## 1997 Women's Track Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr</th>
<th>Hometown (High School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christy Brewer</td>
<td>Fr</td>
<td>Weyauwega, Wis.</td>
</tr>
<tr>
<td>Val Collins</td>
<td>Sr</td>
<td>Lakeland, Minn. (Stillwater)</td>
</tr>
<tr>
<td>Laura Erickson</td>
<td>Jr</td>
<td>Webster, Wis.</td>
</tr>
<tr>
<td>Sarah Ewert</td>
<td>Fr</td>
<td>Stewart, Minn. (McLeod West)</td>
</tr>
<tr>
<td>Ruth Fagerland</td>
<td>So</td>
<td>River Falls, Wis.</td>
</tr>
<tr>
<td>Ryan Fagerland</td>
<td>So</td>
<td>River Falls, Wis.</td>
</tr>
<tr>
<td>Becky Gardner</td>
<td>So</td>
<td>Randolph, Minn.</td>
</tr>
<tr>
<td>Jody Geisler</td>
<td>Jr</td>
<td>Webster, Wis.</td>
</tr>
<tr>
<td>Cherish Hudalla</td>
<td>Sr</td>
<td>Cottage Grove, Minn. (Park)</td>
</tr>
<tr>
<td>Tiffany Kelly</td>
<td>So</td>
<td>Inver Grove Heights, Minn. (Simley)</td>
</tr>
<tr>
<td>Jennifer Kendall</td>
<td>So</td>
<td>Shoreview, Minn. (Mounds View)</td>
</tr>
<tr>
<td>Cathy Kindem</td>
<td>Fr</td>
<td>Mankato, Minn. (West)</td>
</tr>
<tr>
<td>Stacie Larson</td>
<td>Fr</td>
<td>Milwaukee, Wis. (Vincent)</td>
</tr>
<tr>
<td>Joleen Lauzen</td>
<td>Jr</td>
<td>Zimmerman, Minn. (Elk River)</td>
</tr>
<tr>
<td>Brandi Long</td>
<td>Fr</td>
<td>Somerset, Wis.</td>
</tr>
<tr>
<td>Colleen McNamara</td>
<td>Sr</td>
<td>Somerset, Wis.</td>
</tr>
<tr>
<td>Margaret Minke</td>
<td>Sr</td>
<td>North St. Paul, Minn.</td>
</tr>
<tr>
<td>Lisa Moore</td>
<td>So</td>
<td>Alma Center, Wis.</td>
</tr>
<tr>
<td>Andrew Mueller</td>
<td>So</td>
<td>Edgar, Wis.</td>
</tr>
<tr>
<td>Jody Myhre</td>
<td>Jr</td>
<td>Osseo, Wis. (Osseo-Fairchild)</td>
</tr>
<tr>
<td>Natasha Otterness</td>
<td>So</td>
<td>Elk River, Minn.</td>
</tr>
<tr>
<td>Wendy Papendieck</td>
<td>Jr</td>
<td>Sheboygan, Wis. (North)</td>
</tr>
<tr>
<td>Sarah Peterson</td>
<td>Jr</td>
<td>Catalba, Wis.</td>
</tr>
<tr>
<td>Vickie Pondell</td>
<td>Sr</td>
<td>Barron, Wis.</td>
</tr>
<tr>
<td>Sarah Reber</td>
<td>Fr</td>
<td>Eau Claire, Wis. (North)</td>
</tr>
<tr>
<td>Renee Silvis</td>
<td>Fr</td>
<td>Inver Grove Heights, Minn. (Simley)</td>
</tr>
<tr>
<td>Kelly Soczka</td>
<td>So</td>
<td>Edgar, Wis.</td>
</tr>
<tr>
<td>Kara Stein</td>
<td>Fr</td>
<td>Mahtomedi, Minn. (White Bear Lake)</td>
</tr>
<tr>
<td>Lara Tessmer</td>
<td>Fr</td>
<td>Loretto, Minn. (Buffalo)</td>
</tr>
<tr>
<td>Suzanne Vasquez</td>
<td>Fr</td>
<td>Spring Valley, Wis.</td>
</tr>
<tr>
<td>Stacey White</td>
<td>Sr</td>
<td>Monticello, Minn.</td>
</tr>
</tbody>
</table>

**Head Coach:** Kristi Kropp-Wagner  
**Assistant Coaches:** Deb Allyn (jumps, javelin), Ward Berndt (distance), Gordy Lenneman (mid-distance), Darren Peterson (throws), Donnie Toews (pole vault)
1997 Falcon Schedule/Results

- **2/1/97 Coca Cola Classic**
  St. Benedict 157, River Falls 147, Carleton 135, Macalester 41, Hamline 35, Augsburg 18

- **2/8/97 East Bay Invitational**
  Oshkosh 177.5, Lewis 153, Stevens Point 92, Eau Claire 60.5, River Falls 57.5, Stout 46, Monmouth 44, Whitewater 39, Carthage 35.5, Macalester 20, Carroll 17, Platteville 14, Ripon 4, Parkside 2

- **2/14/97 Bowlus Invitational**
  Eau Claire 181, Um-Duluth 142, River Falls 124, Stout 94, Superior 11

- **2/21/97 Falcon Open**
  Eau Claire 181, Um-Duluth 142, River Falls 124, Stout 94, Superior 11

- **2/28 - 3/1/97 WWIAC Indoor Championships**
  La Crosse 181, Oshkosh 144, Eau Claire 71, Stevens Point 48, Platteville 44, Whitewater 38.5, Stout 38, River Falls 37.5, Superior 18

- **4/5/97 Carleton Invitational**

- **4/12/97 Hamline Invitational**
  team scores not available

- **4/19/97 St. Olaf Invitational**
  St. Thomas 111.5, St. Cloud 97, Luther 89, Gustavus Adolphus 82, Wartburg 56, Um-Duluth 51, St. Olaf 44, River Falls 38.5, St. Benedict 38, Hamline 32, Minnesota 29, Stout 29, Carleton 29, Augsburg 28, Macalester 16, Martin Luther 15, Superior 10, Northwestern 8, Northern Iowa 4, St. Mary’s 3, Bethel 2, St. Catherine 1, Mankato 0, Concordia-St. Paul 0

- **4/26/97 Macalester Open**
  St. Thomas 130, Concordia-Moorhead 113, Gustavus Adolphus 96, River Falls 88, St. Olaf 81, Macalester 71, St. Benedict 65, Carleton 51, Bethel 38, Minnesota 26, St. Catherine 15, Hamline 15, Concordia-St. Paul 8

- **5/2-3/97 WWIAC Outdoor Championships**
  Oshkosh 241, La Crosse 200, Stevens Point 100, River Falls 73, Eau Claire 69, Stout 68, Whitewater 51, Platteville 35, Superior 20

- **5/21-24/97 NCAA Championships**
  The Falcons scored one point and placed in a tie for 64th place.
## 1999 Women's Track Roster

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<tr>
<td>Felice Birmingham</td>
<td>5-9</td>
<td>Fr</td>
<td>Fish Creek, Wis. (Gibraltar)</td>
</tr>
<tr>
<td>Kyrstin Bodenburg</td>
<td>5-5</td>
<td>Fr</td>
<td>Elk Mound, Wis.</td>
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<tr>
<td>Katie Checkalski</td>
<td>5-9</td>
<td>So</td>
<td>Weyerhaeuser, Wis.</td>
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<tr>
<td>Meghan Claussen</td>
<td>5-7</td>
<td>Fr</td>
<td>Lino Lakes, Minn. (Centenial)</td>
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<tr>
<td>Ruth Fagerland (capt)</td>
<td>5-9</td>
<td>Jr</td>
<td>Ellsworth, Wis.</td>
</tr>
<tr>
<td>Ryan Fagerland (capt)</td>
<td>5-9</td>
<td>Jr</td>
<td>Ellsworth, Wis.</td>
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<tr>
<td>Brenna Hogan</td>
<td>5-8</td>
<td>Fr</td>
<td>Chisago Lakes, Minn.</td>
</tr>
<tr>
<td>Tiffany Kelly</td>
<td>5-6</td>
<td>Jr</td>
<td>Inver Grove Hgts, Minn. (Simley)</td>
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<tr>
<td>Jenny Kendall</td>
<td>5-5</td>
<td>So</td>
<td>Mounds View, Minn.</td>
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<tr>
<td>Cathy Kindem</td>
<td>5-5</td>
<td>So</td>
<td>Mankato, Minn. (West)</td>
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<tr>
<td>Kady Kleven</td>
<td>5-9</td>
<td>Fr</td>
<td>River Falls, Wis.</td>
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<tr>
<td>Jill Laber</td>
<td>5-4</td>
<td>Fr</td>
<td>White Bear Lake, Minn.</td>
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<tr>
<td>Jamie Leger</td>
<td>5-4</td>
<td>Fr</td>
<td>Oak Grove, Minn. (St. Francis)</td>
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<tr>
<td>Brandi Long</td>
<td>5-6</td>
<td>So</td>
<td>Somerset, Wis.</td>
</tr>
<tr>
<td>Heather McElrath</td>
<td>5-6</td>
<td>Fr</td>
<td>Scandia, Minn. (Chisago Lakes)</td>
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<tr>
<td>Amanda McKahan</td>
<td>5-6</td>
<td>Jr</td>
<td>River Falls, Wis.</td>
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<tr>
<td>Colleen McNamara (capt)</td>
<td>5-6</td>
<td>Sr</td>
<td>Somerset, Wis.</td>
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<tr>
<td>Margaret Minke</td>
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<td>No. St. Paul, Minn.</td>
</tr>
<tr>
<td>Lisa Moore (capt)</td>
<td>5-6</td>
<td>Jr</td>
<td>Alma Center, Wis. (Lincoln)</td>
</tr>
<tr>
<td>Andrea Mueller</td>
<td>5-5</td>
<td>Jr</td>
<td>Edgar, Wis.</td>
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<td>Jody Myhre</td>
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<td>Sr</td>
<td>Augusta, Wis. (Osseo-Fairchild)</td>
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<td>Hope Onken</td>
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<td>Sr</td>
<td>Slayton, Minn. (Murray)</td>
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<td>Natasha Otterness</td>
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<td>Jr</td>
<td>Elk River, Minn.</td>
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<tr>
<td>Emily Peterson</td>
<td>5-8</td>
<td>Fr</td>
<td>LeSueur, Minn. (LeSueur-Henderson)</td>
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<td>Sarah Peterson</td>
<td>5-8</td>
<td>Sr</td>
<td>Catawba, Wis. (Phillips)</td>
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<td>Nicole Pronschinske</td>
<td>5-9</td>
<td>Fr</td>
<td>Blair, Wis. (Arcadia)</td>
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<tr>
<td>Akilah Rainford</td>
<td>5-5</td>
<td>Fr</td>
<td>New York, N.Y. (Bishop McDevitt)</td>
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<tr>
<td>Shana Rego</td>
<td>5-3</td>
<td>Fr</td>
<td>Richland Center, Wis.</td>
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<tr>
<td>Renee Silvis</td>
<td>5-6</td>
<td>So</td>
<td>Inver Grove Heights, Minn (Simley)</td>
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<tr>
<td>Jackie Skjegstad</td>
<td>5-6</td>
<td>So</td>
<td>White Bear Lake, Minn.</td>
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<td>Kelly Soczka</td>
<td>5-6</td>
<td>Jr</td>
<td>Edgar, Wis.</td>
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<tr>
<td>Amanda Stein</td>
<td>5-3</td>
<td>Fr</td>
<td>Polaski, Wis.</td>
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<td>Kristen Tetzner</td>
<td>5-2</td>
<td>Fr</td>
<td>Washburn, Wis.</td>
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<td>Meghan Thieke</td>
<td>5-7</td>
<td>Fr</td>
<td>Chatfield, Minn.</td>
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<td>Heather Thompson</td>
<td>5-4</td>
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<td>Buffalo, Minn.</td>
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<td>Lisa Traxler</td>
<td>5-6</td>
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<td>Menomonie, Wis.</td>
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<tr>
<td>Hillary Welbes</td>
<td>5-0</td>
<td>Fr</td>
<td>Tripoli, Wis. (Tomahawk)</td>
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<tr>
<td>Stacey White</td>
<td>5-10</td>
<td>Sr</td>
<td>Monticello, Minn.</td>
</tr>
</tbody>
</table>

**Head Coach:** Kristi Wagner  
**Assistant Coaches:** Deb Allyn (jumps, javelin), Ward Berndt (distance), Darren Peterson (throws)
1999 Falcon Schedule/Results

Jan. 15 Falcon Early Bird
Jan. 23 Stout
  
- La Crosse 239, River Falls 128, Carleton 72, St. Benedict 53.5, Minnesota 48, Eau Claire 43.5, St. Olaf 41.50, Macalester 40, Stout 38.5, Hamline 15, St. Mary's 14.

Jan. 30 URF Coca Cola Classic
  
- River Falls 260, Carleton 178, St. Olaf 118, St. Catherine 51

Feb. 5-6 at Eastbay Invitational
  

Feb. 12 Bowlsus Invitational
  
- River Falls 166, Stout 129.5, UM-Duluth 126.5, Eau Claire, 106, Winona 79, Superior 31, Concordia, 31, Augsburg 30, St. Mary's 30

Feb. 19 Falcon Open
  
- River Falls 182, Stout 86, Carleton 82, Macalester 80, Bethel 74, Winona 46

Feb. 26 Stout
  
- River Falls 178, Gustavus Adolphus 134, St. Olaf 132, Stout 119, Augsburg 41, Carroll 34, Superior 22, Hamline 19, St. Cathrines 18, St. Thomas 4

March 5-6 WIAC Indoor Championships (at Stevens Point)
  
- Oshkosh 236.50, La Crosse 210, Whitewater 84, River Falls 80, Stevens Point 68, Platteville 61, Stout 50, Eau Claire 22.50, Superior 6

March 12-13 NCAA Div. III Indoor Championships (at Ohio Northern)
  
- The Falcons placed ninth with 11 points

April 2 Stout Invitational
  
- Duluth 154, St. Cloud 136.5, River Falls 115, Stout 108.5, Eau Claire 95, St. Thomas 69, Superior 26, Hamline 13, Northwestern Track Club 13, Platteville 10, Mt.Senario 7

April 9-10 URF Invitational
  
- River Falls 232.5, Eau Claire 156.5, St. Catherine 84, Superior 69, Mt. Senario 15

April 17 at St. Olaf Classic
  
- Minnesota 103, Gustavus Adolphus 89, UM-Duluth 70, St. Olaf 68, River Falls 66.5, St. Cloud 55, St. Thomas 54, Luther 50, Concordia-Moorhead 47, Carleton 34, Mankato 32, Macalester 29, St. Benedict 28, Stout 23, Bethel 21, St. Catherine 14, Superior 8, Eau Claire 7.5, Hamline 7, Milwaukee School of Engineering 5, St. Mary's 4, Martin Luther 4

April 24 at Macalester Invitational
  
- St. Benedict 120, Concordia-Moorhead 119.5, River Falls 108, St. Olaf 98, St. Thomas 71, Macalester 68, Carleton 68, Minnesota 56, Bethel 43.5, St. Catherine 41, Hamline 10

April 30 - May 1 WIAC Meet (at River Falls)
  
- La Crosse 262, Oshkosh 165, Whitewater 134, River Falls 128, Stevens Point 70, Stout 59, Platteville 50, Eau Claire 19, Superior 10

May 20-22 NCAA Div. III Championships (at Baldwin-Wallace, Ohio)
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<td>So</td>
<td>Fish Creek, Wis. (Gibraltar)</td>
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<tr>
<td>Kyrstin Bodenburg</td>
<td>5-5 1/2</td>
<td>So</td>
<td>Elk Mound, Wis.</td>
</tr>
<tr>
<td>Katie Checkalski</td>
<td>5-8</td>
<td>Jr</td>
<td>Weyerhaeuster, Wis. (Frederick Weyerhaeuser)</td>
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<tr>
<td>Stacy Churchill</td>
<td>5-6</td>
<td>Fr</td>
<td>Plum City, Wis.</td>
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<tr>
<td>Courtney Eggum</td>
<td>5-7</td>
<td>Fr</td>
<td>Cannon Falls, Minn.</td>
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<tr>
<td>Michelle Ensch</td>
<td>5-9</td>
<td>Fr</td>
<td>Shullsburg, Wis.</td>
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<tr>
<td>Brenna Hogan</td>
<td>5-8</td>
<td>So</td>
<td>Lindstrom, Minn. (Chisago Lakes)</td>
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<tr>
<td>Brooke Hufle</td>
<td>5-1</td>
<td>Fr</td>
<td>Elmwood, Wis.</td>
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<tr>
<td>Jess Hurtz</td>
<td>5-10</td>
<td>So</td>
<td>Cashton, Wis.</td>
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<tr>
<td>Tiffany Kelly</td>
<td>5-6</td>
<td>Sr</td>
<td>Inver Grove Heights, Minn. (Simley)</td>
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<tr>
<td>Jenny Kendall</td>
<td>5-5</td>
<td>Jr</td>
<td>Shoreview, Minn. (Mounds View)</td>
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<tr>
<td>Cathy Kindem</td>
<td>5-5</td>
<td>Jr</td>
<td>Mankato, Minn. (Mankato West)</td>
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<tr>
<td>Kady Kleven</td>
<td>5-11</td>
<td>So</td>
<td>River Falls, Wis.</td>
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<tr>
<td>Janelle Kreitinger</td>
<td>5-6</td>
<td>Fr</td>
<td>Sun Prairie, Wis.</td>
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<td>Candace Kroells</td>
<td>5-7</td>
<td>Fr</td>
<td>Comstock, Wis. (Cumberland)</td>
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<td>Jamie Leger</td>
<td>5-4</td>
<td>So</td>
<td>Oak Grove, Minn. (St. Francis)</td>
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<td>Brandi Long</td>
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<tr>
<td>Natasha Otterness</td>
<td>5-9</td>
<td>Sr</td>
<td>Elk River, Minn.</td>
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<tr>
<td>Carrie Paetow</td>
<td>5-10</td>
<td>Fr</td>
<td>Waverly, Minn. (Howard Lake-Waverly-Winsted)</td>
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<tr>
<td>Lisa Plekkenpol</td>
<td>5-4</td>
<td>Fr</td>
<td>Shakopee, Minn.</td>
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<td>Kelly Predmore</td>
<td>5-6</td>
<td>Fr</td>
<td>Stewartville, Minn.</td>
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<td>Nicole Pronschinske</td>
<td>5-9</td>
<td>So</td>
<td>Arcadia, Wis.</td>
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<tr>
<td>Regina Schindel</td>
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<td>Fr</td>
<td>Oak Creek, Wis.</td>
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<tr>
<td>Val Skorjanec</td>
<td>5-8</td>
<td>Fr</td>
<td>Gilbert, Minn. (Mesabi East)</td>
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<tr>
<td>Renee Silvis</td>
<td>5-5</td>
<td>Jr</td>
<td>Inver Grove Heights, Minn. (Simley)</td>
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<tr>
<td>Kelly Soczka</td>
<td>5-6</td>
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<td>Edgar, Wis.</td>
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<td>Sarah Thull</td>
<td>5-9</td>
<td>So</td>
<td>Weyerhaeuser, Wis.</td>
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<tr>
<td>Lisa Traxler</td>
<td>5-6</td>
<td>Fr</td>
<td>Menomonie, Wis.</td>
</tr>
</tbody>
</table>

**Head Coach:** Kristi Wagner  
**Assistant Coaches:** Ward Berndt, Lynn Krentz, Deb Allyn, Carmen Pata, Grant Weir, Sarah Peterson, Jerrod Perkins, Torrian Amie.
2000 Falcon Schedule/Results

Indoor

Jan. 14 Early Bird Invitational - St. Thomas 122, Carleton 98, River Falls 94, St. Olaf 76, St. Benedict 73, Stevens Point 59, Eau Claire 28

Jan. 22 at Eau Claire Invitational - River Falls 139.5, Eau Claire 101, Stout 85.5

Jan. 29 Coca Cola Classic - Carleton 196, River Falls 173, St. Olaf 117, Stout 78, Bethel 27, St. Catherine 11

Feb. 4-5 Eastbay Invitational - UM-Duluth 153, Carthage 127, Stevens Point 95, Whitewater 94, Eau Claire 64, River Falls 51.5, Platteville 39.5, Winona 31, Hamline 27, Stout 25, Chicago 21, St. Norbert 15, Lewis 9 and Ripon 3

Feb. 11 Bowlus Invitational - St. Thomas 116, UM-Duluth 104.5, River Falls 80, Gustavus Adolphus 60, Mankato 44, Carroll 39, Stout 37.5 Eau Claire 36, Bethel 32, Macalester 29, Winona 20, Concordia-St. Paul 19, Augsburg 14, Carleton 6, Superior 5, St. Cathries 5, Platteville 5, St. Mary's 5, North Central 3, River Falls TC 2

Feb. 18 Falcon Open - River Falls 194.5, St. Benedict 177.5, Eau Claire 132, Winona 92, Stout 89

Feb. 26 at St. Olaf Invitational

March 3-4 at WIAC Meet - La Crosse 226.5, Oshkosh 177.5, Whitewater 98.5, Stevens Point 70, River Falls 39, Eau Claire 35, Platteville 34, Stout 18.5, Superior 3

March 10-11 at NCAA Div. III Nationals - The Falcons scored two points.

Outdoor

April 1 at Stout Invitational - Moorhead State 109.5, Eau Claire 106, Minnesota State 100, St. Cloud 82, Stout 67.5, River Falls 63, Hamline 62, UM-Duluth 42, Superior 42, St. Mary's 36, Winona 34, Concordia-St. Paul 32, Northwestern 6, St. Thomas 6, Augsburg 3

April 8 River Falls Invitational - River Falls 196.5, Eau Claire 182, Bethel 85, Concordia-St. Paul 57, Superior 50.5, Augsburg 42, St. Mary's 40, Northwestern 30, North Central 7

April 15 St. Olaf Classic - St. Thomas 124, Minnesota State 103, St. Olaf 92, Macalester 83.5, Eau Claire 81.5, River Falls 76, Gustavus Adolphus 67, Carleton 60, Stout 18, St. Mary's 16, Superior 15, Augsburg 14, St. Catherine 8, Concordia-Moorhead 7

April 21 Eau Claire Invitational - St. Cloud 110.3, Minnesota 88, UM-Duluth 82, Macalester 78, Gustavus Adolphus 74.3, Eau Claire 71, River Falls 57, St. Olaf 56.3, Stout 34, Hamline 32, Bethel 23, St. Catherine 15, Augsburg 9, St. Benedict 6, Platteville 5

April 29 Macalester Invitational - Macalester 115, St. benedict 110.5, Carleton 103, St. Olaf 97, River Falls 84.5, St. Thomas 83, Minnesota 69, Bethel 65, Hamline 41, St. Catherine 19

May 5-6 WIAC Meet La Crosse 249, Oshkosh 183, Whitewater 168, Stevens Point 78, River Falls 53, Eau Claire 49, Platteville 38, Stout 26, Superior 14

May 18-20 NCAA Div. III Nationals - The Falcons scored two points.

Falcon News

Moore Earns All-American Honors in Hammer Throw

May 27, 2000

Lisa Moore earned NCAA Div. III All-American honors in the hammer throw at the National Meet Saturday at North Central, Ill., College.

Moore, a senior from Alma Center, Wis., placed seventh with a toss of 158-8 to earn the honors and capped off her four-year career with the Falcons. She has competed in the National Meet in every season with the team. The Falcons finished with two points in the meet. Kyrrstin Bodenburg and Nicole Pronchinske competed on Friday. Bodenburg ran a time of 58.19 in the 400 meters, but did not qualify for the finals. Pronchinske leaped 17-7 in the long jump, but did not qualify for the finals.

Bodenburg, Pronchinske, Moore Make NCAA Meet

May 24, 2000

Kyrrstin Bodenburg, Nicole Pronchinske and Lisa Moore will all compete at the NCAA Div. III National Meet set for May 25-27 at North Central, Ill., College.

Bodenburg, a sophomore from Elk Mound, Wis., qualified in the 400 and is ranked 15th going into the meet. Bodenburg earned NCAA Div. III All-American honors during the indoor season and will try to repeat that performance. The 400 trials are Friday and the finals are set for Saturday.

Pronchinske, a sophomore from Arcadia, Wis., qualified in the long jump. She is 10th in the country going into the meet. Trials and finals are set for Saturday.
Moore, a senior from Alma Center, Wis., will compete for the fourth straight year at Nationals, this year in her specialty, the hammer throw. She is ranked 15th in the country and the trials and finals are both Saturday.

**Bodenburg, Pronchinske, Moore Waiting News**

May 22, 2000
Kyrstin Bodenburg, Nicole Pronchinske and Lisa Moore will find out late today (Monday, May 22) their status to compete in the NCAA Div. III National Meet.

Pronchinske is ranked ninth in the long jump with a distance of 18-6. Moore competed at La Crosse on Saturday and threw the hammer 155-8 which currently ranks her 17th in the country. Bodenburg also competed at La Crosse on Saturday and had a time of 57.66 in the 400. But her time of 57.29 ran earlier has her ranked 18th in the nation.

This year's National Meet is May 25-27 at North Central, Ill., College.

**Bodenburg Provisionally Qualifies for NCAA Meet**

May 16, 2000
Kyrstin Bodenburg provisionally qualified for the NCAA Div. III National Meet at a meet at UW-La Crosse on Tuesday.

Bodenburg ran the 400 in 57.29 and placed second in the event. "Her time at La Crosse should be good enough to get her into the National Meet," said Falcon coach Kristi Wagner. "Her time is the 12th or 13th best in the country so far this year." The provional qualifying time is 57.84 and the automatic qualifying time is 57.04.

Bodenburg joins Nicole Pronchinske as Falcons who have provisionally qualified for the meet. Pronchinske earlier qualified in the long jump.

Bodenburg, Pronchinske and hammer thrower Lisa Moore have two more meets to either improve their efforts or qualify. There is a meet at St. Thomas on Wednesday and another meet at La Crosse on Saturday.

This year's National Meet is May 25-27 at North Central, Ill., College.

**Falcons Finish Fifth at WIAC Meet**

May 6, 2000
Three members will continue in their efforts to make qualifying marks for the NCAA Div, III National Meet which will be held May 25-27 at North Central, Ill., College.

Kyrstin Bodenburg, Nicole Pronchinske and Lisa Moore will compete in up to four meets this week. Bodenburg will try to make the nationals in the 400, Pronchinske in the long jump and Moore in the hammer throw.

Going into last week's action Pronchinske was ranked ninth in the country in the long jump and has the best chance of making the national meet according to Falcon coach Kristi Wagner. Moore competed last week and better her provisional mark, but needs to improve even more to make the national list according to Wagner. Bodenburg also had a strong week, but needs to improve her time to make the list that will be announced early next week.

Tuesday and Saturday they are meets at La Crosse while Wednesday there is a meet at St. Thomas and Friday one at North Central, Ill.

Wagner announced that Bodenburg was voted the team's Most Valuable performer this year. Pronchinske and Amy Horazdovsky were both voted Most Improved and Sarah Thull was voted Rookie of the Year. "The great thing about this is that all four are either in their first or second year with us. So the future looks great," said Wagner.

**Falcons Finish Fifth at WIAC Meet**

May 6, 2000
The Falcons finished in fifth place at the WIAC Meet held over the weekend at UW-Superior.

La Crosse won the team title with 249 points followed by Oshkosh 183, Whitewater 168, Stevens Point 78, River Falls 53, Eau Claire 49, Platteville 38, Stout 26 and Superior 14.

Kyrstin Bodenburg helped lead the Falcons with a second place finish in the 400 in 58.98. She also placed sixth in the 200 in 25.72. Amy Horazdorsky placed eighth in the 200 in 26.31. The Falcon 4x100 relay team finished sixth in 50.34 and the 4x400 team finished fifth in 4:04.76. In teh discus Nicole Gustafson placed fourth with a toss of 125-1.
Falcons Fifth After First Day at WIAC Meet

May 5, 2000

The Falcons are in fifth place after the first day at the WIAC Meet at UW-Superior on Friday.


The Falcons will compete for the second day at the WIAC Meet on Saturday.

Falcons Place Fifth at Macalester

April 29, 2000

Nicole Pronchinske won the long jump and the triple jump to help the Falcons to a fifth place finish at the Macalester Invitational held Saturday.

The Falcons finished with 84.5 points in the 10-team meet.

Pronchinske won the long jump with a leap of 17-0 1/2 and the triple jump with a 35-8 3/4 effort. Jamie Leger placed third in the 100 in 12.95. Krystin Bodenburg placed fourth in the 200 in 26.66 and third in the 400 in 59.02. Courtney Eggum placed fourth in the 400 hurdles in 69.31 and she was sixth in the 100 hurdles in 16.77. Cassie Arts placed seventh in the pole vault with a leap of 8-8 1/4 and she placed eighth in the high jump with a leap of 4-9. Sarah Thull placed fourth in the shot with a toss of 38-1 1/4 while Lisa Moore placed fourth in the hammer with a toss of 143-11.

The Falcons will compete in the WIAC Meet Friday and Saturday at UW-Superior.

Falcons Place Seventh at Eau Claire Invitational

April 21, 2000

Nicole Pronchinske won the long jump with a leap of 18-6 to help the Falcons place seventh in the 15-team Eau Claire Invitational held Friday.

The Falcons scored 57 points at the meet. St. Cloud won the team title with 110.3 points.

Pronchinske also placed third in the 100 in 12.97. Jamie Leger placed fifth in the 100 in 13.02 and Krystin Bodenburg placed sixth in 13.03. Katie Checkalski placed sixth in the 400 in 1:02.67 and Bodenburg was third in the 800 in 2:18.12. Pronchinske took third in the triple jump with a leap of 36-5 3/4. Sarah Thull placed eighth in the shot put with a toss of 38-10 1/2. Lisa Moore placed fourth in the hammer with a toss of 148-1.

The Falcons will next compete at the Macalester Invitational on April 29. The meet starts at 10 a.m.

Falcons Place Sixth at St. Olaf

April 17, 2000

The Falcons battled terrible weather conditions to place sixth at the St.Olaf Classic on Saturday.

The Falcons had to deal with rain showers amidst temperatures just above the freezing level. Unlike the weather, things didn't turn out too badly for the Falcons. They scored a total of 76 points, placing them ahead of about nine of the 15 teams that competed at St. Olaf College in Northfield, Minn. The University of St. Thomas won the meet with a total of 124 points.

"I'm most pleased about the perseverance we showed in the weather. It (the weather) was brutal," Head Coach Kristi Wagner said.

Several Falcons performed well in the rain and cold. Sophomore Nicole Pronchinske won the long jump and finished second in the triple jump. She also had a busy day on the track. Pronchinske ran in both the 4x100, which finished in sixth place, and the 4x400, which finished in third place. In addition, she ran in the 100 and 200 meter dashes.

Sophomore Krysten Bodenburg had a good day on the track. Bodenburg finished second in the 400 dash and third in the 200 meter dash. She was also a participant in the 4x100 and 4x400.

A couple of younger team members made some good impressions. Freshman Courtney Eggum impressed Wagner with her fourth place finish in the hurdles. "That's making a strong statement here," Wagner said. Nicole Gustafson
placed well in the discus. Gustafson was an indoor track participant that was recently persuaded to join the outdoor team.

"Our kids are doing great. The weather was horrendous, but they stayed tough," Wagner said.

The Falcons take part in the UW-Eau Claire Invitational on Friday. They have a chance to one-up the Blugolds again after UWEC finished two points ahead of the Falcons at St. Olaf. The Falcons had beaten the Blugolds at the UW-River Falls Invitational the previous weekend. "We want nice weather there," Wagner said. After last weekend, who can blame her?

**Falcons Win UWRF Invitational**

April 8, 2000

The Falcons won their own UW-RF Invitational with 196.5 points Saturday afternoon at the Ramer Track.

Eau Claire was second with 182 followed by Bethel 85, Concordia-St. Paul 57, Superior 50.5, Augsburg 42, St. Mary's 40, Northwestern 30 and North Central 7.

Lisa Moore provisionally qualified for the NCAA Div. III National Meet with a toss of 44.8-meters in the hammer throw. She finished second. Moore also won the discus with a toss of 40.09-meters. Sarah Thull won the shot put with a toss of 11.26-meters. Tiff Kelly won the javelin with a toss of 28.96-meters. Nicole Pronchinske won the long jump with a leap of 5.33-meters and the triple jump with a leap of 10.61-meters.

Jamie Leger won the top spot in the 100 meter dash in 13.46. Lisa Plekkenpol won the 400 hurdle event in 1:12.58. Kyrstin Bodenburg won the 200 meter dash in 27.53.

Saturday the Falcons will compete in the St. Olaf Classic starting at 9:30 a.m.

**Bodenburg, Pronchinske Lead Falcons at Stout Invitational**

April 1, 2000

Kyrstin Bodenburg and Nicole Pronchinske won first place finishes to help lead the Falcons to a sixth place finish at the 15-team Stout Invitational held Saturday in Menomonie.

The Falcons finished with 63 points. Moorhead State won the team title with 109.5 points followed by Eau Claire 106, Minnesota State 100, St. Cloud 82 and Stout 67.5 all ahead of the Falcons.

Bodenburg ran away with the 400-meter title in 59.7. Pronchinske won the triple jump title with a leap of 35-1 3/4.
# 2000-2001 Falcon Women's Track Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Ht</th>
<th>Yr</th>
<th>Hometown (High School)</th>
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<tbody>
<tr>
<td>Jackie Aprill</td>
<td>6-1</td>
<td>Fr</td>
<td>Oconto, Wis.</td>
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<tr>
<td>Lisa Barnes</td>
<td>5-7</td>
<td>Fr</td>
<td>Manitowoc, Wis.</td>
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<td>Michelle Baxter</td>
<td>5-6</td>
<td>Fr</td>
<td>Blue Earth, Minn.</td>
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<tr>
<td>Felice Birmingham</td>
<td>5-9</td>
<td>Jr</td>
<td>Fish Creek, Wis. (Gibralter)</td>
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<tr>
<td>Kyrstin Bodenburg</td>
<td>5-5</td>
<td>Jr</td>
<td>Elk Mound, Wis.</td>
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<tr>
<td>Tara Boldthen</td>
<td>5-7</td>
<td>Fr</td>
<td>LeSueur, Minn.</td>
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<tr>
<td>Bree Ann Burgy</td>
<td>5-8</td>
<td>Fr</td>
<td>Eagle River, Wis. (Northland Pines)</td>
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<tr>
<td>Katie Checkalski</td>
<td>5-8</td>
<td>Sr</td>
<td>Weyerhaeuser, Wis.</td>
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<tr>
<td>Marion Christen</td>
<td>5-5</td>
<td>Fr</td>
<td>Sauk Center, Minn.</td>
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<tr>
<td>Tiffany Collins</td>
<td>5-0</td>
<td>Fr</td>
<td>Shoreview, Minn. (Mounds View)</td>
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<tr>
<td>Stephanie Dura</td>
<td>5-10</td>
<td>Fr</td>
<td>Peshtigo, Wis.</td>
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<tr>
<td>Courtney Eggum</td>
<td>5-7</td>
<td>So</td>
<td>Cannon Falls, Minn.</td>
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<tr>
<td>Angela Fahley</td>
<td>5-8</td>
<td>Fr</td>
<td>Scandia, Minn. (Chisago)</td>
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<tr>
<td>Heather Gieske</td>
<td>5-6</td>
<td>Fr</td>
<td>Chisago, Minn.</td>
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<td>Becky Gilbertson</td>
<td>5-7</td>
<td>Fr</td>
<td>Mindoro, Wis.</td>
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<tr>
<td>Nicole Gustafson</td>
<td>5-11</td>
<td>So</td>
<td>Wausau, Wis. (West)</td>
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<tr>
<td>Haylee Hall</td>
<td>5-4</td>
<td>Fr</td>
<td>Shell Lake, Wis.</td>
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<td>Amy Horazdovsky</td>
<td>5-9</td>
<td>Jr</td>
<td>White Bear Lake, Minn.</td>
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<tr>
<td>Jill Janikowski</td>
<td>5-8</td>
<td>So</td>
<td>Lakeville, Minn.</td>
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<tr>
<td>Kristina Keenan</td>
<td>5-7</td>
<td>Fr</td>
<td>Northfield, Minn.</td>
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<tr>
<td>Jenny Kendall</td>
<td>5-5</td>
<td>Sr</td>
<td>Shoreview, Minn. (Mounds View)</td>
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<tr>
<td>Kady Kleven</td>
<td>5-11</td>
<td>Jr</td>
<td>River Falls, Wis.</td>
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<tr>
<td>Candy Kroells</td>
<td>5-7</td>
<td>So</td>
<td>Cumberland, Wis.</td>
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<tr>
<td>Jill Laber</td>
<td>5-6</td>
<td>Jr</td>
<td>White Bear Lake, Minn.</td>
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<tr>
<td>Jamie Leger</td>
<td>5-4</td>
<td>Jr</td>
<td>St. Francis, Wis.</td>
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<tr>
<td>Jennifer Leis</td>
<td>5-7</td>
<td>Fr</td>
<td>Alma Center, Wis. (Lincoln)</td>
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<tr>
<td>Melissa Ludack</td>
<td>5-7</td>
<td>Fr</td>
<td>Ashland, Wis.</td>
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<tr>
<td>Julie Lutz</td>
<td>5-6</td>
<td>So</td>
<td>Inver Grove Hgts, Minn. (Simley)</td>
</tr>
</tbody>
</table>
Dana Martin 5-4  Fr Hortonville, Wis. (Xavier)
Heather McElrath 5-6  Jr Scandia, Minn. (Chisago)
Melissa Neumann 5-9  Fr Austin, Minn. (Zumbrota)
Heather Patten 5-7  Fr Blaine, Minn. (Anoka)
Kristy Pensis 5-7  Fr Bonduel, Wis.
Lisa Plekkenpol 5-6  So Shakopee, Minn.
Kelly Predmore 5-6  So Stewartville, Minn.
Nicole Pronschinske 5-10  Jr Blair, Wis. (Arcadia)
Carla Ruzic 5-9  Fr Hixton, Wis. (Lincoln)
Gina Schindel 5-10  So Oak Creek, Wis.
Amy Schultz 5-9  Fr Schofield, Wis.
Renee Silvis 5-6  Jr Inver Grove Hghts, Minn. (Simley)
Val Skorjanec 5-8  So Aurora, Minn. (Mesabi East)
Theresa Solberg 5-8  Fr Mankato, Minn. (St Clair)
Christy Torhorst 5-5  Fr Oregon, Wis.
Sarah Thull 5-9  So Weyerhaueser, Wis.
Lisa Traxler 5-6  Jr Menomonie, Wis.
Brooke Ziegler 5-6  Fr Blue Earth, Minn.
Krystal Zimmerman 5-11  Fr Hastings, Minn.

**Head Coach:** Kristi Wagner
Assistant Coaches: Ward Berndt, Don Glover, Bert Chamberlin, Torrion Amie, Jerrad Perkins, Lisa Moore
# 2001 Falcon Women's Track Schedule/Results

**Sept. 19, 2000**

**Jan. 19** UWRF Early Bird Open  
No Team Scores Kept  

**Jan. 27** Coca-Cola Classic  
River Falls 177, Whitewater 148.5, Carleton 136.5, Stout 95, St. Catherine 13

**Feb. 3** at East Bay Invitational  
Carthage 138.3, Eau Claire 132.5, Stevens Point 114.3, Whitewater 102, Carroll 74.5, River Falls 70.3, Platteville 48.5, Lawrence 35, Ripon 27.5, Lewis 16, St. Norbert 11, La Crosse 7, Wisconsin Track Club 5

**Feb. 9** at Bowlas Invitational  
La Crosse 264, Eau Claire 84, Gustavus Adolphus 78, River Falls 73, Winona 52, Carroll 52, Stout 25, Augsburg 15, Macalester 13

**Feb. 16** Falcon Open  
No team scores kept

**March 2-3** at WIAC Indoor Meet (at Stevens Point)  
La Crosse 203, Oshkosh 166.5, Stevens Point 115, Eau Claire 59, Whitewater 59, River Falls 45, Platteville 29, Stout 24.5

**March 9-10** at NCAA Div. III Indoor Meet (at Oshkosh)  
The Falcons scored two points.

**April 7** UWRF Co-Ed  
River Falls 214.3, Eau Claire 212.67, St. Catherine 66, Northwestern 27, Augsburg 12, Superior 2

**April 13** at Eau Claire Invitational  
Eau Claire 143, River Falls 131, Stout 120.5, UM-Duluth, 96.5, Michigan Tech 62, Concordia University 2, Superior 1

**April 21** at Manitou Classic  
St. Thomas 107, Luther 97.5, La Crosse 70, Gustavus Adolphus 62.3, MSU-Mankato 62, UM-Duluth 61.3, Eau Claire 60.8, St. Olaf 45, Stout 43, Carleton 42, River Falls 34, Macalester 24.5, Hamline 20, St. benedict 19, Bethel 16, Winona 16, St. Mary's 13.5, St. Catherine 10, Concordia-Moorhead 9, Augsburg 5

**April 28** at Macalester Invitational  
Minnesota 144.5, St. Thomas 132, St. Olaf 91.5, River Falls 88, Concordia-Moorhead 74.5, Carleton 69, Macalester 67, St. Catherine 62.5, Hamline 25.5, Bethel 20.5, South Dakota 18, Northwestern 6

**May 4-5** at WIAC Meet (at Whitewater)  
La Crosse 229.5, Oshkosh 161.5, Stevens Point 138, Whitewater 106, Eau Claire 89, RF 54, Platteville 47, Stout 32

**May 24-26** at NCAA Div. III Meet

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**Falcon News**

**Bodenburg, Falcon Track Team Earn Academic Honors**

*May 29, 2001*

**Kyrstin Bodenburg** (Jr., Elk Mound, Wis.) and the entire 2001 Falcon women's indoor track team have earned academic honors from the United States Track Coaches Association.

Bodenburg was one of several track & field athletes who was given all-academic honors by the USTCA. To qualify, individuals must have a minimum cumulative grade point average of 3.250 (4.000 scale) and have participated in their NCAA Division indoor track and field championships. Bodenburg placed sixth at the NCAA Div. III Championships in the 400 meter final with a time of 59.2. She earned All-American honors for her sixth place finish.

The Falcons were one of 22 NCAA Div. III teams to be honored. Teams are eligible for the honor if its members have a minimum 3.100 cumulative grade point average as a group. The Falcons had a 3.182 grade point average

**Pronschinske Just Misses Finals in Triple Jump at NCAA Meet**

*May 25, 2001*

Nicole Pronschinske just missed qualifying for the finals of the triple jump at the NCAA Div. III Championships held Friday in Decatur, Ill.

Pronschinske's best effort in the preliminaries was a leap of 37-6. The final qualifier to make the finals jumped 37-6 1/2. Pronschinske missed the finals by 1/2 of an inch.

**Pronschinske Places Ninth in Long Jump at NCAA Meet**

*May 24, 2001*

Nicole Pronschinske placed ninth in the long jump at the NCAA Div. III Meet being held in Decatur, Ill., on Friday.

In the preliminaries she jumped 17-8 and was one of nine to advance to the finals. In the finals she improved her effort to 17-9, but just missed eighth place. An eighth place finish scores points in the meet and also earns the athlete All-American honors.

Pronschinske will compete in the triple jump on Friday.
Pronschinske Will Compete at NCAA Meet
May 22, 2001
Nicole Pronschinske (Jr., Blaire, Wis.) will compete in the NCAA Div. III National Meet which will be held Thursday - Saturday at Millikin University at Decatur, Ill.
Pronschinske will compete on Thursday in the long jump with the competition starting at 3 p.m. She will also compete in the triple jump on Friday and that competition starts at 6 p.m.
At the WIAC Meet, Pronschinske placed second in the long jump with a leap of 18-5 and she finished fifth in the triple jump with a leap of 36-9.

Falcons Finish in Sixth Place at WIAC Meet
May 5, 2001
Kady Kleven won the high jump championship to help lead the Falcons to a sixth place finish at the WIAC Championships held Saturday at UW-Whitewater.
Kleven jump 5-5 1/4 to win the event and provisionally qualify for the NCAA Meet.
The Falcon 4x100 relay team placed seventh in 50.13 and the 4x400 team finished sixth in 4:06.61.

Falcons in Seventh Place at WIAC Meet
May 4, 2001
The Falcons are in seventh place after the first day of the WIAC Meet being held at UW-Whitewater on Friday.
Stevens Point leads with 57 points followed by La Crosse 48, Whitewater 43, Oshkosh 33, Eau Claire 18, Platteville 15, River Falls 13 and Stout 6.
Nicole Pronschinske led the Falcons in the first day with a second place finish in the long jump with a leap of 18-5. Lisa Traxler finished sixth in the 10,000-meter race in 40:47.74. The Falcon 4x800 relay placed seventh in 10:15.13 to finish the Falcon point-getters.
Pronschinske and Krystin Bodenburg both qualified for the finals in the 200-meters. Bodenburg also qualified in the 400. Courtney Eggum qualified for the finals in the 400 hurdles.
The second and final day of the meet will be Saturday.

Pronschinske Leads Falcons at Macalester Invitational
April 28, 2001
Nicole Pronschinske second in three events and fourth in another to help lead the Falcons to a fourth-place finish at the Macalester Invitational Saturday afternoon.
Minnesota won the team title with 144.5 points followed by St. Thomas 132, St. Olaf 91.5, the Falcons 88, Concordia-Moorhead 74.5, Carleton 69, Macalester 67, St. Catherine 62.5, Hamline 25.5, Bethel 20.5, South Dakota 18 and Northwestern 6.
Pronschinske placed second in the 100-meter dash in 12.87, second in the triple jump with a leap of 36-3 1/2 and second in the long jump with a leap of 17-9 1/2. She placed fourth in the 200-meter dash in 27.
Krystin Bodenburg placed third in the 400-meter dash in 60.4 and Kady Kleven placed second in the high jump with a leap of 5-2 1/4.
Sarah Thull placed third in the shot put with a toss of 39-1 1/4 and Steph Dura was fourth in the event with a 38-9 effort. Dura also placed fifth in the discus with a toss of 123-10. Jamie Leger finished fifth in the 100 in 12.93.

Kleven, Leger Lead Falcons at Manitou Classic
April 23, 2001
Kady Kleven won the high jump and Jamie Leger placed well in the 100 and 200-meter dashes to help the Falcons track team place 11th in the annual 20-team Manitou Classic held at St. Olaf College. The team placed well among Division II and III teams despite missing Nicole Pronschinske.
“We had a lot of personal bests and despite the bad weather our morale was up,” said Coach Kristi Kropp-Wagner.
The University of St. Thomas finished first with a score of 107.0. They were followed by Luther College (97.5), UW-Lacrosse (70), Gustavus College (62.3), Minnesota State University Mankato (62), University of Minnesota-Duluth (61.3), UW-Eau Claire (60.8), St Olaf College (45), UW-Stout (43), Carleton College (42), UW-River Falls (34), Macalester College (25.5), Hamline University (20), College of St. Benedict (19), Bethel College and Winona (16), St. Mary's (13.5), St. Kate's (10), Concordia University (9), and Augsburg College (5).

Wagner's athletes of the meet were Kleven, who won the high jump with a height of 5-4 against 30 other competitors, and Leger who placed third in the 100-meter dash in 12.91 and 10th in the 200-meter dash in 26.82. Another top finisher was Kyrstin Bodenburg, who finished second in the 400-meter run in 59.63. Other Falcons in the top ten in their events were Sarah Thull, who placed 7th in the shot put with a throw of 39-5 and Courtney Eggum placed ninth in the 400-meter hurdles with a time of 69.03.

The Falcons will next compete in the Macalester Invitational on Saturday with action starting at 10 a.m.

**Pronschinske, Bodenburg Lead Falcons at UWEC Invite**

April 10, 2001

Nicole Pronschinske and Kyrstin Bodenburg each won two events to lead the Falcons to a second-place finish at the UW-Eau Claire Invitational held Friday.

Pronschinske won the 100-meter dash in 13.22 and the long jump with a leap of 19-1 1/4. Her long jump effort set a Simpson Field record. Bodenburg won the 200-meter dash in 26.75 and the 400-meter dash in 59.7.

Pronchinske also placed second in the 200 in 26.8 and in the triple jump with a leap of 36-11 1/2.

Candy Kroells placed second in the 5,000 in 19:17.88 and Nicole Gustafson placed second in the discus with a toss of 139. The Falcon 4x100 relay team placed first in 50.47.

The Falcons will next compete at the St. Olaf Classic on Saturday, April 21. Action starts at 9:30 a.m.

**Falcons Win Co-Ed Title**

April 10, 2001

The Falcons won 10 events and placed first in their own Co-Ed Invitational held Saturday at a windy and wet Ramer Track.

The Falcons finished with 214.33 points. Eau Claire was second with 212.67 followed by St. Catherine 66, Northwestern 27, Augsburg 12 and Superior 2.

Nicole Pronschinske won the long jump with a leap of 4.97-meters, the triple jump with a leap of 10-32-meters and the 100-meter dash in 12.85. Cassy Arts won the pole vault with a leap of 9-0. Lisa Traxler won first place in the 5,000-meter run in 19:47.5. Lisa Moore won the hammer throw with a toss of 42.24-meters. Jill Janikowski won the javelin with a throw of 27.95-meters. The Falcon 4x400 relay team placed first in 4:25.1 and the 4x100 team won in 50.7. Kyrstin Bodenburg won the 200-meter dash in 25.8.

The Falcons will next compete at the UW-Eau Claire Blugold Open p.m. Friday. Action starts at 11 a.m.

**Bodenburg Earns All-American Honors**

March 10, 2001

Kyrstin Bodenburg placed sixth in the 400 meters and earned NCAA Div. III All-American honors at the NCAA Meet Saturday at UW-Oshkosh.

Bodenburg finished in 59.22 to earn one point in the team standings.

The Falcons earned two points in the team competition. On Friday Nicole Pronschinske placed sixth in the long jump with a leap of 18-4 1/2. She also earned NCAA All-American honors.

**Pronschinske Earns All-American Honors**

March 9, 2001

Nicole Pronschinske placed sixth in the long jump and earned NCAA Div. III All-American honors at the National Meet Friday at UW-Oshkosh.

Pronschinske set a school record with a leap of 18-4 1/2 at the meet.

Kyrstin Bodenburg qualified for the finals of the 400-meter dash. She qualified with a time of 58.26. She will run in the finals on Saturday.

Kady Kleven finished 11th in the high jump with a leap of 5-3 1/4.

**Kleven Wins High Jump Title at WIAC Meet**
March 3, 2001

Kady Kleven won the high jump title at the WIAC indoor track and field meet held Saturday at UW-Stevens Point.

La Crosse won the team title with 203 points followed by Oshkosh 166.5, Stevens Point 115, Eau Claire 59, Whitewater 59, River Falls 45, Platteville 29 and Stout 24.5.

Kleven jumped 5-5 3/4 to win the high jump. Kyrstin Bodenburg placed third in the 400 in 58.41 and she finished seventh in the 200 in 26.65. Nicole Pronschinske placed eighth in the 55 in 7.62 and she placed seventh in the triple jump with a leap of 36-4. Katie Checkalski placed sixth in the pentathlon with 2,703 points.

The Falcon 4x200 relay team placed second in a time of 1:48.41 and the 4x400 team placed fifth in 4:10.56.

The Falcons will next compete at the NCAA Div. III Indoor Championships Friday and Saturday at UW-Oshkosh.

Pronschinske Places Second in Long Jump at WIAC Meet

March 2, 2001

Nicole Pronschinske placed second in the long jump at the annual WIAC Meet at UW-Stevens Point Friday night.

Pronschinske jumped 17-11 to take the second spot. She also qualified for the finals of the 55 with a time of 7.52. The Falcon distance medley relay team placed eighth in 13:30.33.

Kyrstin Bodenburg qualified for the finals of the 400 with a time of 1:00.16. Sarah Thull just missed earning points with a ninth place finish in the shot with a toss of 39-6.

La Crosse leads in the team scoring with 57 points followed by Oshkosh and Stevens Point 36 each, Whitewater 20, Stout 17, Eau Claire 12, River Falls 9 and Platteville 8.

The Falcons continue to compete at the WIAC Meet at Stevens Point on Saturday. Action starts at 9 a.m.

Bodenburg Leads Falcons at Open Meet

Feb. 17, 2001

Kyrstin Bodenburg placed third in two events to lead the Falcons at an Open Meet at the University of Minnesota on Saturday.

Bodenburg placed third in the 200 in 27.04 and third in the 400 in 60.05. Kady Kleven finished third in the high jump with a leap of 5-1. Nicole Pronschinske placed fourth in the long jump with a leap of 17-3 1/4 and fifth in the triple jump with a leap of 34-6 1/4. Sarah Thull placed sixth in the shot put with a toss of 39-10. Jamie Leger finished fifth in the 60 in 8.36.

The Falcons will compete in the WIAC meet on March 2-3 at UW-Stevens Point.

Indoor Track Flys High at Falcon Open

Feb. 16, 2001

Kady Kleven earned an NCAA automatic bid by high jumping 1.7 meters in the Falcon Open held at the Knowles Recreation Building Friday night.

Kleven bested the competition by a tenth of a meter.

Nicole Pronschinski won three events on the night. She won the triple jump with a leap of 10.7 meters and won the 55-meter dash in 7.65 seconds. Pronschinski also achieved an NCAA provisional mark by jumping 5.56 meters in the long jump.

Kyrstin Bodenburg took two events on the night. She took first in the 200-meter dash with a time of 27.08. She ran the 300-meter dash in 42.63 to take first place.

The Falcons finished 1-2 in the 55-meter dash as Jamie Leger finished in second at 7.76, behind Pronschinski.

The Falcons will compete in the WIAC meet on March 2-3 at UW-Stevens Point.

Indoor Track Places Sixth
Feb. 3, 2001

Kady Kleven won the high jump with a leap of 5-3 1/4 to help lead the Falcon women's track team to a sixth place finish at the Eastbay Invitational Saturday in Stevens Point.

The Falcons had 70.33 points.

Kyrstin Bodenburg placed second in the 400 in 59.65 and she finished third in the 200 in 27.04. Nicole Pronschinske placed third in the triple jump with a leap of 35-3 1/4.

The Falcons will next compete at the Warren Bowlus Invitational on Friday at UW-Stout.

Falcons Win Coca Cola Classic Title

Jan. 27, 2001

The Falcons scored 177 points to win the Coca Cola Classic held Saturday afternoon at the Karges Center.

Kady Kleven won the high jump with a leap of 1.65-meters. Nicole Pronschinske won the triple jump with a leap of 11.05-meters. Courtney Eggum won the 55 hurdles in 9.5 and Katie Checkalskki won the 400 in 1:05.09.

The Falcons will next compete at the East Bay Heptathlon on Friday in Stevens Point.

Thull, Bodenburg, Eggum Pace Women's Track Team

Jan. 21, 2001

Sarah Thull, Krystin Bodenburg and Courtney Eggum all won events as the UW-River Falls women's track and field team opened its season at the Early Bird Open held Friday at the Knowles Building.

Thull won the shot put with a toss of 11.78-meters. Bodenburg won the 600 in 1:40.03. Eggum won the 200 intermediate hurdles in 31.49.

The Falcons will host the Coca Cola Classic on Saturday starting at 11 a.m. at the Knowes Building.
# 2001-2002 Falcon Women's Track Roster

as of Jan. 25, 2002

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr</th>
<th>Ht</th>
<th>Hometown (High School)</th>
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<tbody>
<tr>
<td>Jackie Aprill</td>
<td>So</td>
<td>6-1</td>
<td>Oconto, Wis.</td>
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<tr>
<td>Kyrrstin Bodenburg</td>
<td>Sr</td>
<td>5-5</td>
<td>Elk Mound, Wis.</td>
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<tr>
<td>Colleen Cantlon</td>
<td>So</td>
<td>5-1</td>
<td>Ettrick, Wis. (GET)</td>
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<tr>
<td>Marian Christen</td>
<td>So</td>
<td>5-5</td>
<td>Sauk Center, Minn.</td>
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<tr>
<td>Tiff Collins</td>
<td>So</td>
<td>5-0</td>
<td>Shoreview, Minn. (Mounds View)</td>
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<td>Molly Frank</td>
<td>So</td>
<td>5-7</td>
<td>Andover, Minn. (North St. Paul)</td>
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<td>Becky Gilbertson</td>
<td>Sr</td>
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<td>Mindora, Wis.</td>
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<td>Haylee Hall</td>
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<td>5-4</td>
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<td>Joy Hemmesch</td>
<td>Fr</td>
<td>5-7</td>
<td>Paynesville, Minn.</td>
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<td>Jill Janikowski</td>
<td>Jr</td>
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<td>Melissa Jeanson</td>
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<tr>
<td>Kady Kleven</td>
<td>Sr</td>
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<td>Candy Kroells</td>
<td>Jr</td>
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<td>Jill Laber</td>
<td>Sr</td>
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<td>Jamie Leger</td>
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<td>St. Francis, Minn.</td>
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<tr>
<td>Jen Leis</td>
<td>So</td>
<td>5-7</td>
<td>Alma Center, Wis. (Lincoln)</td>
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<td>Dana Martin</td>
<td>So</td>
<td>5-4</td>
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<td>Heather McElrath</td>
<td>Sr</td>
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<td>Meghan McGree</td>
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<td>Nicole Moundry</td>
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<td>Kristy Pensis</td>
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<td>Fr</td>
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<td>Sara Rudesill</td>
<td>Fr</td>
<td>5-4</td>
<td>River Falls, Wis.</td>
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<td>Gina Schindel</td>
<td>Jr</td>
<td>5-10</td>
<td>Oak Creek, Wis.</td>
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<tr>
<td>Amy Schultz</td>
<td>So</td>
<td>5-9</td>
<td>Schofield, Wis.</td>
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<tr>
<td>Renee Silvis</td>
<td>Sr</td>
<td>5-6</td>
<td>Inver Grove Heights, Minn. (Simley)</td>
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<td>Val Skorjanec</td>
<td>Jr</td>
<td>5-8</td>
<td>Gilbert, Minn. (Mesabi East)</td>
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<tr>
<td>Katrina Spears</td>
<td>Fr</td>
<td>5-7</td>
<td>Shell Lake, Wis.</td>
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<tr>
<td>Sarah Thull</td>
<td>Jr</td>
<td>5-9</td>
<td>Weyerhaeuser, Wis.</td>
</tr>
<tr>
<td>Lisa Traxler</td>
<td>Sr</td>
<td>5-6</td>
<td>Menomonie, Wis.</td>
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</tbody>
</table>

**Head Coach:** Kristi Wagner
2002 Falcon Women's Track Schedule/Results

April 22, 2002

Jan. 18
Falcon Early Bird
No Team Scores Kept

Jan. 25
at Eau Claire Invitational
Eau Claire 144, St. Thomas 107.5, St. Olaf 59, River Falls 56, Lawrence 54, St. Benedict 51, UMD 44.5, Hamline 10

Feb. 1
at Carleton Quad
Carleton 163.5, St. Benedict 162.5, St. Thomas 160, River Falls 139

Feb. 2
At Minnesota Open
No team scores kept

Feb. 9
at Warren Bowlus Invitational
MSU-Mankato 148, La Crosse 118, UM-Duluth 109, Eau Claire 99.5, Carroll 49, St. Cloud 46, River Falls 44, Superior 13, Hamline 11.5, Bethel 6

Feb. 16
at Border Battle Invitational (at Eau Claire)
No team scores kept

Feb. 22
Coca Cola ClassicSt. Thomas 166, River Falls 138, Carleton 134, St. Olaf 133, Hamline 9

March 1-2
WIAC Meet (at Whitewater)
La Crosse 209, Oshkosh 143, Stevens Point 115, Eau Claire 103, Whitewater 58, Stout 22, River Falls 21, Platteville 16, Superior 11

March 8-9
NCAA Div. III Meet (at Ada, Ohio)
UW- River Falls scored 4 points

April 6
at St. Thomas
Cancelled

April 13
Falcon Open
Eau Claire 221.5, St. Thomas 166, River Falls 159, Superior 34.5, North Central 22, St. Scholastica 13

April 20
at Manitou Classic (Northfield, Minn.)
Eau Claire 103, Mankato 88, St. Thomas 78, Carleton 72.5, St. Benedict 56, UM-Duluth 53.5, River Falls 49, Winona 47, Stout 40, St. Olaf 39, Gustavus Adolphus 38.5, Macalester 33, St. Mary's 32.5, Hamline 25, St. Catherine 20, Northwestern 17, Augsburg 14, Bethel 12

April 27
at Macalester Invitational
Cancelled

May 3-4
WIAC Meet (at La Crosse)
La Crosse 250, Oshkosh 173, Stevens Point 143, Eau Claire 86.5, Whitewater 71, Stout 50, River Falls 47, Platteville 27.5, Superior 10

May 8
Last Chance Meet (at La Crosse), 4 p.m.

May 10
Last Chance Meet (at Naperville, Ill), 4 p.m.

May 15
Last Chance Meet (at St. Thomas), 4 p.m.

May 23
NCAA Div. III Meet (at Macalester)

May 24
NCAA Div. III Meet (at Macalester)

May 25
NCAA Div. III Meet (at Macalester)
Falcon News

Leis Competes in Hammer Throw at NCAA Meet
May 23, 2002

Jen Leis threw the hammer 145-1 (44.23-meters) at the NCAA Div. III Track & Field championships held at Macalester College on Thursday.

The effort did not qualify her for the finals.

Leis, a sophomore from Alma Center, Wis., placed third at the WIAC Meet with her best throw of the year (46.93-meters).

Leis to Compete in Hammer Throw at NCAA Meet
May 21, 2002

Jen Leis will compete in the hammer throw at the NCAA Div. III National Track & Field Championships which will be held Thursday through Saturday at Macalester College.

Leis, who qualified with a distance of 46.93-meters, will compete on Thursday starting at 5 p.m. Seventeen athletes will compete with nine advancing to the finals. All of the hammer throw competition will be done on Thursday.

Leis, a sophomore from Alma Center, Wis., placed third at the WIAC Meet with her best throw (46.93-meters).

Falcons Compete at La Crosse Open
May 10, 2002

Four members of the Falcon women's track & field team competed at the La Crosse Open Friday afternoon. The Falcons were trying to qualify for the NCAA Div. III National Meet.

Nicole Pronschinske jumped 18-3 1/4 in the long jump and went 35-10 1/2 in the triple jump. Kady Kleven leaped 5-4 1/4 in the high jump. In the discus, Jen Leis had a best effort of 128-2 and Haylee Hall had a best throw of 124-9. Leis tossed the hammer 153-3.

No team scores were kept.

Falcons Get Seventh Place in WIAC Meet
May 4, 2002

The Falcon women's track & field team scored 47 points and finished in seventh at the WIAC Meet held at UW-La Crosse.

Kady Kleven led the Falcons with a first place finish in the high jump of 5-2-1/4. Jill Janikowski had a second place finish in the javelin with a toss of 105-6. Jen Leis placed third in the hammer throw with a 154-foot effort. Sarah Thull placed fifth in the heptathlon with 3,848 points. Nicole Pronschinske placed sixth in the long jump and went 13-10 1/2 in the triple jump. Kady Kleven leaped 5-4 1/4 in the high jump. In the discus, Jen Leis had a best effort of 128-2 and Haylee Hall had a best throw of 124-9. Leis tossed the hammer 153-3.

La Crosse won the team title with 250 points followed by Oshkosh 173, Stevens Point 143, Eau Claire 86-5, Whitewater 71, Stout 50, River Falls 47, Platteville 27-5, and Superior 10.

Falcons Tie for Fourth After First Day of WIAC Meet
May 3, 2002

The Falcon women’s track & field team scored 21 points and is in a tie for fourth place after the first day at the WIAC Meet being held at UW-La Crosse.
Jill Janikowski led the team with a second place finish in the javelin with a toss of 105-6. Jen Leis placed third in the hammer throw with a 154-foot effort. Nicole Pronschinske placed sixth in the long jump with a leap of 17-9. Cassie Arts placed eighth in the pole vault with a leap of 9-6 1/2. The Falcon 4x800 relay team placed sixth in 10:04.63. After seven events, La Crosse is in the lead with 92 points followed by Oshkosh 55, Stevens Point 52, River Falls 21, Eau Claire 21, Whitewater 12, Superior 8, Stout, 7 and Platteville 5.

The Falcons will compete in the second day of the event on Saturday.

Falcons Place Seventh at Manitou Classic

April 20, 2002

The Falcon women's track & field team scored 49 points and placed seventh in the Manitou Classic held Saturday in Northfield, Minn.

Eau Claire won the team title with 103 points followed by Mankato 88, St. Thomas 78, Carleton 72.5, St. Benedict 56, UM-Duluth 53.5, River Falls 49, Winona 47, Stout 40, St. Olaf 39, Gustavus Adolphus 38.5, Macalester 33, St. Mary's 32.5, Hamline 25, St. Catherine 20, Northwestern 17, Augsburg 14, Bethel 12.

Jen Leis won the hammer throw with a toss of 147-feet (44.8-meters) and Kady Kleven won the high jump with a leap of 5-1 (1.55m). Nicole Pronschinske placed second in the long jump with a leap of 17-6 1/4 (5.34m). She also placed third in the triple jump with a leap of 35-8 (10.87m) and ninth in the 100 in 13.14. Haylee Hall placed ninth in the discus with a toss of 129-1 (39.34m). Jill Janikowski placed eighth in the javelin with a throw of 103-7 (31.58m). Jamie Leger took sixth in the 200 in 27.45. Lisa Traxler placed seventh (40.42.8) and Amy Nelson eighth (40.49.5) in the 10,000-meter race.

The Falcons will next run at the Macalester Invitational on Saturday. Action starts at 10 a.m.

Falcons Place Third in UWRF Co-Ed Open

April 13, 2002

The Falcon women's track & field team scored 159 points and placed third in the UWRF Falcon Open held Saturday at Ramer Field.

Jen Leis won the hammer with a toss of 42.96-meters, Cassie Arts won the pole vault with a leap of 2.84-meters and Kady Kleven won the high jump with a leap of 1.60-meters to pace the Falcons.

Candy Kroells finished second in the steeplechase with a time of 12:42.53. Haylee Hall placed second in the hammer with a toss of 41.07 and second in the discus with a toss of 13.94. Nicole Pronschinske placed second in the long jump with a leap of 5.0 and second in the triple jump with a 10.24 effort. Sarah Thull was second in the 100 hurdles in 17.64 and Jamie Leger was second in the 100 in 13.4. Katrina Spears was second in the 400 hurdles in 1:08.33 and Lisa Traxler was second in the 5,000 in 19:44.97.

Eau Claire won the team title with 221.5 points followed by St. Thomas 166, River Falls 159, Superior 34.5, North Central 22 and St. Scholastica 13.

Kleven Places Fifth at NCAA Meet

Mar. 9, 2002

Kady Kleven placed fifth in the high jump at the NCAA Div. III National Meet on Saturday in Ada, Ohio.

Kleven earned All-American honors for her fifth place finish. She jumped 5-5 1/4 and earned the Falcons four team points. Kleven also earned All-American honors in the high jump in the 1999 NCAA Indoor Meet.

She is the only Falcon competing in the meet.

Falcons Finish Seventh in WIAC Championships

Mar. 2, 2002

The Falcon women's track team dropped to seventh place in the WIAC Indoor Championships at UW-Whitewater.

UW-La Crosse blew out the competition, winning the championship at 209 over runner-up UW-Oshkosh at 143. Following the Titans were UW-Stevens Point 115, UW-Eau Claire 103, Whitewater 58, UW-Stout 22, UW-River Falls 21, UW-Platteville 16, and UW-Superior 11.
Nicole Pronschinske jumped to sixth place in the triple jump with an effort of 11.14m, and Nina Peterson took 13th with a 10.42m jump.

Jen Leis threw 13.64m in the weight throw to gain a ninth place finish; Jackie Aprill grabbed 15th with a throw of 12.36m. Haley Hall finished 20th with 11.54m.

Sarah Thull’s performance in the pentathlon garnered her a ninth place 2735 points.

Amy Nelson captured 11th in the 3,000m run with an effort of 10:55.18. Candy Kroells was 21st in 11:34.90.

In the pole vault, Joy Hemmesch vaulted 2.70m for an 11th place finish.

The Falcon 4x200m relay came in sixth at 1:49.63; the 4x400m relay was disqualified.

In the 1,500m run, Sara Rudesill paced the Falcons in 17th with a time of 5:17.98. Gina Scmndel finished 22nd in 5:26.17.

The Falcon distance medley came in sixth with a time of 13:20.51.

Amy Nelson paced the Falcons in the 5,000m run at eighth with a time of 18:39.3. Lisa Traxler finished 13th in 19:07.46.

**Falcons In Sixth After First Day of WIAC Championships**

**Mar. 1, 2002**

The Falcon women's track team sits in sixth place in the WIAC Indoor Championships at UW-Whitewater after Friday's competitions. The final results will be determined Saturday.

UW-La Crosse took a commanding lead with a score of 54, followed by UW-Oshkosh with 33, UW-Eau Claire with 26, UW-Stevens Point 22, Whitewater 19, UW-River Falls 15, UW-Stout 12, UW-Superior 10, and UW-Platteville 4.

Here are the Friday's highlights for the Falcons:

**Kady Kleven leapt for a third place finish in the high jump at 1.57m.**

Nicole Pronschinske captured fifth in the long jump with a 5.39m effort. Nina Peterson was 13th with a jump of 5.12m.

Sarah Thull led the Falcons in the shot put with a throw of 12.08m that gave her eighth place. Jen Leis was 10th with a 11.43m throw, and Jackie Aprill found 12th at 11.18m.

The Falcon distance medley came in sixth with a time of 13:20.51.

Amy Nelson paced the Falcons in the 5,000m run at eighth with a time of 18:39.3. Lisa Traxler finished 13th in 19:07.46.

The Falcons finish competition Saturday at UW-Whitewater in the WIAC Indoor Championships.

**Pronschinske, Kleven Lead Falcons in Coca Cola Classic**

**Feb. 25, 2002**

The Falcon women's track team had another successful meet on Friday when they placed second in the Coca Cola Classic at the Knowles Building.

The Falcons scored 138 points. St. Thomas won the team title with 166 followed by the Falcons, Carleton 134, St. Olaf 133 and Hamline 9.

The Falcons picked up four first place finishes. Kady Kleven won her specialty - the high jump - with a leap of 1.5-meters. Nicole Pronschinske won the triple jump with a leap of 10.78-meters. The Falcon 4x200 relay team won in 1:50.77. Kyrstin Bodenburg won the 400 in 1:01.26.

The Falcons had plenty of depth in several events that helped them score points to secure second place. The Falcon 4x400 relay team placed second in 4:11.14. The Falcons finished second and third in the 55-meter dash. Jamie Leger was second in 7.59 and Pronchinske was third in 7.77. Jen Leis placed second in the weight throw with a toss of 12.59-meters. Jackie Aprill was fourth (12.17) and Haylee Hall fifth (11.71). In the triple jump Nina Petersen gave the Falcons the top two spots with a second place finish (10.2). Pronchinske placed second in the long jump with a leap of 5.27 and Petersen placed third with a 5.01 effort. The Falcons claimed the second through fourth spots in the shot put. Thull placed second (11.49), Aprill third (11.37) and Leis fourth (11.36).
The Falcons will compete in the WIAC meet this weekend at UW-Whitewater.

**Pronschinske, Kleven Lead Falcons**

Feb. 16, 2002

Nicole Pronschinske and Kady Kleven led the Falcon women's track at the Border Battle Invitational held Saturday at UW-Eau Claire.

Pronschinske won two events - she won the long jump with a leap of 16-9 1/4 and the triple jump with a leap of 35-4 1/2. Kleven won the high jump with a leap of 5-5. Nina Petersen placed second in both the long jump (16-1 3/4) and triple jump (35-3 3/4). In the long jump Sarah Thull placed fourth (15-8 3/4) and Katrina Spears was sixth (15-0 1/2). Thull also placed third in the shot put with a toss of 39-9 1/4. Jen Leis was fifth with a toss of 36-4 3/4. Leis placed third in the weight throw with a 43-10 1/2 effort.

No team scores were kept.

The Falcons will next host the Coca Cola Classic at the Knowles Building on Friday. Action starts at 6:30 p.m.

**Falcons Finish Seventh at Bowlus Invite**

Feb. 9, 2002

The Falcon women's track team placed seventh in the 10-team Bowlus Invitational held Saturday afternoon at UW-Stout.

MSU-Mankato won the team title with 148 points followed by La Crosse 118, UM-Duluth 109, Eau Claire 99.5, Carroll 49, St. Cloud 46, River Falls 44, Superior 13, Hamline 11.5 and Bethel 6.

Leading the Falcons was Kady Kleven who finished second in the high jump with a leap of 5-5 1/4.

The Falcons will next compete in the Border Battle Invite at UW-Eau Claire on Saturday.

**Falcons Finish Fourth at Carleton**

Feb. 1, 2002

The Falcon women's track team placed fourth at the Carleton Quadrangular held Friday in Northfield, Minn.

UWRF won six events in the meet. The 4x400 relay won the race in 4:16.93. Nicole Pronschinske won the long jump with a leap of 16-0 1/4. Sarah Thull won the shot put with a toss of 37-8 1/2. Jen Leis won the weight throw with a toss of 45-0 1/2. Kady Kleven won the high jump with a leap of 4-11 1/2. Nina Petersen won the triple jump with a leap of 33-6 3/4. She also placed second in the long jump with a leap of 15-9 3/4.

Carleton won the team title with 163.5 points followed by St. Benedict 162.5, St. Thomas 160 and UWRF 139.

The Falcons will next compete on Friday at the Bowlus Invitational at UW-Stout. Action starts at 4 p.m.

**Kleven Wins High Jump at UWEC Invite**

Jan. 26, 2002

Kady Kleven won the high jump event for the second week in a row, this time at the UW-Eau Claire Invitational held Friday in Eau Claire.


Eau Claire won the team title with 144 points followed by St. Thomas 107.5, St. Olaf 59, RF 56, Lawrence 54, St. Benedict 51, UM-Duluth 44.5 and Hamline 10.

The Falcons will next compete on Friday at the Carleton Quadrangular. Action starts at 6 p.m.

**Falcons Open Home Season**

Jan. 18, 2002

Kady Kleven won the high jump. Jennifer Leis took the weight throw, Katrina Spears topped the 400-meter dash, and the Falcons won the 4x200m relay and the distance medley to kick off the 2002 season Friday night at the Knowles Building.

Kleven jumped 1.6-meters to win the high jump while Leis threw the weight 12.9 meters to win that event. Spears finished in 1:04.99 while the 4x200 relay finished in 1:51.6 to win.

The Falcons will next compete at the Eau Claire Invitational on Friday with action starting at 3:30 p.m.
# 2003 Falcon Women's Track Roster

as of Feb. 28, 2003

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<tr>
<th>Name</th>
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<th>Hometown (High School)</th>
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<tbody>
<tr>
<td>Gina Anderson</td>
<td>5-9</td>
<td>So</td>
<td>Clear Lake, Wis.</td>
</tr>
<tr>
<td>Jill Breitzman</td>
<td>5-9</td>
<td>So</td>
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<tr>
<td>Kristin Dornstreich</td>
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<td>Fr</td>
<td>Schofield, Wis. (D.C. Everest)</td>
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<tr>
<td>Stephanie Dura</td>
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<td>Molly Frank</td>
<td>5-7</td>
<td>Jr</td>
<td>Andover, Minn. (North St. Paul)</td>
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<td>Steph Jicinsky</td>
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<td>Jill Laber</td>
<td>5-6</td>
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<td>Molly Larson</td>
<td>5-3</td>
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<td>Jennifer Leis</td>
<td>5-7</td>
<td>Jr</td>
<td>Alma Center, Wis. (Lincoln)</td>
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<td>Meghan McGree</td>
<td>5-7</td>
<td>Sr</td>
<td>Hastings, Minn.</td>
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<tr>
<td>Katie Mitchell</td>
<td>5-4</td>
<td>Jr</td>
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<td>Kristy Pensis</td>
<td>5-7</td>
<td>So</td>
<td>Bonduel, Wis.</td>
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<td>5-11</td>
<td>Fr</td>
<td>Mazomanie, Wis. (Wisconsin Heights)</td>
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<td>Gina Schindel</td>
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<td>Sr</td>
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<td>Lisa Traxler</td>
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<td>Marlene Yaeger</td>
<td>5-6</td>
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<td>Medina, Minn. (Wayzata)</td>
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</table>

**Head Coach:** Don Glover  
**Assistant Coaches:** Torrion Amie, Greg Kroncke, Lisa Moore, Keven Severson, Dave Whiteis
2003 Falcon Track & Field Schedule/Results

May 22, 2003

Jan. 17 Falcon Early Bird
No Team Scores Kept
Jan. 24 Falcon Open
No Team Scores Kept
Feb. 1 at Stout Invitational
Women - Eau Claire 172 1/4, Winona 119 1/2, St. Benedict 114 1/2, River Falls 52 1/4, Augsburg 47, St. Catherine 32, Hamline 30 3/4, Stout 27 3/4, Mankato 18
Men - Stout 208, Hamline 131, River Falls 119, Augsburg 67, North Central 26
Feb. 7 at Bowlus Invitational
Women - La Crosse 174.5, Stevens Point 141, Eau Claire 127.5, UM-Duluth 94.5, River Falls 48.5, Superior 10, St. Scholastica 4
Men - Stevens Point 189, St. Thomas 144, UM-Duluth 113, Eau Claire 76, Stout 52, Life Member Sports 10, River Falls 7, Michigan Tech 2.
Feb. 15 Falcon Invitational
Women - River Falls 137, Hamline 104, Augsburg 91, Superior 76, North Central 58, Superior 4
Feb. 21 at Blue Devil Invitational, 4 p.m.
Women - No team scores kept.
Men - No team scores kept.
March 7-8 at WIAC Meet (at Oshkosh)
Women - La Crosse 204, Oshkosh 145.5, Stevens Point 108, Eau Claire 103.5, Platteville 40, Stout 33.5, River Falls 31, Whitewater 29.5, Superior 7
Men - La Crosse 189, Oshkosh 168, Stevens Point 127, Platteville 85, Whitewater 58, Eau Claire 26, Stout 26, River Falls 21
April 12 at St. Thomas Invitational - No team scores kept
April 18 Women at St. Olaf - No team scores kept
April 19 Men at Carleton - No team scores kept
April 19 Men at Macalester - No team scores kept
April 26 Women at Macalester Invitational - St. Thomas 135.5, St. Benedict 135, Minnesota 112.5, St. Olaf 85.5, Carleton 82, Macalester 76.5, Con.-Moorhead 73.5, River Falls 66, St. Catherine 35, Hamline 34, Bethel 19.5
May 2-3 at WIAC Meet (at Stevens Point)
Women - La Crosse 192, Stevens Point 189, Oshkosh 162.5, Eau Claire 158, River Falls 50.5, Whitewater 47, Platteville 45, Stout 12
Men - La Crosse 209.5, Oshkosh 204, Stevens Point 139.5, Platteville 111, Whitewater 73.5, Eau Claire 54, Stout 54, River Falls 11.5
May 9 at Minnesota Invitational
Women - No team scores kept
Men - No team scores kept
at Leo Schnur Open
No team scores kept
May 15 at St. Thomas
No team scores kept
May 22-24 at NCAA Div. III Meet (St. Lawrence)
UWRF scored 1 point.

Falcon News

Crandall Competes in High Jump at NCAA Meet

May 24, 2003

Jill Crandall jumped 5-1 3/4 and finished in a tie for 15th place at the NCAA Div. III National Meet Saturday in Canton, N.Y.

Crandall entered the competition with the sixth best jump in the nation with a leap of 5-6. She was tied with seven other jumpers for the sixth best leap entering the meet. Kim Deprez of SUNY-Geneseo won the event with a leap of 5-3 3/4.

On Thursday Jen Leis placed eighth and earned All-American honors in the discus event. She had a best throw of 142-8 during the competition. Going into the event she was ranked 15th in the nation with a throw of 141-feet. John Hopkins/ Kathy Darling won the event with a throw of 158-5. On Friday Leis competed in the hammer throw Competing in the second flight, she threw the hammer 159-8, but did not qualify for the finals. She had qualified for the National meet with a throw of 162-7.

Leis Competes in Hammer Event at NCAA Meet

May 23, 2003
Jen Leis competed in the hammer throw event at the NCAA Div. III National Meet on Friday in Canton, N.Y. Leis, competing in the second flight, threw the hammer 159-8, but did not qualify for the finals. She had qualified for the National meet with a throw of 162-7.

On Thursday Leis placed eighth and earned All-American honors in the discus event. She had a best throw of 142-8 during the competition. Going into the event she was ranked 15th in the nation with a throw of 141-feet. John Hopkins' Kathy Darling won the event with a throw of 158-5.

Jill Crandall will compete in the high jump at 2:30 p.m. on Saturday. She has the sixth best jump in the nation entering the meet with a leap of 5-6. She is tied with seven other jumpers for the sixth best leap this year.

Leis Places 8th in Discus at NCAA Meet
May 22, 2003
Jen Leis placed eighth in the discus event at the NCAA Div. III National Meet on Thursday in Canton, N.Y.

Leis, who earned All-American honors with the eighth place finish, had a best throw of 142-8 during the competition. Going into the event she was ranked 15th in the nation with a throw of 141-feet. John Hopkins' Kathy Darling won the event with a throw of 158-5.

Leis will next compete in the hammer throw event starting at 10:30 a.m. on Friday. She has the nation's 16th best throw this year, 162-7, in the event.

Jill Crandall will compete in the high jump at 2:30 p.m. on Saturday. She has the sixth best jump in the nation entering the meet with a leap of 5-6. She is tied with seven other jumpers for the sixth best leap this year.

Leis, Crandall to Compete at NCAA Meet
May 20, 2003
Jen Leis and Jill Crandall will both compete at the NCAA Div. III National Meet that will be held Thursday through Saturday at St. Lawrence, N.Y., University.

Leis will compete in both the discus and hammer throw events. She will compete at 1:30 p.m. on Thursday in the discus. She has the nation's 15th best effort in that event with a toss of 141-feet. In the hammer, she has the nation's 16th best throw this year, 162-7. She will compete at 10:30 a.m. on Friday.

Crandall will compete in the high jump at 2:30 p.m. on Saturday. She has the sixth best jump in the nation entering the meet with a leap of 5-6. She is tied with seven other jumpers for the sixth best leap this year.

Falcons Compete at St. Thomas
May 16, 2003
Members of the Falcon men's and women's track & field teams competed at the St. Thomas Last Chance meet on Friday evening in St. Paul.

Katie Mitchell ran a 12.8 in the 100 and a 25.86 in the 200. Jill Crandall placed second in the high jump with a leap of 5-3 3/4. Jen Leis placed fifth in the discus with a toss of 141-feet and fifth in the hammer throw with a 160-5 effort. Steph Dura placed eighth in the discus with a toss of 133-feet and Haylee Hall was ninth in the same event with a 119-2 effort. Katie Mitchell competed in La Crosse and finished third in the 200 meters in 26.01.

Weesayma Kennedy ran a 21.74 in the 200, his best time of the year.

The Falcons will next compete in the NCAA Div. III National Meet which will be May 22-24 at St. Lawrence University. The final field will be known on May 19.

Falcons Compete in Two Meets
May 9, 2003
The Falcon women's and men's track & field teams competed at the University of Minnesota Invitational and the Leo Schnur Open in La Crosse on Friday. No team scores were kept at either meet.

Four women competed in field events at Minnesota. Jill Crandall placed second in the high jump with a leap of 5-3 3/4. Jen Leis placed fifth in the discus with a toss of 141-feet and fifth in the hammer throw with a 160-5 effort. Steph Dura placed eighth in the discus with a toss of 133-feet and Haylee Hall was ninth in the same event with a 119-2 effort. Katie Mitchell competed in La Crosse and finished third in the 200 meters in 26.01.

Steve Berg and Weesayma Kennedy were the only members of the men's team to compete. Kennedy placed third in the 200 in 21.75, which is a NCAA Div. III Meet provisional qualifying mark. He competed in La Crosse. Berg finished eighth in the discus with a toss of 125-5 at Minnesota.

The Falcons will next compete on Thursday at St. Thomas with action starting at 3 p.m.
Falcons Compete at WIAC Meet
May 3, 2003

The Falcon men's and women's track & field teams finished eighth and fifth respectively at the WIAC Outdoor Meet held Friday and Saturday in Stevens Point.

For the men, Weesayma Kennedy placed in a tie for fifth place in the 100 with a time of 11.2. He finished eighth in the 200 in 23.12. In the 400, Mike Zander placed eighth in 50.58. In the final men's team standings La Crosse won the team title with 209.5 followed by Oshkosh 204, Stevens Point 193.9, Platteville 111, Whitewater 73.5, Eau Claire 54, Stout 54 and River Falls 11.5.

For the women, Sarah Thull placed second in the heptathlon with 3,815 points and Jill Crandall tied for second in the high jump with a leap of 1.57-meters to lead the Falcons. Steph Dura placed third in the shot put with a toss of 12.95-meters. Haylee Hall placed third in the shot put with a toss of 39.28-meters. Jen Leis placed sixth in the hammer with a throw of 49.57-meters. Jill Breitzman has qualified for the 100 hurdles for Saturday's finals with a time of 17.04. La Crosse is in first place after the first day with 65 points. The UWRF 4x800 relay team placed sixth with a time of 8:04.47. Stevens Point is in first place after the first day with 67 points. The Falcon points came in the hammer throw where the team placed seventh in 39.28-meters. The UWRF 4x800 relay team placed sixth with a time of 10:17.43. La Crosse won the team title with 192 points followed by Oshkosh 57, Platteville 45 and Stout 12.

Falcons Compete at WIAC Meet
May 2, 2003

The Falcon men's and women's track & field teams both competed in the first day of the WIAC Meet being held at UW-Stevens Point on Friday.

For the men, Weesayma Kennedy qualified for Saturday's finals in the 100 and 200 dashed. He ran a 11.07 in the 100 and a 21.77 in the 200. Mike Zander qualified for the finals in the 400. He finished Friday's qualifying race in 51.14. The Falcon points came in the 4x800 relay where the team placed seventh in 8:04.47. Stevens Point is in first place after the first day with 67 points. They are followed by Oshkosh 65, La Crosse 58, Whitewater 28, Platteville 27, Eau Claire 16, Stout 10 and River Falls 2.

For the women, Gina Anderson placed seventh in the pole vault with a leap of 3.16-meters. Jen Leis placed sixth int he hammer with a toss of 48.98-meters. The UWRF 4x800 relay team placed sixth with a time of 10:17.43. Katie Mitchell qualified for the finals in the 100 and 200. She ran a 12.93 in the 100 and a 26.22 in the 200 to qualify. Jill Breitzman has qualified for the 100 hurdles finals with a time of 17.04. La Crosse is in first place after the first day with 65 points. Stevens Point is next with 60 followed by Oshkosh 58, Eau Claire 45, Platteville 15, Whitewater 15, River Falls 8 and Stout 6.

Falcons Place 8th at Macalester
April 26, 2003

The Falcon women's track & field team placed eighth with 66 points at the Macalester Invitational held Saturday in St. Paul, Minn.

Katie Mitchell earned 18 points for the Falcons with a first place finish in the 200 and a second place finish in the 400. She won the 200 in 25.67 and placed second in the 400 in 1:00.02. Jen Leis placed second in the hammer throw with a 49.57-meter effort, third in the discus with a 41.41-meter throw and fifth in the shot put with a toss of 11.47-meters. Jill Brightsman placed seventh in the 100 hurdles in 16.45. Gina Anderson tied for fourth in the pole vault with a leap of 3.01-meters. Sarah Thull placed fourth in the long jump with a leap of 5.33-meters. Steph Dura placed third in the shot with a 12.44-meter effort and fifth in the discus with a toss of 38.63-meters. Haylee Hall placed sixth in the discus with a toss of 38.31-meters.

Falcons Compete at Macalester
April 24, 2003

The Falcon men's track & field team competed in a non-team scored meet Wednesday night at Macalester College in St. Paul, Minn.

Eric Olson finished third in the discus with a toss of 43.46-meters and he was sixth in the shot put with a 12.37 effort. Steve Berg placed eighth in the hammer throw with a 39.28 effort and he was ninth in the discus with a toss of 37.98. Weesayma Kennedy placed fifth in the 200 in 22.15. In the 800, Dan Booth placed seventh in 2:02.64 and Adam Pohl was eighth in 2:03.53. The Falcons also had a good showing in the 5000 where Matt Olson was fifth in 17:03.66, Mark Hartwig was eighth in 17:38.57 and Pat Lorentz was ninth in 18:46.14. Darrin Sodeberg placed 10th in the 110 hurdles i 16.96. Eric Hanson had a fourth place finish in the 3000 steeplechase in 10:19.63. In the high jump, Andy Poterucha finished seventh with a 1.85 effort and Dean Harder tied for eighth with a jump of 1.8.

On Saturday the Falcon men and women will compete at the Macalester Invitational. Action starts at 11 a.m.

Falcons Compete at Carleton
April 19, 2003

Weesayma Kennedy had the top finish for the Falcon men's track & field team at the Carleton Invitational held Saturday in Northfield, Minn.
Kennedy placed third in the 100 dash in 11.24. In the 200 meters Lewie Parish placed ninth overall in 23.56. Darrin Soderberg placed 11th in the 400 hurdles in 58.34 and Andy Poturucha placed 12th in the 110 hurdles in 17.02. Eric Olson placed eighth in the discus with a 136-5 effort.

No team scores were kept in the meet.

On Saturday the Falcon men and women will compete at the Macalester Invitational.

Falcons Compete at St. Olaf

April 18, 2003

Jill Crandall tied for first place in the high jump to help lead the Falcon women's track & field team at the St. Olaf Invitational held Friday in Northfield, Minn.

Crandall jumped 5-1 3/4 to tie for first. Jen Leis placed fourth in the hammer throw with a 151-7 effort. Steph Dura placed fourth in the discus with a toss of 40.2 meters and he placed seventh in the shot put with a toss of 13.72 meters.

For the women, Jill Crandall placed second in the high jump with a leap of 1.65 meters. Katie Mitchell placed fourth in the 1000 dash in 12.83 and fourth in the 200 dash in 26.71. Steph Dura placed fourth in the shot put with a toss of 11.68 meters, fourth in the javelin with a toss of 30.26 meters and sixth in the discus with a 36.11 meter effort. Jen Leis placed second in the hammer throw with a toss of 45.77, fifth in the discus with a toss of 37.28 meters and sixth int he shot with a toss of 11.52 meters.

On Friday the Falcon women's team will compete at St. Olaf starting at 2 p.m. On Saturday the Falcon men will compete at Carleton starting at noon.

Falcons Compete at UST Invitational

April 12, 2003

The Falcon men's and women's track & field teams competed at the St. Thomas Invitational Saturday afternoon. No team scores were kept.

For the men, Weesayma Kennedy won the 200 meter dash in 21.99. Jim Felling won the 10,000 meter race in 36.14.68 and Eric Nordgren was second in 37:18.94. Andy Poturucha placed seventh in the 100 hurdles in 18.98. Katie Mitchell placed third in the 200 in 27.62 and took home a fifth place finish in the 100 in 13.31.

For the women, Jill Crandall placed second in the high jump with a leap of 1.65 meters. Katie Mitchell placed fourth in the 1000 dash in 12.83 and fourth in the 200 dash in 26.71. Steph Dura placed fourth in the shot put with a toss of 11.68 meters, fourth in the javelin with a toss of 30.26 meters and sixth in the discus with a 36.11 meter effort. Jen Leis placed second in the hammer throw with a toss of 45.77, fifth in the discus with a toss of 37.28 meters and sixth int he shot with a toss of 11.52 meters.

On Friday the Falcon women's team will compete at St. Olaf starting at 2 p.m. On Saturday the Falcon men will compete at Carleton starting at noon.

Leis, Dura Will Compete at NCAA Div. III Indoor Championships

March 11, 2003

Falcons Jen Leis and Steph Dura will compete in the NCAA Div. III National Championships this weekend.

Leis will compete in the weight throw and Dura in the shot put. Leis will compete in the preliminaries that start at 2:30 p.m. on Friday. The finals will also be Friday. Dura will compete in the preliminaries that start at 1:30 p.m. on Saturday. The finals will follow the prelims.

The meet is hosted by DePauw, Ind., University.

Track Teams Place 7th and 8th at the WIAC Indoor Championships

March 8, 2003

The Falcons completed competition at the WIAC Indoor Championships at UW-Oshkosh. The Falcon women's track team finished 7th today with a team score of 31 and the Falcon men finished 8th today with a team score of 21.

The women placed 5th in the distance medley with a time of 13:00.27. Also for the women Kiah Sagami placed 13th in the long jump with a distance of 15-9 3/4 (4.82m) and Val Skorjanek place 18th with a distance of 15-3 1/4 (4.65m) In the shot put for the women Steph Dura placed 5th with a distance of 42-10 (13.07m) and Jen Leis placed 8th with a distance of 41-2 1/4 (12.55m). Sarah Thull placed 13th in the high jump with a height of 4-11 (1.5m) and Kiah Sagami placed 21st in the high jump with a jump of 4-9 (1.45m). Katie Mitchell placed 6th in the 55 meter dash with a time of 7.53 and 6th in the 200 meter dash with a time of 26.76. Lisa Traxler finished 9th in the 1500 meter with a time of 5:03.42. In the triple jump Val Skorjanek placed 20th with a distance of 32-0 3/4 (9.77m). In the weight throw, Jen Leis placed 5th with a throw of 49-4 1/4 (15.04m). Gina Anderson placed 14th in the pole vault with a height of 9-4 1/2 (2.86m). Sarah Thull Finishehed 2nd in the pentathlon with a score of 3149. River Falls placed 8th in the 800 meter relay with a time of 1:54.79. The team placed 7th in the 4X400 meter relay with a time of 4:21.58.
The men placed 7th in the distance medley with a time of 10:42.87. In the men’s shot put Erik Olson placed 18th with a distance of 45-0 1/2 (13.73m). In the 55 meter dash, Adam Anderson placed 7th with a time of 6.75. Weesayma Kennedy placed 13th in the long jump with a leap of 6-3 1/2 (1.92m) and Dean Harder placed 11th with a jump of 6-1 1/2 (1.87m). In the Heptathlon B.J. Poore placed 18th with a score of 3050. In the 800m relay River Falls placed 5th with a time of 1:32.12. In the 4X400m relay River Falls placed 7th with a time of 3:30.48.

**Track Teams in 7th and 8th Place after Friday night’s events at the WIAC Indoor Championship**

*March 7, 2003*

The falcon women finished 7th with a team score of nine tonight in the first night of the WIAC Indoor Championships at UW-Oshkosh. The men finished 8th with a team score of 2. The men and women had five events each that were completed today. These were the distance medley, the 5,000 meter run, the shot put, the pole vault, and the long jump.

The women placed 5th in the distance medley with a time of 13:00.27. Also for the women Kiah Sagami placed 13th in the long jump with a distance of 15-9 3/4 (4.82m) and Val Skorjanec placed 18th with a distance of 15-3 1/4 (4.65m). In the shot put for the women Steph Dura placed 5th with a distance of 42-10 1/2 (13.07m) and Jen Leis placed 8th with a distance of 41-2 1/4 (12.55m). Sarah Thull placed 13th in the high jump with a height of 4-11 (1.5m) and Kiah Sagami placed 21st in the high jump with a jump of 4-9 (1.45m).

The men placed 7th in the distance medley with a time of 10:42.87. In the men's shot put Erik Olson placed 18th with a distance of 45-0 1/2 (13.73m).

The Falcons will next compete tomorrow in the conclusion of the WIAC Indoor Championships on March 8 at UW-Oshkosh. Events are scheduled to begin at 9 a.m.

**Track Teams Win Falcon Invitational Titles**

*Feb. 15, 2003*

The Falcon women's and men's track & field teams competed in the Blue Devil Invitational held Friday in Menomonie.

No team scores were kept.


For the men, Weesayma Kennedy placed second in the 55 in 6.55. Darrin Soderberg placed second in the 55 hurdles in 8.44. Mike Sander finished fourth in the 400 in 51.9 and Eric Hanson placed fourth in the 1500 in 4:09.04. Andy Poterucha placed second in the high jump with a leap of 6-2 3/4. Eric Olson placed fourth in the shot put with a toss of 41-8 3/4 and Steve Berg placed second in the weight throw with a 41-5 1/4 effort.

The Falcons will next compete in the WIAC Indoor Championships on March 7-8 at UW-Oshkosh.

**Track Teams Compete at UW-Stout**

*Feb. 8, 2003*

The Falcon women's track & field team competed at the Bowlues Invitational held Saturday at UW-Stout.
The Falcon men finished seventh of eight teams with seven points. Stevens Point won the team title with 189 points followed by St. Thomas 144, UM-Duluth 113, Eau Claire 76, Stout 52, Life Member Sports 10, RF 7 and Michigan Tech 2. Lewie Parish placed fourth in the 55 in 7.11 to lead the men.

The Falcon women placed fifth with 48.5 points. La Crosse won the team title with 174.5 points followed by Stevens Point 141, Eau Claire 127.5, UM-Duluth 94.5, RF 48.5, Superior 10 and St. Scholastica 4. Steph Dura placed second for the Falcons in the shot put with a 38-11 3/4 effort. Jen Leis placed third in the weight throw with a toss of 48-6 1/4.

The Falcons will next host the Coca Cola Classic on Saturday, Feb. 15. Action starts at the Knowles Building at noon.

**Track Teams Compete at UW-Stout Invite**

*Feb. 1, 2003*

The Falcon women's track & field team finished fourth and the men third at the UW-Stout Invitational held Saturday afternoon.


Weesayma Kennedy helped led the men with a first place finish in the 55 in 6.53 and the 200 in 22.77. Eric Hanson won the 1500 in 4:18.89.

The Falcons will next compete on Friday at the Stout Quadrangular with action starting at 4 p.m.

**Track Teams Perform Well in Falcon Open**

*Jan. 17, 2003*

The Falcon women's and men's track teams had some solid performances in the Falcon Open held Friday at the Knowles Building.

For the men, Wees Kennedy won the 55 dash in 6.62. Eric Hanson won the 1,000-meter run in 2:42.94. Mike Zander took the top spot in the 600 meters in 1:29.38. Jim Felling won the 3,000 in 10:01.91. Jesse Schneider won the pole vault with a leap of 3.35-meters. Andy Poterucha won the high jump with a leap of 1.9-meters.

For the women, Lisa Traxler won the 1,000 in 3:17.18. Gina Schindel won the 600 in 1:48.07 and Katrina Spears won the 200 in 28.31. Stef Dura won the shot put with a toss of 11.9-meters and Jen Leis won the weight throw with a toss of 13.27-meters. Gina Anderson won the pole vault with a leap of 2.89-meters and Kiah Sajami won the long jump with a leap of 4.68-meters. Val Skorjaneec won the triple jump with a leap of 9.59-meters.

The Falcons will next compete at the Stout Invitational on Feb. 1.

**Track Teams Host Early Bird Open**

*Jan. 17, 2003*

The Falcon women's and men's track teams opened their season Friday night by hosting the Falcon Early Bird Open at the Knowles Building. No team scores were kept. Teams from St. Thomas, Eau Claire, UM-Duluth, St. Olaf and Carleton joined the Falcons.

Jen Leis won the shot put with a toss of 38-0 1/4 and the weight throw with a toss of 47-6 1/4 to start the season strong. Gina Anderson placed second in the pole vault with a leap of 9-3. Katie Mitchell finished third in the 55 in 7.63 and was second in the 200 in 27.53.

The Falcons will next host the Falcon Invitational on Friday at the Knowles Building Action starts at 5 p.m.