crandall won the heptathlon with 4,444 points and the high jump with a leap of 5-5 3/4. The talented multi-event athlete holds three school outdoor records. She holds the heptathlon record with 4,936 points. Crandall set that record on April 15 this year at the College of St. Benedict Heptathlon event. She holds the record in the high jump with a 5-7 effort set in 2005. And she is part of the 4x800 relay team that holds the school record of 9:28.15. That was set in 2005. Crandall is a three time All-American with the Falcons. She earned the honors at the 2004 indoor and outdoor meets in the high jump and at the 2005 outdoor meet in the heptathlon.

Crandall, and for other Falcons, will compete in the NCAA Div. III Track & Field Championships that will be held Thursday through Saturday at UW-Oshkosh.

Crandall has qualified in two events - the heptathlon and the high jump. She has the nation's best heptathlon score (4,936 points) and the eighth best high jump (5-5) entering the meet. The high jump trials and finals will be at 3 p.m. on Friday. The heptathlon will be held on Thursday and Friday. On Thursday Crandall will compete in the 100-meter hurdles, high jump, shot put and 200-meter dash. The 100 hurdles will be run first at 1 p.m. On Friday she will compete in the long jump, javelin and 800-meter run. The long jump will start at 2 p.m. The heptathlon will be on a rolling time schedule with 30 minutes between events.

Crandall Wins USTFCCCA Region Award

May 22, 2007

Jill Crandall [Sr., Roseville, Minn.] has been named the Midwest Region women's Field Athlete of the Year by the United States Track & Field and Cross Country Coaches Association (USTFCCCA).

Crandall is one of just 16 track & field student-athletes to be honored by the USTFCCCA this year. The association names one track and one field athlete of the year in eight regions.

After the WIAC Meet on May 4-5, Crandall was named the field Athlete of the Meet. At the meet Crandall won the heptathlon with 4,444 points and the high jump with a leap of 5-5 3/4. The talented multi-event athlete holds three school outdoor records. She holds the heptathlon record with 4,936 points. Crandall set that record on April 15 this year at the College of St. Benedict Heptathlon event. She holds the record in the high jump with a 5-7 effort set in 2005. And she is part of the 4x800 relay team that holds the school record of 9:28.15. That was set in 2005. Crandall is a three time All-American with the Falcons. She earned the honors at the 2004 indoor and outdoor meets in the high jump and at the 2005 outdoor meet in the heptathlon.

Crandall, and for other Falcons, will compete in the NCAA Div. III Track & Field Championships that will be held Thursday through Saturday at UW-Oshkosh.

Crandall has qualified in two events - the heptathlon and the high jump. She has the nation's best heptathlon score (4,936 points) and the eighth best high jump (5-5) entering the meet. The high jump trials and finals will be at 3 p.m. on Friday. The heptathlon will be held on Thursday and Friday. On Thursday Crandall will compete in the 100-meter hurdles, high jump, shot put and 200-meter dash. The 100 hurdles will be run first at 1 p.m. On Friday she will compete in the long jump, javelin and 800-meter run. The long jump will start at 2 p.m. The heptathlon will be on a rolling time schedule with 30 minutes between events.

The Falcons were ranked No. 16 in the nation in the April 29 USTFCCCA poll.

Five Falcons Will Compete in NCAA Championships

May 21, 2007

Five Falcons will compete in the NCAA Div. III Track & Field Championships that will be held Thursday through Saturday at UW-Oshkosh.

Vicki Cooper [Jr., DeForest, Wis.] qualified in the discus and shot put. She has the 17th best discus throw (144-5) and the 18th best shot put (43-1) in the nation entering the championships. The discus trials and finals will start at 3 p.m. on Thursday and the shot put trials and finals will start at 2 p.m. on Saturday.

Jill Crandall [Sr., Roseville, Minn.] also qualified in two events - the heptathlon and the high jump. She has the nation's best heptathlon score (4,936 points) and the eighth best high jump (5-5) entering the meet. The high jump trials and finals will be at 3 p.m. on Friday. On Thursday Crandall will compete in the 100-meter hurdles, high jump, shot put and 200-meter dash. The 100 hurdles will be run first at 1 p.m. On Friday she will compete in the long jump, javelin and 800-meter run. The long jump will start at 2 p.m. The heptathlon will be on a rolling time schedule with 30 minutes between events. Crandall has earned All-American honors three times - in the high jump at the 2004 indoor meet; in the high jump at the 2004 outdoor meet and in the heptathlon in 2005 at the outdoor meet.

Krista Hasselquist [Jr., Osceola, Wis.] has qualified in the shot put. She has the nation's second best throw (46-1 1/4) going into the meet. The shot put trials and finals will start at 2 p.m. on Saturday. She earned All-American honors in the shot put at the 2007 NCAA outdoor meet when she placed fifth with a throw of 44-8.
Shannon Zweifel (Sr., Whitewater, Wis.) qualified in her specialty - the 400-meter hurdles. She enters the meet with the 15th best time in the nation (1:02.85). The trials will be held at 5:20 p.m. on Thursday with the finals set for 3:25 p.m. on Saturday. Zweifel earned All-American honors in the 400 hurdles at last year's NCAA outdoor meet.

Clint Christy (Sr., Tomah, Wis.) will compete in the decathlon. He has the sixth best point total (6,480) entering the championships. On Thursday Christy will compete in the 100-meter dash, long jump, shot put, high jump and 400-meter dash. The 100 dash will be run at noon. On Friday he will compete in the 110-meter hurdles, discus, pole vault, javelin and 1,500-meter run. The 110 hurdles will start the competition at 1 p.m. The decathlon will be on a rolling time schedule with 30 minutes between events.

Action starts at noon on Thursday and Saturday and at 1 p.m., on Friday.

Phillippi, Kromray Set Records at La Crosse Meet

May 17, 2007

Jason Phillippi and Holly Kromray set school track & field records at the UW-La Crosse NCAA Qualifier Meet held Thursday.

Phillippi set a record in the steeplechase. He ran the course in 9:14.33 and that broke his record of 9:14.75 he set just last weekend.

Kromray set a record in the pole vault. She jumped 11-5 3/4. The previous record was 11-4 1/2 by Gina Anderson set in 2004.

Vicki Cooper threw the shot 43-1, the discus 142-5 and the javelin 118-7. Krista Hasselquist threw the discus 138-5 and the hammer 146-11.

Hannah Miller leaped 9-11 1/4 in the pole vault.

Jessica Reed finished first in the 100 hurdles in 14.77. Shannon Zweifel placed first in the 400 hurdles in 1:03.45 and she also ran the 100 hurdles in 16.04.

Charlie Sowa threw the javelin 176-6.

Several Falcons will next compete in the NCAA Div. III Championships on May 24-26 at UW-Oshkosh.

Phillippi Sets Steeplechase Record

May 14, 2007

Jason Phillippi set a school record in the 3,000-meter steeplechase on Friday at North Central College in Naperville, Ill.

Phillippi ran the course in 9:14.75 to set the school record. He placed seventh. The time is a NCAA Div. III meet provisional qualifying time. The old UWRF record was by Randy Roehenback set in 1984 in 9:15.8.

Several Falcons will compete in the UW-La Crosse Last Chance Meet on Thursday. Action starts at 4 p.m.

Falcons Finish Second Day of WIAC Championships

May 5, 2007

The Falcons finished the 2007 WIAC Track and Field Championships on Saturday at the Ramer Field Sports Complex. The women finished third with 121 points. The last time the women placed in the top three in the meet was in 1988. The men finished eighth with 40 points.

Women's Recap

Falcon Jessica Reed earned the 100-meter hurdles’ medal with her winning time of 14.87. She was joined on the medal stand by teammates Jill Crandall and Shannon Zweifel. Crandall finished the event fifth (15.58) and Zweifel seventh (15.94). Zweifel later went on to win the title in the 400-meter hurdles to finish in 1:03.28. Falcon Megan Rasmussen followed in third place with a time of 1:05.52.

In the relays the women placed fifth in the 400-meter relay with a time of 50.97. The women ended the meet with a third place finish in the 1,600-meter relay in a time of 4:02.86.

Running the distance, Falcon Maria Michaud placed 17th overall in the 5,000-meter run. She crossed the line at 19:16.73. Crandall beat out all competitors to take the win in the women’s heptathlon. She finished the event with 4444 total points.

With a jump of 5-5 ½ Crandall beat all competitors for the win in the high jump. Also on the field, Falcons Vicki Cooper and Krista Hasselquist competed in the discus. Cooper finished sixth with a distance of 133-9 and Hasselquist finished seventh (131-6 ½). Hasselquist later went on to win the shot put with a toss of 43-91/2. Following, Kim Altenhofen placed fifth with a distance of 41-9 ¼.

Crandall was honored upon the completion of the meet. She was named the WIAC Championships Women's Field MVP.

Men's Recap

Jason Phillippi took four trips around the track in a time of 4:01.73 in the 1500-meter run for fifth.

In the relays, the men finished the 400-meter relay in a time of 43.76 for sixth place. The men ended the meet with the 1,600-meter relay with an eighth place finish in 3:29.03.

On the field Falcon Eric Voight earned 16th in the shot put with his throw of 43:1. Leaping 41-9 ½ Rick Stewart finished 17th in the triple jump. Christy along with Londe Richardson shared a six-way tie for ninth in the high jump at a height of 6 ¼. Christy later placed second in the men’s decathlon with a total of 6485 points. Falcon Bruce Baillargeon placed fifth in the event with 5918 points and Joe Wiennrich placed 11th (5039).

Team Results:

Women – La Crosse 204.3, Oshkosh 163, River Falls 121, Eau Claire 110, Stevens Point 89, Platteville 64, Stout 42.6, Whitewater 42, Superior 22

Men- La Crosse 232, Whitewater 158, Oshkosh 103, Stevens Point 102, Platteville 84, Stout 62, Eau Claire 62, River Falls 40, Superior 14

Next for the Falcons is the Last Chance Meet May 17th at La Crosse beginning at 4 p.m.

Falcons Track and Field Battles Weather and Competitors; Christy Breaks Record

May 4, 2007
The Falcon men’s and women’s track and field teams competed in the home hosted WIAC Championships Friday at Ramer Field.

Under rainy conditions the Falcons encountered conference competitors in the first of two days of competition. The Falcons are tied for sixth place among the men and stand in fifth place among the women going into day two. Along with Stout the men total 20 points. The women have earned 28 points.

Women

On the track Vicki Cooper earned a first place medal for her winning distance of 125-4 in the javelin throw. She was followed by teammates Jill Crandall with a fifth place finish (115) and Colleen Kopel with a distance of 109-1 for seventh. Cooper also had a top place finish in the Hammer throw finishing fourth with a distance of 152-9. Krista Hasselquist finished the event to throw the hammer for a distance of 145-11 for ninth place. Falcon Holly Kromway shares a three-way tie for 12th in the pole vault (10-4 ½).

On the track, Maria Michaud ran 10,000 meters in a time of 40:03.02 for a ninth place finish. Amanda Kozicky ran against barriers in the 3,000-meter steeplechase to finish third in a time of 11:38.33. The women’s 3,200-meter relay team placed eighth with the last leg crossing the line at 10:11.21.

In the preliminaries four Falcons qualified for finals. Shannon Zweifel sits in first in the 400 hurdles (1:03.81). Teammate Megan Rasmussen follows with the second fastest prelim time of 1:04.79. Zweifel also qualified in the 100 hurdles with a prelim time of 15.91. She is led by Falcon Jessa Graveson earning an 11th place finish (15.59). Crandall leads the women in the heptathlon with 2833 points after the first four events.

Men

Running the distance Justin Youngblom finished 14th in the 10,000-meter run in a time of 33:15.44. Jason Phillips competed in the 3,000-meter steeplechase to finish fifth in a time of 9:26.37. The men’s 3,200-meter relay team placed eighth (8:10.48).

In the field events Falcon Clint Christy produced a record breaking fifth place finish in the long jump with a leap of 22-7 3/4. The previous record was set in 1978 by Bob Meyer with a leap of 22-6. Charlie Sowa threw the javelin to earn second place with a distance of 171-8. Following Sowa was Falcon Eric Voight in sixth place with a distance of 152-11.

Christy sits in second in the men’s decathlon after the first five events. He totals 3549 points so far. Christy is led by Kyle Steiner of Stevens Point (3552).

Team Results:

Men – La Crosse 72, Oshkosh 46, Whitewater 40, Eau Claire 30, Stevens Point 28, Stout 20, River Falls 20, Platteville 13, Superior 4
Women – La Crosse 62.6, Eau Claire 53, Oshkosh 51, Stevens Point 29, River Falls 22, Whitewater 22, Platteville 10, Stout 9.3, Superior 8

The men and women will compete in the second day of events tomorrow beginning at 8:00 a.m. at Ramer Field

Hasselquist Named WIAC Field Athlete of the Week

May 1, 2007

Krista Hasselquist (Jr., Osceola, Wis.) has been named the WIAC Field Athlete of the Week, according to league Sports Information Director, Matt Stanek.

Hasselquist won the shot put with a record-breaking distance of 46-1 1/4 at the Macalester Invitational on Saturday. She helped lead the Falcons to a second place team finish. The previous record set earlier in the season by Hasselquist was 45-8 1/2. Hasselquist earned All-American honors at the NCAA Div. III indoor championships with a fifth place finish in the shot put.

The Falcons will host the WIAC Outdoor Championships this weekend at the Ramer Field Sports Complex. Action starts at noon on Friday and at 8:30 a.m. on Saturday.

Falcon Women’s Track and Field Team Takes Second at Macalester Invite; Hasselquist Sets Record

April 28, 2007

The Falcon women’s track and field team traveled to St. Paul to compete in the Macalester Invitational on Saturday.

Fourteen teams participated in the meet held at the Macalester Stadium. River Falls finished the meet with a second place finish totaling 98 team points. St. Thomas won the meet with 148.5 total points. St. Benedict followed in third with 88 points and St. Olaf in fourth with 79 team points.

Falcon Jessica Reed and Colleen Kopel started the track events with qualifying times in the 100-meter hurdles. Reed moved up from her second place standing (15.69) in the prelims to finish first in the event finals with a time of 15.19. Kopel placed eighth overall in the event with a time of 16.64; she was ninth in the prelims (17.00).

Also in the hurdles, Shannon Zweifel claimed first place points in the 400 hurdles with a winning time of 1:03.50. Teammate Megan Rasmussen followed with a fourth place finish in 1:06.95.

The 4x100 relay team placed in the middle of the pack with a fourth place finish (50.71) out of eight places.

Distance Runner Amanda Kozicky beat out 36 competitors in the 1500-meter run to place sixth overall in a time of 4:57.50.

Running a lap around the track Falcon Jessa Graveson earned an 11th place finish in the 400 (1:04.04). Leah Korf took two trips around the track in a time of 2:23.66 for an eighth place finish in the 800.

Kopel along with Falcon Kali Meurer represented the women in the 200 with close 10th (27.68) and 11th (27.69) place finishes.

On the field, the Falcons produced many valuable top place finishes.

Krista Hasselquist won the shot put with a record breaking distance of 46-1 1/4. The previous record was set earlier in the season by Hasselquist with a distance of 45-8 ½. Following Hasselquist were Falcons Vicki Cooper with a second place finish (41-8 3/4) and Kim Altenhofen in fourth place (40-10 1/4).
In other throw events Hasselquist placed seventh in the hammer throw (138-10). In the Javelin throw, Cooper threw for a distance 123-10 to win the event. Kopel with a distance of 105-2 took fourth. In the discus, Cooper placed second throwing the discus for 136-3. Hasselquist earned ninth in the discus (117-3).

Jumping for the Falcons, Kopel placed ninth in the high jump in a four-way tie at a height of 4-7. Holly Kromray drew second place in the pole vault (10-6 1/4). She was followed by Carrie VanHouten in a tie for third (10-6 1/4) and Hannah Miller in a tie for eighth (9-6 1/2).

Team Scores:
St. Thomas 148.50, River Falls 98, St. Benedict 88, St. Olaf 79, Bethel 75.50, Carleton 72, Hamline 65, Macalester 63, Stout 48.50, Concordia St Paul 29.50, St. Catherine 25, Superior 9, Northwestern College 4, Augsburg 3

Next for the Falcons is the home hosted WIAC Conference Championships Friday and Saturday beginning at 11 a.m. and 9 a.m.

Falcon Men's Track and Field Compete at Macalester Invite
April 25, 2007
The Falcon men's track and field team traveled to St. Paul Wednesday to compete in the Bolstorff Twilight Meet hosted by Macalester.

Thirteen participating universities gathered at the Macalester Stadium for individual competition. No team scores were kept.

Starting the track events, Bryan Woitas beat out 31 competitors in the 100-meter dash (11.23) for a fourth place finish. Woitas led the men again with a fifth place finish in the 200 in a clock stopping time of 22.84.

In the 800 meter run Falcons Nick Zeien and Andrew Reckard earned top place finishes. Zeien took 11th with a time of 1:58.14 and Reckard placed 15th with a time of 2:00.03.

Jason Phillippi finished first in the 1500. His time was 4:01.96. Also in the distance run events, Chad Ernst placed third in the 5,000-meter run (15:50.40).

Competing in both hurdle races, Falcon Josh Dietz placed fifth in the 110 (15.66) and 10th in the 400 (1:00.28).

The men's 4x100 and 4x400 meter relay teams produced two third place finishes. They finished the 4x100 in 43.27 and the 4x400 in time of 3:25.31.

On the field, Londe Richardson finished the high jump in ninth at a height of 1.75 meters. Bruce Baillageon took seventh in the pole vault (4.26m) and John Richardson placed 10th in the long jump (6.01m).

Eric Voight and Clint Christy represented the falcons in the discus. They tossed the discus for 10th (37.36) and 11th (36.68) place finishes.

Christy later placed fifth in the javelin throw (46.20m). He was led by teammate Charlie Sowa with a third place finish in a distance of 49.04 meters.

Next up for the Falcons, the women will compete in the Macalester Invitational on Saturday beginning at 10 a.m.

Men, Women Face Challenge at Phil Esten Meet; Reed Sets Record
April 20, 2007
The men's and women's track and field teams competed in the Phil Esten Challenge hosted by La Crosse Friday. The events were held at the Veterans Memorial Field Sports Complex.

The men finished fourth overall with 183 points for two second place finishes. The women earned a third place finish totaling 103.5 points. The La Crosse Eagles dominated the meet with first place finishes on both the men's (257) and women's (210) sides. Following La Crosse, Wartburg placed second among the team standings to total 150 points for two second place finishes.

The men were among the top competitors in the middle and long distance races and select field events.

Nick Zeien and Andrew Reckard ran for a third and fourth place finish in the 800. Zeien topped the clock at 1:59.97 and Reckard finished the race in 2:00.17.

With a time of 9:25.8 in the 3000 meter steeplechase, Jason Phillippi finished second overall in the event.

Chad Ernst and Bobby Hanson ended the meet for the men with strong finishes in the 10,000 meter run. Ernst placed second with a time of 32:43.83 and Hanson finished in a time of 33:46.17 for a fourth place finish.

In the short distance, Falcon Josh Dietz picked up a third place finish in the 110 hurdles (15.61).

Off the track Londe Richardson leaped to a sixth place finish in the long jump (20 11/4) while Joe Wienrich took fourth in the high jump at a height of 5-11 1/2.

Falcon Charlie Sowa led the men in the field with a second place finish in the javelin throw (168-6).

The women preformed to produce several top place finishes in both track and field events.

Jessica Reed set a record for the Falcons. Reed broke her own record in the 100 hurdles finishing in 14.75. She placed first. Her previous record was 14.81 she set in 2006.

Shannon Zweifel aided the Falcons with a first place performance in the 400 hurdles with a time of 63.45. Zweifel earned a provisional qualifying time in that event.

Taking second in the 3000 steeplechase, Amanda Kozicky finished the race in 11:48.16. Teammate Falcon Leah Korf beat out 11 competitors for a seventh place finish in the 1500 in a time of 5:06.05.

In the field Krista Hasselquist, Vicki Cooper and Colleen Kotel represented River Falls as top competitors in their events.

Throwing the shot and discus Cooper won the discus (144-4) and placed fifth in the shot put (41-2 1/4). Hasselquist tossed the shot for a distance of 43-1 and threw the discus for a distance of 134-5 for two second place finishes.
Carrie VanHouten placed third in the pole vault with a leap of 11-1 3/4. She placed third and provisionally qualified in the event for National competition.

Kopel and Cooper both placed well in the javelin with fourth (100-6) and third (117-5) place finishes.

Next for the Falcons, the men will compete at the Macalester Invitational on Wednesday beginning at 4 p.m.

**Falcons Finish Saint John's Decathlon**

**April 16, 2007**

Bruce Baillargeon, John Weisbrod, and Clint Christy finished the Saint John's Decathlon Monday during the second day of events held at Clemens Stadium in Collegeville, Minnesota.

Leading the men upon the completion of the meet, Falcon Bruce Baillargeon finished fifth overall with a total of 5448 points. He started the day with a 12th place finish in the 110 hurdles in a time of 17.59. In field events, Baillargeon threw the javelin for eighth (123-10) and the discus for ninth (93-7). Finishing fifth in the pole vault he vaulted a height of 13-3 ½. Ending the day with the mile run, Baillargeon stopped the clock at 4:55:03 for 10th place.

John Weisbrod earned 4007 total points to complete the meet in 19th place. On the track Weisbrod took 19th in the 110 hurdles (20.08) and 16th in the mile (5:31.52). Throwing the javelin for 110-8 and tossing the discus for 67-7 ½ he produced 12th and 23rd place finishes. For a 17th place finish in the pole vault, Weisbrod vaulted at 10-0.

Not participating in the mile, Clint Christy did not receive an official place finish in the meet. Christy did compete in the discuss to place first with a throw of 118-5 and the javelin to take second with a distance of 149-6. An eighth place finish in the pole vault (12-7 1/2) ended the field competition for Christy. With a time of 16.24 Christy placed fifth in the 110 hurdles.

Falcon Joe Weinrich did not compete in the second day of events. He was in 13th place after the first day of events.

Next for the Falcons is the Phil Esten Challenge at La Crosse beginning at 1 p.m.

**Falcons Compete in Saint John's Decathlon**

**April 16, 2007**

Four members of the men’s track and field team represented the Falcons Sunday in the Saint John’s Decathlon.

Clint Christy, Bruce Baillargeon, Joe Weinrich and John Weisbrod competed among 27 other competitors in the first day of events at Clemens Stadium in Collegeville, Minnesota.

Christy followed John Rasmussen (3596) and Nick Colvin (3494) of MnSU-Mankato after the first five events with 3368 total points. Christy tossed the shot for his highest place of second for a distance of 38-9 1/2. Earning two fourth place finishes, Christy ran the 100 meter in 11.57 and leaped in the long jump for 21-1 1/2. He ended day one with fifth place finishes in the high jump (5-11 1/4) and 400 dash (52.22).

Falcon Bruce Baillargeon followed Christy’s led for a 11th place standing after completing the first day of events with 2819 total points. Baillargeon placed in the top ten in the 100 and 400 dashes placing seventh in the 100 (11.74 ) and eighth in the 400 (52.62). In the field he took 11th in the in the long jump (18-9 3/4), 15th in the shot put (31-11 1/2) and 23rd in the high jump (5-0 1/2).

In 13th place upon the close of day one, Joe Weinrich produced 2767 points. On the track Weinrich finished ninth in the 100 with a time of 11.79 and 19th in the 400 in a time of 56.27. Off the track his efforts gave him a fourth place finish in the pole vault (15-3 1/2) and a 22nd place finish in the long jump (17-3 1/2).

With 2267 total points John Weisbrod stood in 26th going into the second day of events. In the long jump Weisbrod leaped for 17-2 3/4 to finish 26th and in the high jump he took 23rd with a distance of 5-0 1/2. In the shot event Weisbrod finished 28th (24-5 1/2) and running the 110 dash he took 24th (12.47). He ended the day with a 27th place finish in the 400 (59.27).

Next for the Falcons is the second day of the Saint John's Decathlon at the Clemens Stadium in Collegeville beginning at 10 a.m.

**Falcons Compete in Blugold Open**

**April 15, 2007**

Several members of the men's and women's track and field teams participated in the Blugold Open Saturday. The meet hosted by Eau Claire was held at the Simpson Track Complex.

Opening the meet with the women's 10,000 distance run freshman Sandra Kirchner earned a third place finish with a time of 41:33.39.

Also in the distance, Amanda Kozioky placed eighth in the mile (5:03.74) to beat out 20 other competitors.

Jessica Reed and Shannon Zweifel led the women in the hurdle events. Zweifel represented River Falls with a first place time (63.39) in the 400 hurdles and a fourth place finish in the 100 hurdles (16.26). Reed moved up a spot from her prelim finish of third to take second in the 100 hurdles in a speedy time of 14.97.

Running the 800, Leah Korf crossed the line at 2:23.74 for 15th place. Racing against 57 athletes in the 200 Falcon Jessa Graveson produced a 28th place finish in a time of 28.08.

In the field Krista Hasselquist tossed the shot for a first place distance of 45-8 ½. She later went on to place 12th in the hammer throw with a distance of 42.71.

Pole-vaulting for the Falcons, Holly Kromway and Carrier VanHouten finished the meet for the women. Kromway tied for sixth with a vault height of 10-6 while VanHouten shared 12th (10-6) in a tie breaking draw.

For the men, Jason Youngblom earned a top place finish in the 10,000 meter run with a third place finish in 32:54.92. Falcon teammate Bobby Hanson took ninth in the event with a time of 34:33.94.

Leading the men with a first place finish in the 3000 steeplechase, Junior Jason Phillippi stopped the clock at 9:28.15.
Competing in middle distance Falcons Nick Zeien and Andrew Reckard ran solid races in the 800. Zeien finished the event in 11th (1:59.74) and Reckard followed with a time of 2:00.65 for 16th place.

Falcons Rick Stewart and Bryan Woitas placed in the top half of competitors in the 200. Stewart led with a 12th place time of 23.42; Woitas finished closely in a time of 23.52 for 15th.

Off the track, the Falcons represented River Falls in field events.

Charlie Sowa threw the javelin for a second place distance of 169-2. In the hammer, Dustin Joliciur and Anthony Goeltz performed for 13th (139-10) and 18th place (130-4).

In the long jump, Londe Richardson and Rick Stewart ended the meet for the men. Londe leaped for a distance of 20-10 ½ to take seventh followed by Stewart in eighth at a distance of 20-10.

No team scores were kept.

Next for the Falcons is the Saint John's Decathlon at the Clemens Stadium in Collegeville beginning at 1 p.m.

Christy Takes Second, Crandall Fifth at Alabama Relays

March 23, 2007

Clint Christy and Jill Crandall finished the second day of competition in the Alabama Relays Friday in Tuscaloosa. The Falcon seniors competed at the Sam Bailey Track Complex at the University of Alabama.

Christy stood in first place going into the final day of events in the men's decathlon with 3497 points. He finished with a total of 6435 points to earn a second place finish overall.

Starting the day with the 110 hurdles Christy took seventh in a time of 16.30. In the javelin and discuss throws Chrisy threw for a fifth place distance of 158-04 in the javelin and tossed for eighth place in the discuss (98-08). With a vault of 12-03 1/2 Christy finished in eighth place in the pole vault event. He later ended the day with a second place finish in the 1500 in a time of 4:43.07.

Finishing the last three events of the women's heptathlon Crandall finished fifth with 4850 points. She started the day in sixth after the first day of events with 2190 points.

Crandall leaped to a 12th place finish in the long jump at 16-01 3/4. She threw the javelin for 116-07 and earned fifth place. In the last event Crandall participated in the 800, she crossed the line at a time of 2:20.24 for first place.

Ben Haber (unattached) won the men's decathlon with 6905 points. For the women, Ashley Wilhelm of Cincinnati won the heptathlon with 5515 points.

The Falcons will next host the Falcon Invitational April 7th. The meet is scheduled to begin at 8:30 a.m.

Christy, Crandall Compete in Alabama Relays

March 22, 2007

Seniors Clint Christy and Jill Crandall competed in the Alabama Relays at the University of Alabama in Tuscaloosa Thursday. Representing the Falcons Christy and Crandall completed the first day of events in the men's decathlon and women's heptathlon.

Finishing strong Christy earned 3497 points and will go into the second day of events at the top of the men.

Christy placed first in the long jump (22-01.00) and the shot put with a toss of 39-04 1/2. In the 100 dash, Christy stopped the clock at 11.68 for a fifth place finish. A four-way tie for third was the result of Christy's 6 3/4 leap in the high jump. With a time of 51.30 Christy finished second in the 400 to end day one.

Crandall stands in sixth out of 13 places with a total of 2190 points at the end of day one. Ashley Wilhelm of Cincinnati leads the women into the second day of events with 3182 points followed by Cherice Robertson of Vanderbilt with 3087 points.

In the first event, Crandall finished the 100 hurdles in 15.70 for eighth place. Crandall later went on to take fifth in the shot put with a toss of 35-08 1/2, sixth in the 200 dash (26.09) and tied for fourth in the high jump with a leap of 5-4 1/2.

Christy and Crandall will compete in the second day of events Friday at 10 a.m. The events will be held at the Sam Bailey Track Complex at the University of Alabama.

Hasselquist Earns All-American Honors

March 10, 2007

Krista Hasselquist earned NCAA All-American Honors at the National Championships held Saturday in Terre Haute, Ind. Hasselquist finished fifth in the shot put with a throw of 44-8.

On Friday, three Falcons participated in the NCAA Div. III indoor track & field championships Friday at the Rose-Hulman Institute of Technology in Terre Haute, Ind.

Carrie Van Houten, Krista Hasselquist and Jill Crandall represented River Falls in field events.

Crandall tied for ninth in the high jump with a leap of 5-2 1/4 to miss All-American honors by one place. Crandall had the 12th best jump in the nation (5-5 1/4) going into the meet.

Senior Van Houten finished 14th in the pole vault with a jump of 11-1 ½. She qualified for nationals with a season best jump of 11-9 3/4 and that was the 15th best jump in the nation going into the meet.

In the weight throw, Hasselquist threw her best distance of 49-8 1/4. Hasselquist was a member of the second flight during the preliminaries and did not qualify for the finals. Hasselquist qualified in the weight throw with a season best throw of 53-9 1/4.

Hasselquist, VanHouten, Crandall Compete in NCAA Track & Field Championships
Three Falcons participated in the NCAA Div. III indoor track & field championships Friday at the Rose-Hulman Institute of Technology in Terre Haute, Ind.

Carrie Van Houten, Krista Hasselquist and Jill Crandall represented River Falls in field events.

Crandall tied for ninth in the high jump with a leap of 5-2 1/4 to miss All-American honors by one place. Crandall had the 12th best jump in the nation (5-5 1/4) going into the meet.

Senior Van Houten finished 14th in the pole vault with a jump of 11-1 ¼. She qualified for nationals with a season best jump of 11-9 3/4 and that was the 15th best jump in the nation going into the meet.

In the weight throw, Hasselquist threw her best distance of 49-8 1/4. Hasselquist was a member of the second flight during the preliminaries and did not qualify for the finals. Hasselquist qualified in the weight throw with a season best throw of 53-9 1/4.

Hasselquist will compete Saturday in the shot put at noon. She has a season best throw of 44-5 1/4 going into the event. Her distance was the eighth best in the nation going into the championships.

Hasselquist, Van Houten, Crandall Will Compete in NCAA Track & Field Championships

March 5, 2007

Three members of the Falcon women's indoor track & field team will compete in the NCAA Div. III National Meet this weekend in Terre Haute, Ind., at the Rose-Hulman Institute of Technology.

Krista Hasselquist will compete in the shot put and weight throw. The weight throw event prelim and finals start at 3:30 p.m. on Friday. The shot put prelims and finals will start at noon on Saturday. Hasselquist qualified in the weight throw with a season best throw of 53-9 1/4. That is the ninth best throw in the nation. She threw the shot a season best 44-5 1/4 and that is the eighth best effort in the nation this year.

Carrie Van Houten will compete in the pole vault. The prelims and finals will start at noon on Friday. She qualified for nationals with a season best jump of 11-9 3/4 and that is the 15th best jump in the nation this season.

Jill Crandall will compete in the high jump. The event prelims and finals will start at 3:30 p.m. on Friday. Crandall qualified with a season best jump of 5-5 1/4 and that is the 12th best jump in the nation.

Falcons Compete in Indoor Track and Field Last Chance Meet

March 3, 2007

Members of the indoor track and field team competed in the Last Chance Meet Saturday in attempt to qualify for the NCAA Division III Nationals.

The select Falcons traveled to Stevens Point to challenge the national qualifying standards in the Pointer Qualifier.

Performing for the women, Falcon Jessica Reed broke her personal record set earlier this season in the 55-meter hurdles. Reed placed third in a time of 8.45 to beat her previous record of 8.49 seconds. Also breaking a record, the women 4x400 meter relay team finished in 4:00.50 to break the record in that event for the second time this season. The previous record was 4:01.4.

Falcon hurdler Brittany Smith ran her fastest time of the season in the 55 hurdles to place fourth in a time of 8.58. Shannon Zweifel ran a prelim time of 7.89 to qualify for the 55 dash finals. Jumping for the Falcons Jill Crandall placed second (5-03.75) in the high jump. Falcons Carrie Van Houten and Holly Kromray competed in the pole vault. Van Houten shared third place in a tie vaulting at a height of 11-04.50 and Kromray finished fifth in a 9-way tie at a height of 10-10.75.

Jason Phillippi represented the men in the one mile run. Phillippi ran his fastest time (4:17.75) of the season in the one mile to finish second out of thirty-two competitors.

No team scores were kept.

Some Falcons will next compete in the NCAA Divison III Nationals at Terre Haute, Ind., Rose-Hulman Institute of Technology March 9 and 10.

Falcon Women Place Fourth, Men Seventh at WIAC Meet

Feb. 24, 2007

The Falcon women's and men's indoor track and field teams competed in the final day of the WIAC championships at UW-Whitewater on Saturday. The women placed fourth and the men seventh in the final team standings.

Jill Crandall led the women with a first place finish in the pentathlon. She set a school record scoring 3,474 points. The old record was 3,379. Crandall won all but one event; she won the 55 hurdles (8.18), the high jump (5-4 1/2), the shot (36-3), the 800 (2:27.79) and she placed third in the long jump (16-4 1/4). Crandall was named the Field Performer of the Meet. Colleen Kopel placed fifth in the pentathlon. She placed fifth in the 55 hurdles (9.26), fifth in the high jump (4-7), third in the shot (33-3 3/4), sixth in the long jump (15-11) and 13th in the 800 (2:50.84).

The Falcons had three finishers in the top six in the 55 hurdles. Jessica Reed placed second (8.5), Brittany Smith was fifth (8.72) and Crandall was sixth (8.84). Krista Hasselquist (53-9 1/4) placed second and Vicki Copper (49-5 3/4) sixth in the weight throw. Hasselquist set a school record with her effort. The previous record was 52-1 1/4. The Falcon 4x400 relay team of Smith, Shannon Zweifel, Jessa Gravesen and Crandall set a school record and placed fifth (4:01.4). In the pole vault Carrie Van Houten set a school record and finished tied for third with a leap of 11-9 3/4.

Holly Kromray placed sixth in the pole vault with a leap of 11-3 ¼.

Amanda Kozicky finished ninth in the mile (5:12.85) and 13th in the 3,000 (10:45.36) to lead the Falcons. Zweifel was ninth in the 800 (2:29.16) and Smith was ninth in the 200 (26.86).

The Falcons finished fourth in the team standings with 81.5 points. It is the team's best finish in the WIAC indoor meet since the 1999 team placed fourth. La Crosse won the team title with 205 points.

Clint Christy finished second in the heptathlon and set a school record with 4,891 points. The old record was 4,850. He placed third in the 55 hurdles (8.22), eighth in the pole vault (12-3 1/2), third in the 1,000 (2:52.4), 2nd in the 55 (7.85), second in the long jump (22-1 1/2), third in the
shot (41-0 1/4) and second in the high jump (6-3 1/4). Alex Wahlberg placed seventh in the heptathlon. He finished 12th in the 55 (7.07), eighth in the long jump (19-10 1/4), eighth in the shot (3307 1/4), fifth in the high jump (6-0 3/4), 12th in the 55 hurdles (8.8), 10th in the pole vault (11-7 3/4) and sixth in the 1,000 (2:55.75).

Christy also tied for seventh place in the high jump with a leap of 6-0 1/2. Jason Phillippi placed seventh in the mile in 4:18.59. The 4x200 relay team of Rick Stewart, Jordan Hedlund, Reily Yerigan and Bryan Woitas placed eighth in 1:34.02. The Falcon 4x400 relay team of Stewart, Andrew Reckard, Phillippi, and Christy finished eighth in 3:32.45.

Stewart was the top Falcon finisher in the triple jump (40-8 3/4). The men placed seventh with 27.5 points. La Crosse won the team title with 171 followed by Whitewater with 110.

Some Falcons will next compete in a Last Chance meet at Whitewater on Saturday.

Falcons Compete at WIAC Meet

Feb. 23, 2007

The Falcon men's and women's indoor track & field teams competed in the first day of the WIAC Championships at UW-Whitewater on Friday.

Clint Christy led the men with a second place finish in the long jump. He set a school record with a leap of 22-10 1/2. He broke his own record by four inches. Riley Yerigan finished in a tie for seventh place in the pole vault with a leap of 13-10. The Falcon distance medley relay team of Scott Degner, Rick Stewart, Andrew Reckard and Jason Phillippi finished sixth in 10:24.62. Bryan Woitas was the top Falcon in the 55 trials finishing in 6.75. Chad Ernst led UWRF in the 5,000 with a time of 15:36.84. In the 55 hurdles, Josh Dietz led the Falcons with a time of 8.25. Eric Voight threw the shot 40-9 1/2. Woitas, Ernst, Voight and Dietz did not qualify for the finals in their events.

Christy performed well in the shot put. The participants finished four events. Christy placed second in the long jump (22-1 1/2), he tied for second in the high jump (6-3 1/4), he placed third in the shot (41-0 1/4) and placed second in the 55 (6.8.) He will compete in the 55 hurdles, pole vault and 1,000 on Saturday.

UWRF was in seventh place after the first day with 12 points. La Crosse led with 62 points.

For the women, the Falcon distance medley relay team of Leah Korf, Shannon Zweifel, Jill Crandall and Amanda Kozicky finished first and demolished the school record. They finished in 12:31.14. The old UWRF record was 12:45.36. Crandall placed second in the high jump with a 5-3 3/4 effort. Krista Hasselquist finished second in the shot with a 42-7 1/2 effort and Vicki Cooper placed sixth with a toss of 40-10 1/4.

Three Falcons qualified for the finals in the 55 hurdles. Jessica Reed placed third (8.5), Britanny Smith finished fourth (8.66) and Crandall finished sixth (8.77) in the trials. Smith also qualified for the finals in the 200 with a time of 26.56. Zweifel qualified for the finals of the 800 finishing in 2:20.83 in the trials.

Carrie Van Houten led the Falcons in the 55 finishing in 7.84. Smith was the top Falcon in the long jump with a leap of 16-11 1/4.

The Falcons were in third place in the team standings with 29 points. La Crosse was in first with 69 points.

The Falcons will next compete in the second day of the WIAC Championships on Saturday at UW-Whitewater.

Women Compete at Minnesota Open

Feb. 17, 2007

The Falcon women’s indoor track & field team competed at the University of Minnesota Open on Saturday. No team scores were kept.

Jill Crandall placed the women with a second place finish in the high jump with a leap of 5-4 1/4. Amanda Kozicky placed fourth in the mile in 5:12.05 and Jessica Reed finished fifth in the 60-meter hurdles in 9.06. Shannon Zweifel placed sixth in the 800 in 2:23.21. Megan Rasmussen placed seventh in the 400 in 63.6 while Sandra Kirchner placed eighth in the 5,000 in 20:02.64. Vicki Cooper finished ninth in the shot put with a toss of 39-10 1/2 and Krista Hasselquist finished 10th in the weight throw with a 45-11 3/4 effort. Carrie Van Houten placed 10th in the pole vault with a leap of 10-10. In the long jump Colleen Kopel led the Falcons with a leap of 14-11 1/4 and she had the best time for the Falcons in the 200 - 28.72. Lauren Bessen led the team in the 600 with a time of 1:51.78 and Kali Meurer led the team in the 60 with a time of 8.65.

Track & field athletes from Div. I, II and III competed in the open meet.

The Falcon women's and men's teams will next compete in the WIAC Championships on Friday and Saturday at UW-Whitewater.

Men Compete at Minnesota Shoeshoe Open

Feb. 16, 2007

The Falcon men's indoor track & field team competed at the University of Minnesota Snowshoe Open on Friday. No team scores were kept.

Clint Christy had the highest finish for the Falcons - he placed fifth in the long jump with a leap of 21-8 3/4. Bryan Woitas was the top Falcon finisher in the 60-meter dash in 7.29 and in the 200 in 23.76. He finished 17th in the 200. Nate McConnell placed 21st in the 400 in 54.8. Jason Phillippi ran a 1:58.55 in the 800 to lead UWRF. He placed 12th overall. Dusty Pfundheller finished 17th in the mile in 4:42.4 and Chad Ernst was 21st in the 3,000 in 9:07.93. Josh Dietz was the top Falcon in the 60-meter hurdles finishing in 9.01. Eric Voight threw the shot 41-1 and Dustin Jolicoeur threw the weight 43-2 1/2.

Track & field athletes from Div. I, II and III competed in the open meet.

The Falcon women's team will compete at a University of Minnesota meet on Saturday.

Falcons Compete in Coca Cola Classic - Records Set

Feb. 10, 2007

The Falcon men’s and women’s indoor track & field teams hosted the Coca Cola Classic on Saturday and several school records were set.

For the women Jessica Reed set a record in the 55 hurdles in 8.49. In the pole vault Holly Kromray and Carrie Van Houten set a record with leaps of 11-2 1/4. Jessica Graveson placed fourth in the 200 in 28.15 and Shannon Zweifel placed second in the 800 in 2:23.77. Amandy Kozicky won...
the mile run in 5:25.3. Krista Hasselquist won the shot put with a toss of 44-5 1/4 and the weight throw with a 50-10 3/4 effort. Jill Crandall won the pentathlon with 3,369 points.

Andrew Reckhard placed second in the 800 in 2:01.28 and Tony Casi was third in 2:02.4. Jason Phillippi won the mile in 4:20.5 and Scott Degner was fourth in 4:25.86. Chad Ernst won the 5,000 in 15:37.12 and JD Rojas was second in 15:39.85. Josh Dietz placed fourth in the 55 hurdles in 8.25 and Dustin Jolicoeur was third in the weight throw with a 42-8 3/4 effort.

No team scores were kept.

The Falcon men's team will compete at a University of Minnesota meet on Friday and the women will compete at a University of Minnesota meet on Saturday.

Falcons Compete at MSU-Mankato Open
Feb. 3, 2007
The Falcon men's and women's indoor track & field teams competed in the MSU-Mankato Open on Saturday in Mankato, Minn.

For the women Shannon Zweifel placed third in the 500 in 1:19.73. Jessica Reed also placed third in the 60 hurdles in 9.22. Krista Hasselquist threw the shot 43-3 ¾ to place third and she placed fourth in the weight throw with a 46-11 effort. Kim Altenhofen finished sixth in the shot with a toss of 40-4. Holly Kromray finished fifth in the pole vault and Carrie VanHouten placed sixth. Both leaped 10-9. Amanda Kozicky finished sixth in the 3,000 in 10:45.36.

For the men, Clint Christy finished second in the pentathlon scoring 3,400 points and Alex Wahlberg was sixth with 2,879 points. Jason Phillippi placed fourth in the mile with a time of 4:21.64. In the 3,000 Chad Ernst placed second in 9:00.33, JD Rojas fourth in 9:09.9 and Andrew Reckard was sixth in 9:40.81. Jeremy Olson finished seventh in the 5,000 in 16:03.94.

No team scores were kept.

The Falcons will host the Coca Cola Classic on Friday and Saturday at the Knowles Building.

Falcons Open Season at Stout Open
Jan. 27, 2007
The Falcon men's and women's track & field teams opened their season at the Stout Open on Saturday in Menomonie.

Four Falcon women earned first place finishes. Krista Hasselquist won the shot put with a toss of 41-10 1/2, Jill Crandall won the high jump with a leap of 5-11 1/4, Holly Kromray won the pole vault with a leap of 11-1 3/4 and Amanda Kozicky won the 3,000 in 10:59.49. Three women placed second - Hasselquist placed in the weight throw with a toss of 46-9, Maria Michaud in the 5,000 in 19:00.29 and Molly Larson in the 800 in 2:34.52.

Jason Phillippi led the Falcon men with a second place finish in the 3,000 in 8:56.79. Three tied for third place in the high jump - Alex Wahlberg, Charlie Sowa and Joe Wienrich with leaps of 5-11 1/4.

No team scores were kept.

The Falcons will next compete at the MSU-Mankato Invitational on Saturday. Competition starts at 10 a.m.

Hasselquist Qualifies for NCAA Div. III National Meet
Jan. 23, 2007
Falcon Krista Hasselquist qualified for the NCAA Div. Ill National indoor track & field championships by throwing the shot 43-8 at the Jack Johnson Classic Invitational at the University of Minnesota on Saturday.

She placed fifth overall in the event that feature throwers from Div. I and Div. II institutions. She was the only Div. Ill athlete to compete in the shot put event. The qualifying standard is 41-10. The NCAA Meet will be March 9-10 at Rose-Hulman Institute of Technology in Terre Haute, Ind.

Martha Brennan - Men's, Women's Track & Field Coach
Nov. 29, 2006
Martha Brennan is in her third season as the head men's and women's track and field coach at UW-River Falls.

Since her arrival, both programs have shown many improvements from points scored at the conference meet to national qualifiers. She looks forward to continued improvements and success for both programs in the up-coming season.

In addition to her coaching responsibilities, she teaches in the UWRF health & human performance department. Some of the classes she teaches are exercise leadership, physical activity behavior, track coaching and individual sport.

Prior to her arrival at UW-River Falls, Brennan worked as an assistant track & field coach at Texas A&M. She coached men and women in the heptathlon, decathlon and pole vault. She had several NCAA qualifiers and coached the Big XII Conference women's pole vault champion in 2002. She also served as the camp director and the high school coaches' clinic director.

Before going to Texas A&M, she coached at the University of Iowa and at Louisiana State University as a graduate assistant. At Iowa she was responsible for the women jumpers, throwers and multi-event athletes. She also coached a women's 400-meter hurdler All-American. She also was the team's strength and conditioning coordinator. At LSU she worked in the athletic
department compliance and marketing departments and with the senior women's administrator. She also assisted with ticket office and event management operations.

In 1997 Brennan was a member of the USA National track & field team and competed in the Olympic Trials in 1996 as a heptathlete. She was a member of the 1994 and 1995 NCAA National Championship winning teams at LSU. She was a five-time All-American while competing at the University of South Dakota (1991-93).

She earned her undergraduate degree in mathematics from LSU in 1995, her master's degree in educational administration in 1996 from LSU and her Ph.D from Texas A&M in educational administration (higher education). She holds USA Track & Field Level I and Level II certification in the jumps.

Her husband's name is Bob, who works at 3M in medical microbiology. They have three children; Grace (8) and Eve (5) and Ivy (2).

Jan. 10, 2007

Assistant Coaches

Keven Syverson has coached the men’s and women’s middle distance and distance runners at UWRF since 2003. Keven's coaching experience also includes coaching the men's and women's distance runners at UWRF in 1995.

He was also an assistant with the 1995 UW-La Crosse men's cross country and 1996 men’s indoor track & field teams. Syverson also assisted with the cross country team at Hastings High School in 1994. He is USATF Level I certified.

Syverson’s athletes earned championship honors in the distance medley relay at the 2006 indoor WIAC meet also earning a provisional time for the national meet. Syverson's athletes have set two UWRF records for men and have set seven school records on the women’s side.

Syverson competed for the Falcon cross country and track & field teams from 1990-1994. He was a three year captain in both cross country and track & field and was the Most Valuable Runner in 1991 and 1992 with the cross country team. He was the track & field team’s Most Valuable Runner in 1992. He was a two-time 4x400 meter Div. III All-American in track & field. Syverson was a five time Wisconsin State University Conference (WSUC) champion in track & field. He was also the first WSUC athlete to win all three indoor sprint distance events during his career at the conference meet (600, 800, & 1000). He also won outdoor titles in the 800 meters and 1600 meter relay. He still holds six Falcon records. Syverson inducted into the UWRF Athletic Hall of Fame in 2005. Syverson also competed with a German running club when he was a soldier stationed in Germany in the late 1980’s. He also lived in Portland, Ore., and had the opportunity to run with and meet several national caliber master’s level runners.

Syverson graduated from UWRF in 1994 with a B.S. in German and received his masters of public health degree from UW-La Crosse in 1997. He is currently the Health Education Coordinator with UWRF Student Health Services. He lives in River Falls with his wife Jennifer and three children, Alaina, Jared and Erin.

Torrion Amie is in his ninth season as the Falcons jump coach and this year will also coach the male sprinters. He has coached many conference champions, national qualifiers and several All-Americans including school record holders in the high jump, long jump and the heptathlon.

He is the assistant camp director for the Falcon Track & Field summer camps. He was the head recruiter for the Falcon cross country team from 2001-05. He holds a USA Track and Field Level I certification. Amie also helped coach jumps at Burnsville High School in the 1992 and 1993 seasons.

In addition to his coaching responsibilities, he is the Upward Bound Coordinator at UW-River Falls, partnering with Arlington High School in St. Paul, Minnesota. Some of Amie’s duties include assisting inner city young adults in tutoring, passing Minnesota standards tests, exposing students to cultural field trips and leadership conferences and college visits.

From 1998 to 2006 Amie was an ad hoc teacher at the University in the department of health & human performance, teaching physical education and dance classes. Since 1997 he has choreographed for the campus dance theatre program. Since 2000, he has been the advisor to the UWRF dance team. Amie runs dance clinics all over the nation and internationally in Japan.

He is the director of operations and head strength coordinator at Blue Chip Sports Academy, a multi-sport training facility located in Burnsville, Minn. He was a fitness trainer at the Minnesota Valley YMCA in Burnsville from 1997 to 2003. In addition to track & field, Amie also has trained collegiate Div. I, II & III athletes in baseball, softball, volleyball and football.

Amie received his masters of education degree in kinesiology, with an emphasis in sports management, from the University of Minnesota. He holds a bachelor of arts degree in music and a minor in dance from UW-River Falls.

Other Coaching Staff