



# MARAUDERS

CROSS COUNTRY / TRACK & FIELD

2020-2021



## DENNIS NEWELL

Head Coach  
Cross Country/Track & Field



**Our program has been successful because of great scholar-athletes, great resources, and great vision by our athletic department and university as a whole. A clear direction with high expectations is important in striving towards excellence and attaining the highest possible outcome."**

*Dennis Newell, Head Cross Country/  
Track & Field Coach*

**Entering his 15th season at the University of Mary, USTFCCCA National Coach of the Year recipient Dennis Newell helms the Marauders men's and women's cross country and track & field programs.**

Since joining the Marauders in 2006, Newell has helped lead the Marauders to 23 Northern Sun Conference Cross Country and Track & Field team titles, over 300 NSIC All-Conference individuals, over 100 NSIC Champions, and 9



NSIC Records. Newell has earned ten NSIC Coach of the Year honors.

At the NCAA Regional level, Newell has garnered eight NCAA Regional Coach of the Year awards for his efforts with three NCAA DII Central Region Cross Country Team Championships, five NCAA DII Central Region Cross Country Individual Champions, and over 100 NCAA DII Central Region Cross Country and Track & Field All-Region Individuals.

Newell has also made impacts at the highest level of NCAA DII athletics with two NCAA National Runner-Up finishes at the 2017 and 2018 NCAA DII Cross Country Championships and a Fourth Place Team Trophy at the 2018 NCAA DII Indoor Track & Field Championships. Newell has helped guide 161 individuals to NCAA DII All-American status and 10 individuals to NCAA DII National Champion status. He earned the NCAA DII Indoor Track & Field National Women's Assistant Coach of the Year honor in 2013.



- 10** NCAA Champions
- 161** NCAA All-Americans
- 3** NCAA Championship Podium Trophies
- 9** NCAA Cross Country Appearances in 10 Years
- 3** NCAA Central Region Team Championships
- 23** NSIC Cross Country and Track & Field Team Championships
- 19** Coach of the Year Honorees

Newell has garnered 19 Coach of the Year honors in 14 years with the Marauders, an obvious outcome of his tireless dedication to pursue excellence at the highest levels of athletics.

Newell was a 10-time All-American and 2-Time National Runner-Up at Black Hills State University, SD. The Yellow Jackets Hall of Fame member is a 14-Time All-Conference and 6-Time Conference Champion and graduated from BHSU in 2004. He received his master's degree

from the University of North Dakota in 2005.

The 2003 and 2004 DAC-10 cross country champion and most valuable runner, Newell is a USATF Level I and II, and III (Endurance) Certified Coach and holds his USTFCCCA Master Endorsements in Cross Country and Middle Distance. Newell takes every opportunity to continually learn through cross country and track & field educational programs, seminars, and instructional clinics.

A native of Williston, ND, Newell spent the first ten years of his life growing up in North Dakota. His family then moved to Billings, MT, in 1986 and Newell graduated from Skyview High School in 1995. He is married to Parshall, ND, native Catelin (Hoffman) Newell. They have four children, Piper Lynn (12), Christian Joseph (8), Crosby Ray (6), and Jonah Lee (2).



## **CALE KORBELIK**

Assistant Coach  
Cross Country/Track & Field

**Cale Korbelik joined the University of Mary as the Marauders assistant track & field coach in August 2020. His primary focus is on sprints, hurdles and relays while also serving as the program's recruiting coordinator.**

"We are excited to welcome Coach Korbelik into our University of Mary family," said UMary head cross country and track & field coach Dennis Newell. "Cale brings the energy and knowledge needed to our elevate our program. We look forward to Cale working with our university and community as we move forward."

Korbelik comes to the Marauders after coaching the 2019-20 season at Buena Vista University. His coaching career started at Whitworth University, where he helped the Pirates win the 2018 Northwest cross country conference championship and finish ninth at the 2019 NCAA Division III women's outdoor championships.

While an assistant coach at Buena Vista for the cross country and track & field teams during the 2019-20 season, Korbelik was responsible for coaching the pole vault, horizontal and vertical jumps and multi-event athletes while also handling strength and conditioning and recruiting. He coached the ARC conference pole vault runner-up.

Korbelik began his professional coaching career at Whitworth, where he was a graduate assistant coach for two seasons (2017-19). His responsibilities with the Pirates included the sprints, relays, strength & conditioning and recruiting coordinator.

A dual sport collegiate athlete at Northwest Missouri State University, Korbelik was a sprinter for the Bearcats and ran on the school's record-setting Distance Medley Relay team. He also played football on the 2013 Bearcats NCAA Division II championship team.

Named the PE/ Health Major of the Year award in 2015, Korbelik graduated from NMSU in 2016 with a degree in Physical Education and minors in Sports Psychology and Coaching. He completed his Master's of Arts degree in Administrative and Nonprofit Leadership at Whitworth University in 2019.





# GREATNESS

## — THROUGH VIRTUE —

Our scholar-athletes at Mary will be emboldened to pursue greatness, and so they will not settle merely for competitive success. They will realize that to aspire simply to a championship is not to set a goal too high, but far too low, and that authentic greatness pursues much more.

And as our scholar-athletes unite to pursue virtue, they will find that authentic friendship arises out of the shared pursuit of something noble and good. Strong community in our programs will develop from shared purpose, and the result will be friendships that will last a lifetime.

**“The world promises you comfort, but you were not made for comfort; you were made for greatness.”** – *Pope Benedict XVI*

**Our Promise:** Our promise is that in and through the athletic experience, our scholar-athletes will be prepared to achieve greatness through virtue in life and for a lifetime. Fortified in mind, body, and soul, we believe they will be prepared for whatever life throws their way, no matter whether prosperity or adversity. Our mission-first, virtue-first approach is designed intentionally to ensure that throughout a lifetime, our scholar-athletes will say they were prepared for life because of, and not in spite of, their athletic experience. Therefore, our athletics brand promise is:

**“Greatness through virtue**  
**— for life!”**

As a famous sports quote puts it: “Sports don’t develop character, they reveal it.” At the University of Mary,—when done rightly—sports **both develop and reveal character.**

## The Virtues

**“Virtue means the best a person can be...”** – *Saint Thomas Aquinas*

The virtues themselves are at the core of the athletic experience, and there are many that could be useful for scholar-athletes. In keeping with the Catholic Intellectual Tradition, the University of Mary has chosen to focus on six virtues: the four “Cardinal Virtues” of prudence, justice, courage, and temperance; paired with two virtues worthy of particular note as they pertain to sport: magnanimity and humility.

These six virtues will form the backbone of our work with scholar-athletes, informing all that we do and aspire to be:

**Magnanimity (Great-hearted):** Striving for greatness.

**Humility (Self-forgetful):** Acknowledging one’s proper place and limitations.

**Prudence (Wise):** Sound reason and judgment.

**Courage (Gritty):** Strength in the face of adversity.

**Justice (Respectful):** Fairness in giving all their due.

**Temperance (Self-mastered):** Mastery and moderation of natural desires and passions.

Additionally, we recognize that the signs of these virtues—and thus the signs of greatness that will demonstrate our progress—will be solidarity and harmony. These reveal an integrated individual and communal living.

**Solidarity:** A community unified by beliefs, actions, and a common goal.

**Harmony:** Psychological unity and balance.





*Luxon Glor celebrates with teammates after being crowned champion of the NSIC indoor long jump. The group captured four of eight podium spots, contributing to the men's team's runner-up finish. Meanwhile, Glor claimed three total championships on his way to earning High-Point Performer of the meet.*

## Our Mission

**How will we realize our bold vision?** We will focus day-to-day on creating the individual and collective habits needed to create a foundational culture.

We believe that the people are the program, and that there is no substitute for invested people who are themselves striving for virtue. Facilities, monetary resources, and talent are necessary. But mostly it's people who shape the culture that defines our daily experience and secures our success. Therefore the mission for the University of Mary athletics department is to:

“ **Create a department-wide culture committed to individual and collective greatness through Virtuous Leadership.** ”

**Our Motto:** Our Virtuous Leadership approach forms the cornerstone and represents the distinguishing aspect of the scholar-athlete experience at the University of Mary. We believe that greatness comes through virtue, and therefore character and virtue development is not simply a nice feature of our approach. It is the foundation. Therefore our motto reads: **Greatness through Virtue.**

The Strategic Plan ultimately focused on five essential elements of the scholar-athlete experience at Mary. The following five essential areas taken together will serve as the blueprint for athletics at the University of Mary:

1. Virtuous Leadership and Whole-Person Development
2. Virtue-Based Approach to Academic Excellence
3. Virtue-Based Approach to Athletic Excellence
4. Virtue-Based Approach to Scholar-Athlete Safety, Health and Well-Being
5. Virtue-Based Approach to Community Integration and Connectedness.

# Our Strategic Plan

Committee deliberations centered on the vision and virtues of the University of Mary so as to ensure that the vision and virtues were at the center of the planning process, and never simply a separate thing. For each essential element, planning participants considered the particular ways that our virtues were both needed for and developed from the particular element. For each element a Golden Mean Continuum was established to reflect the excesses and deficiencies we seek to avoid, and the optimal “Golden Mean” that we aspire to achieve.

The word “optimal,” then, does not indicate the most extravagant and elaborate dreams that we can conceive.



Our program has been successful over the years because of great scholar-athletes, great resources, and great vision by our athletic department and university as a whole. A clear direction with high expectations is important in striving towards excellence and attaining the highest possible outcome. The University of Mary sets itself apart by demanding more, providing the necessary tools, and creating a plan to achieve more than was thought possible.

*Dennis Newell, Head Cross Country/ Track & Field Coach, who coached UMary to 21 NSIC championships as both head and assistant coach*

Rather, optimal means the golden mean given a particular element of the scholar-athlete experience, striking the prudent place between deficient and excessive.

For example, while we want our scholar-athletes to receive adequate academic support during their time at Mary, ensuring that their unique needs and schedules are accommodated, we also do not want to coddle them such that they are not prepared to flourish in life. Thus, our committee conversations focused on identifying optimal academic resources to support our athletes.

In addition to the five committees formed around each of the five essential areas, one additional committee was created to focus exclusively on the virtue theory itself and its measurement. Key performance indicators (for scholar-athletes) and practices (for coaches) translated the vision and virtues into outcomes capable of contributing to continuous improvement and benchmarking growth in the short and long term.



## DEFICIENT

**TOO LITTLE**  
Detracts/Prevents  
Vision Realization

## OPTIMAL

Ideal for the Vision  
Objectives

## EXCESSIVE

**TOO MUCH**  
Detracts/Prevents  
Vision Realization

# The Mary Difference

## Education for Life

A strong reputation for academic excellence means the University of Mary offers students an education that prepares them for a life of servant leadership- literally around the globe.

A nationally recognized leader in developing top-quality higher education, the University of Mary has been honored by a variety of institutions nationwide.

## Athletic Opportunities

A 'Tradition of Excellence' is not just a phrase used by the Cross Country and Track & Field programs at the University of Mary. It is a way of life that is backed by accolades on the conference, regional, and national levels of competition consistently, over decades.

## Creating Genuine Relationships

At the University of Mary, we are interested in helping to provide you with the tools, environment, and opportunities to form genuine relationships. We want you to be able to form authentic friendships with your classmates, teammates, faculty, and others on our campus so that you can carry out those relationships for the rest of your life.

## Providing Rewarding Experiences

Providing individual and group experiences in which you can grow and develop, we pride ourselves on giving you diverse opportunities to experience new and exciting avenues of understanding and learning.



Being a Marauder is different, because we really are a family. Each person has a role in supporting the team, whether scoring points, cheering, helping with homework, or being a friend. Each person cares deeply about their performance and how they contribute to the overall team. We pick each other up and give praise for accomplishments. We are a dedicated, goofy, passionate, REAL team.

*Bree Erickson, 2x NCAA All-American, Cross Country and Track & Field*

## Community of Faith

Committed to the values of respect for persons, hospitality, and service to others, the University of Mary offers you a unique setting for exploring some of life's most important questions. And unlike many other places, differences are not ignored but discussed — with passion and civility — in pursuit of Truth.

The outcome is a supportive and diverse campus that welcomes students of all faiths and backgrounds.

The University of Mary transcends its own campus to serve the communities of Bismarck, Mandan, and Lincoln, serving our communities with virtue, we act intentionally and with purpose.



**161**

**NCAA  
DII All-  
Americans**

**10**

**NCAA DII  
National  
Champions**

**294**

**NAIA All-  
Americans**

**30**

**NAIA  
National  
Champions**



Men's Indoor  
Conference  
Champions

Women's Indoor  
Conference  
Champions

Women's Outdoor  
Conference  
Champions

National Champion  
Annie Goodson  
*Indoor Pentathlon*  
*Outdoor*  
*Heptathlon*

National Champion  
Pawel Oboz  
*Marathon*

National Champion  
Karla Fandrich  
*Outdoor 100m*  
*Hurdles*

Men's Indoor  
Conference  
Championships

Women's Indoor  
Conference  
Championships

National Champion  
Kristen Schwehr  
*Indoor Pole Vault*

National Champions  
Bukky Hassan  
Femi Kehinde  
Tasha Rudolph  
Molly Hoff  
*Indoor 4x400m Relay*

Women's Outdoor  
Conference  
Championships

Women's Indoor  
Conference  
Champions

Women's Outdoor  
Conference  
Champions

Women's  
Outdoor  
Conference  
Champions

Women's Indoor  
Conference  
Champions

Women's Outdoor  
Conference  
Champions

Women's Outdoor  
Conference  
Champions

Women's  
Cross Country  
Conference  
Champions

Women's  
Cross Country  
Region  
Champions

Women's  
Cross Country  
Conference  
Champions

Women's  
Cross Country  
Region  
Champions

Women's  
Cross Country  
NCAA 2nd Place

Women's Indoor  
Conference  
Champions

Women's  
Indoor NCAA  
4th Place

National Champion  
Alexis Zeis  
*Indoor 5,000m*

Women's Outdoor  
Conference  
Champions

Women's Indoor  
Conference  
Champions

2002

2004

2007

2010

2012

2014

2016

2018

2020

2003

Men's Indoor  
Conference  
Champions

Women's Indoor  
Conference  
Champions

National Champion  
Magda Spyra  
*Indoor 3,000m*  
*Race Walk*

Men's Outdoor  
Conference  
Champions

Women's Outdoor  
Conference  
Champions

2005

Women's Indoor  
Conference  
Champions

Women's Outdoor  
Conference  
Champions

National Champion  
Shawna Kern  
*Outdoor 400m*  
*Hurdles*

2008

University of  
Mary Joins NCAA  
Division II

Men's Indoor  
Conference  
Champions

Women's Indoor  
Conference  
Champions

Women's Outdoor  
Conference  
Champions

2011

Women's Indoor  
Conference  
Champions

2013

National Champion  
Jennifer Agnew  
*Cross Country*

Women's Indoor  
Conference  
Championships

National Champions  
Dakota Wolf  
Brianna Lynch  
Kathryn  
Stewart  
Melissa Agnew  
*Indoor Distance*  
*Medley Relay*

National Champion  
Melissa Agnew  
*Indoor Mile*  
*Outdoor 1500m*

Women's Outdoor  
Conference  
Championships

2015

National Champion  
Alexis Zeis  
*Cross Country*

Women's Indoor  
Conference  
Championships

Women's Outdoor  
Conference  
Championships

2017

Women's  
Cross Country  
Conference  
Champions

Women's  
Cross Country  
Region  
Champions

Women's  
Cross Country  
NCAA 2nd Place

National Champion  
Alexis Zeis  
*Indoor 5,000m*

2019

Women's Cross  
Country Champions

Women's Indoor  
Conference  
Champions

Women's Outdoor  
Conference  
Champions



# Facilities/ Training Sites

## FIELDHOUSE & WELLNESS

The Fieldhouse and Wellness Center is an 80,000-square-foot facility, constructed as a two-level multipurpose arena.

The Fieldhouse is complete with a 200-meter Mondo 720 Super-X surfaced indoor track and field with areas for long/triple jump, high jump, pole vault, shot put, and weight throw. This is fully functional NCAA competition track & field facility.

The Wellness Center is equipped with a variety of cardio equipment and strength equipment, including machine and free weights.



## WEIGHT ROOM

The University of Mary Scott Weight Room serves as the home for the strength and conditioning program for all Marauders scholar-athletes. The Weight Room is located on the second floor of the McDowell Activity Center.



## MDU RESOURCES COMMUNITY BOWL

The 6,000-seat Bowl features a newly renovated press box, artificial surface playing field, natural grass fields, locker rooms, restrooms, and two concession and grill areas.

A nine-lane track with corresponding field includes areas for long/ triple jump, high jump, pole vault, shot put, discus, hammer, and javelin.

The MDU Resources Community Bowl is currently home to the University of Mary home track & field meet, the Al Bortke Open.



## MCDOWELL DAM

The McDowell Dam Recreation Area is a 271-acre park five miles east of Bismarck.

The area includes a public beach, fishing docks, picnic shelters, horseshoe pits, a concessions area, playground, and modern restrooms.

The grounds include a paved recreational trail, a large grassy area protected by trees and woods, and a 3.25-mile nature trail encircling the banks of McDowell Dam – a perfect training area for middle- and long-distance runners.



Women's Cross Country  
Regional Champions enjoying  
the taste of victory.



# TRADITION OF Athletic Distinction

“ The University of Mary sets itself apart by expecting more, providing the necessary tools, and creating a plan to achieve more than was thought possible. ”

*Dennis Newell, Head Cross Country/ Track & Field Coach*

## Conference Championships (57)

**Men's Indoor (6)**  
2000, 2001, 2002, 2003, 2004, 2008

**Men's Outdoor (1)**  
2003

**Women's Cross Country (10)**  
1990, 1991, 1992, 1997, 1998, 1999  
2016, 2017, 2018, 2019

**Women's Indoor (21)**  
1994, 1995, 1996, 1997, 1998, 1999, 2000,  
2001, 2002, 2003, 2004, 2005, 2007,  
2008, 2011, 2012, 2013, 2015, 2018, 2019,  
2020

**Women's Outdoor (21)**  
1994, 1995, 1996, 1997, 1998, 1999, 2000,  
2001, 2002, 2003, 2004, 2005, 2007,  
2008, 2010, 2012, 2013, 2014, 2015, 2018,  
2019

## Region Championships (8)

**Women's Cross Country**  
1994, 1997, 1998, 1999, 2000  
2016, 2017, 2018

## NAIA/ NCAA Championships

**(Podium Finish-Top 4) (9)**

### Women's Cross Country

1998 (4th), 2017 (2nd), 2018 (2nd)

### Women's Indoor

1997 (3rd), 1998 (2nd), 1999 (2nd),  
2018 (4th)

### Women's Outdoor

1997 (2nd), 1998 (2nd)

## National Champions (32)

### Tiffany Johnson

Indoor Shot Put, 1991

### Cindy Leingang

Indoor Pentathlon, 1996

### Jamey Mulske

Outdoor Heptathlon, 1996

Indoor Pentathlon, 1997

Indoor Long Jump, 1997

Outdoor Long Jump, 1997

Outdoor Heptathlon, 1997

Outdoor Heptathlon, 1998

Outdoor Long Jump, 1998

Outdoor 400m Hurdles, 1998

### Mandy Schroeder

Outdoor High Jump, 1998

Indoor Pentathlon, 1998

Indoor High Jump, 1999

Indoor Pentathlon, 1999

### Shandi Hertz

Marathon, 2000

### Kari Wilson

Indoor Pole Vault, 2000

### Ron Renschler

Outdoor Triple Jump, 2000

### Shane Yates

Indoor High Jump, 2000

Indoor Pole Vault, 2002

### Annie Goodson

Indoor Pentathlon, 2002

Outdoor Heptathlon, 2002

### Pawel Oboz

Marathon, 2002

### Karla Fandrich

Outdoor, 100m Hurdles, 2002

### Magda Spyra

Indoor 3,000 meter Race Walk, 2003

### Kristen Schwehr

Indoor Pole Vault, 2004

### Shawna Kern

Outdoor 400m Hurdles, 2005

### Jennifer Agnew

Cross Country, 2013

### Melissa Agnew

Indoor Mile, 2013

Outdoor 1500 meters, 2013

### Alexis Zeis

Cross Country, 2015

Indoor 5,000 meters, 2017

Indoor 5,000 meters, 2018

## RELAYS (2)

### Indoor 4x400m Relay, 2004

Bukky Hassan

Femi Kehinde

Tasha Rudolph

Molly Hoff

### Indoor Distance Medley Relay, 2013

Dakota Wolf

Brianna Lynch

Kathryn Stewart

Melissa Agnew

## UMary Hall of Fame (20)

**Lema LaPointe**, 1996

**Bruce Hall**, 1997

**Renee Amundson-Dill**, 1998

**Betsy Emerson**, 1998

**Bab (Gelinske) Metcalf**, 2000

**Mike Thorson (Coach)**, 2000

**Gerene (Saylor) Mattern**, 2001

**Jamey Mulske**, 2003

**Cindy (Leingang) Thompson**, 2003

**Jennifer Lunde-Brossart**, 2004

**Lisa (Maus) Haugen**, 2005

## Women's Track and Field Team of 1998, 2005

(Jenny Berg, Laurie (Fox) Batchelor,  
Rebekah Gregg, Jennifer (Hannula)

Churchill, Vicki Haynes-Larson,

Jessica Holtan, Sheila Kabat, Dani Kipp,

Zoe Lindquist, Carey Litsey Zurich,

Jennifer Lunde-Brossart, Erin (Morrell)

Parrill, Jamey Mulske, Courtney Pitzer, Kelly

(Polsfuss) Volkmann, Chris (Ricker) Brandt,

Mandy Schroeder-Sheldon, Renee Sisco,

Head Coach Mike Thorson)

**Mandy Schroeder Sheldon**, 2006

**Annie Goodson-Roe**, 2009

**Shandi Hertz**, 2010

**Howard Hausauer**, 2011

**Shane Yates**, 2013

**Shawna Kern Kost**, 2013

**Brandon Ralph**, 2016

**Karla (Fandrich) Wagner**, 2016

## NAIA Hall of Fame (3)

**Jamey Mulske**

**Mandy Schroeder Sheldon**

**Mike Thorson (Coach)**

## Conference Titles (Team)

23 NCAA

36 NAIA

59 Total

## Region Titles (Team)

3 NCAA

5 NAIA

8 Total

## National Trophies (Team)

3 NCAA

6 NAIA

9 Total

## All-Americans (Individuals & Relays)

161 NCAA

294 NAIA

455 Total

## National Titles (Individuals & Relays)

10 NCAA

30 NAIA

40 Total

# Programs of Study

## Gary Tharaldson School of Business

### BACHELOR'S DEGREE PROGRAMS

- Accounting
- Business Administration
- Business Education
- Business Management
- Computer Information Systems
- Financial Services and Banking
- Healthcare Administration
- Information Technology Management
- Marketing
- Sport and Leisure Management

### GRADUATE DEGREE PROGRAMS

- Master of Business Administration  
*(specializations in Business Operations, Catholic Philanthropy, Healthcare, Human Resource Management, Project Management, Public Administration, Virtuous Leadership)*
- Master of Project Management  
*(optional specializations in Catholic Philanthropy, Healthcare, Human Resource Management, Managerial Leadership, Project Management, Public Administration, Virtuous Leadership)*
- Master of Science in Business  
*(specializations in Business Operations, Catholic Philanthropy, Healthcare, Human Resource Management, Managerial Leadership, Project Management, Public Administration, Virtuous Leadership)*

## Liffrig Family School of Education & Behavioral Sciences

### BACHELOR'S DEGREE PROGRAMS

- Biology Education
- Business Education
- Coaching and Sport Studies
- Criminal Justice
- Early Childhood Education
- Elementary Education
- English Education
- History Education
- Human Support Services
- Mathematics Education
- Music Education
- Physical Education
- Psychology
- Social Studies Education
- Social Work
- Special Education

### GRADUATE DEGREE PROGRAMS

- Doctor of Education *(programs in K-12 Education and Higher Education, optional concentration in Catholic Educators)*
- Master of Education *(programs in Curriculum, Instruction, Assessment; Elementary Administration; Physical Education and Athletic Administration; Reading; Secondary Administration; Special Education Strategist; Teacher Leadership; and optional concentration in Catholic Educators)*
- Master of Science in Counseling *(concentrations in Addiction Counseling, Clinical Mental Health Counseling, and School Counseling)*

## School of Engineering

### BACHELOR'S DEGREE PROGRAMS

- Computer Science with an Emphasis in Cyber Security
- Construction Management
- Civil Engineering
- Electrical Engineering
- Mechanical Engineering

## School of Health Sciences

### BACHELOR'S DEGREE PROGRAMS

- Biomechanics
- Communication Sciences and Disorders
- Exercise Science
- Medical Laboratory Science
- Nursing *(available tracks in BSN, LPN to BSN, RN to BSN and Second Degree BSN)*
- Radiologic Technology
- Respiratory Therapy

### GRADUATE DEGREE PROGRAMS

- Doctor of Nursing Practice: FNP
- Doctor of Nursing Practice: Nursing Organizational Leadership
- Doctor of Physical Therapy
- Doctor of Occupational Therapy
- Master of Science in Athletic Training *(coming fall 2021)*
- Master of Science in Bioethics
- Master of Science in Clinical Exercise Physiology
- Master of Science in Kinesiology
- Master of Science in Respiratory Therapy
- Master of Science in Nurse Educator
- Master of Science in Nursing Informatics
- Master of Science in Nursing Leadership and Management *(ADN to MSN or BSN to MSN)*
- Master of Science in Speech-Language Pathology
- MSN/MBA in Healthcare Administration Dual Degree

## School of Arts & Sciences

### BACHELOR'S DEGREE PROGRAMS

- Biology
- Biology Education
- Catholic Studies
- Chemistry
- Communication *(concentrations in Business Communication, Media Production and Public Relations)*
- English
- English Education
- History
- History Education
- Mathematics
- Mathematics Education
- Music
- Music Education
- Music Performance
- Music with an Emphasis in Sacred Music
- Philosophy
- Politics
- Social Studies Education
- Spanish
- Theological Studies
- Theology
- University Studies

### GRADUATE DEGREE PROGRAMS

- Master of Arts in Catholic Studies
- Master of Arts in Music

## Pre-Professional Concentrations

- Chiropractic
- Dentistry
- Law
- Medicine
- Optometry
- Pharmacy
- Physician Assistant
- Podiatry
- Veterinary Medicine
- Wildlife Management and Conservation Biology



Being a Marauder scholar-athlete has been the hardest, but most rewarding experience in my life. Every teammate is so supportive of each other, whether that be in practice, competition, or in life. Our coaches not only push all of us to do our best, but they genuinely care about each individual as a person and our overall well-being.

*Jaiden Schuette, Cross Country and Track & Field*

# Apply for Admission

When you apply to the University of Mary, you join a growing number of students who are seeking an education for the whole of life, and we want to make the application process as smooth as possible.

 **Apply today!**  
[umary.edu/apply](https://umary.edu/apply)

## Applying to the University of Mary is as easy as one, two, three!

### 1. SUBMIT YOUR APPLICATION

Visit [umary.edu/apply](https://umary.edu/apply) to complete the online application and submit your \$30 application fee. The application process is quick – it only takes 10 to 15 minutes to complete the form.

### 2. CONFIRM WE'VE RECEIVED YOUR TEST SCORES AND HIGH SCHOOL TRANSCRIPTS

Use the University of Mary codes when you take your test. Our ACT code is 3201 and our SAT code is 6428. Visit with your high school counselor to send your transcripts to us.

### 3. START THE FINANCIAL AID PROCESS

To apply for financial assistance at Mary, you must complete the FAFSA. We encourage you to complete the FAFSA any time after October 1 by using the online FAFSA application at [fafsa.gov](https://fafsa.gov). University of Mary's school code is 002992.

## THAT'S IT!

We review each application on an individual basis and accept those who will make positive contributions to our community and achieve academic success.

The University of Mary does not discriminate on the basis of race, color, religion, sex, age, national origin, disability, marital status or public assistance, in accordance with applicable laws.

## WOMEN'S TRACK & FIELD RECORDS

### WOMEN'S INDOOR TRACK & FIELD RECORDS

<b>55M DASH</b> .....	Dalesha Corthion .....	7.06 .....	2001
<b>55M HURDLES</b> .....	Mandy Schroeder .....	8.02 .....	1998
<b>60M DASH</b> .....	Kathryn Stewart .....	7.55 .....	2015
<b>60M HURDLES</b> .....	Janet Johnson .....	8.37 .....	2014
<b>200M DASH</b> .....	Kathryn Stewart .....	24.45 .....	2013
<b>300M DASH</b> .....	Rikki Schmidt .....	40.91 .....	2012
<b>400M DASH</b> .....	Abbey Zastrow .....	55.25 .....	2019
<b>500M DASH</b> .....	Jamey Mulske .....	1:16.92 .....	1998
<b>600M DASH</b> .....	Monique McPherson .....	1:32.42 .....	2019
<b>600 YARDS</b> .....	Megan Jenkins .....	1:24.19 .....	2012
<b>800M RUN</b> .....	Monique McPherson .....	2:11.11 .....	2019
<b>1000M RUN</b> .....	Melissa Agnew .....	2:51.43 .....	2013
<b>1000 YARDS</b> .....	Tammy Mudder .....	2:39.70 .....	1993
<b>1500M RUN</b> .....	Becky Allred .....	4:36.03 .....	1994
<b>MILE</b> .....	Melissa Agnew .....	4:44.59 .....	2013
<b>3000M RUN</b> .....	Alexis Zeis .....	9:22.39 .....	2017
<b>3200M RUN</b> .....	Stacy Snyder .....	12:17.70 .....	1989
<b>5000M RUN</b> .....	Ida Narbvvoll .....	16:14:33 .....	2019
<b>3000M RACE WALK</b> .....	Magda Spyra .....	15:02.64 .....	2003
<b>4 X 200M RELAY</b> .....	Mollie Hoff .....	1:44.60 .....	2004
	LaToya Potter		
	Katie Rau		
	Lindsey Carter		
<b>4 X 240M RELAY</b> .....	Ellen Behrends .....	2:15.50 .....	1991
	Holly Voigt		
	Barb Gelinske		
	Tammy Mudder		
<b>4 X 400M RELAY</b> .....	Abbey Zastrow .....	3:42.01 .....	2019
	Nicolyn Brown		
	Julia Hammerschmidt		
	Monique McPherson		
<b>4 X 800M RELAY</b> .....	Ashley Colbrese .....	9:30.69 .....	2005
	Brittany Messer		
	Hannah Moen		
	Amanda Reinbold		
<b>SPRINT MEDLEY RELAY</b> .....	Fawn Hammeren .....	4:53.20 .....	1991
	Holly Voigt		
	Tammy Hafner		
	Chris Heck		
<b>DISTANCE MEDLEY RELAY</b> .....	Dakota Wolf .....	11:28.92 .....	2013
	Kathryn Stewart		
	Brienna Lynch		
	Melissa Agnew		
<b>SHUTTLE HURDLE RELAY</b> .....	Jamey Mulske .....	33.89 .....	1998
	Mandy Schroeder		
	Erin Morrell		
	Vicki Haynes		
<b>MILE RELAY</b> .....	Ellen Behrends .....	4:08.03 .....	1991
	Michele Hinand		
	Marnie Nordstrom		
	Tammy Mudder		
<b>LONG JUMP</b> .....	Lexus Lovan .....	19' 9.75" .....	2020
<b>TRIPLE JUMP</b> .....	D'Andra Morris .....	41' 1.75" .....	2019
<b>HIGH JUMP</b> .....	Mandy Schroeder .....	5'9" .....	1999
<b>POLE VAULT</b> .....	Davina Carr .....	13' 3.5" .....	2016
<b>SHOT PUT</b> .....	Aubrey Baxter .....	47'5" .....	2005
<b>WEIGHT THROW</b> .....	Stephanie Fey .....	53'9" .....	2014
<b>PENTATHLON</b> .....	Mandy Schroeder .....	3,768 .....	1998

### WOMEN'S OUTDOOR TRACK & FIELD RECORDS

<b>100M DASH</b> .....	Kathryn Stewart .....	11.65 .....	2015
<b>200M DASH</b> .....	Kathryn Stewart .....	23.69 .....	2013
<b>400M DASH</b> .....	Bukky Hassan .....	54.22 .....	2004
<b>800M RUN</b> .....	Brie Lynch .....	2:08.79 .....	2015
<b>1500M RUN</b> .....	Melissa Agnew .....	4:22.40 .....	2012
<b>3,000M RUN</b> .....	Katie Hostetler .....	9:56.20 .....	2000
<b>5,000M RUN</b> .....	Alexis Zeis .....	16:23.28 .....	2017
<b>10,000M RUN</b> .....	Alexis Zeis .....	33:47.44 .....	2018
<b>100M HURDLES</b> .....	Tonie-Ann Pandohi .....	13.42 .....	2017
<b>400M HURDLES</b> .....	Julia Hammerschmidt .....	59.63 .....	2019
<b>3,000M STEEPLECHASE</b> .....	Jennifer Agnew .....	10:25.70 .....	2012
<b>400M RELAY</b> .....	Kristyn Nelson .....	45.84 .....	2012
	Nicketa Coombs		
	Rikki Schmidt		
	Kathryn Stewart		
<b>800M RELAY</b> .....	Kacie Sweep .....	1:42.70 .....	2009
	Kristyn Nelson		
	Mishay Weber		
	Kristen Stewart		
<b>1600M RELAY</b> .....	Julia Hammerschmidt .....	3:39.87 .....	2019
	Nicolyn Brown		
	Abbey Zastrow		
	Monique McPherson		
<b>SPRINT MEDLEY RELAY</b> .....	Keyonia Edwards .....	4:07.32 .....	2006
	Kacie Sweep		
	Hannah Moen		
	Ashley Colbrese		
<b>3200M RELAY</b> .....	Ashley Colbrese .....	9:19.00 .....	2005
	Brittany Messer		
	Hannah Moen		
	Kristal Wolf		
<b>DISTANCE MEDLEY RELAY</b> .....	Melissa Agnew .....	12:15.14 .....	2010
	Brandee DeVine		
	Emilee Morehouse		
	Dakota Wolf		
<b>3,000M RACE WALK</b> .....	Magdalena Spyra .....	15:03.30 .....	2003
<b>MARATHON</b> .....	Shandi Hertz .....	3:04.40 .....	2000
<b>HALF MARATHON</b> .....	Marisa Thorson .....	1:25.30 .....	2003
<b>LONG JUMP</b> .....	Jamey Mulske .....	20'8 ½" .....	1998
<b>TRIPLE JUMP</b> .....	Danylle Kurywachak .....	42' 2 ¼" .....	2015
<b>HIGH JUMP</b> .....	Mandy Schroeder .....	5'8 ½" .....	1998
<b>POLE VAULT</b> .....	Davina Carr .....	13' 3.50" .....	2016
<b>SHOT PUT</b> .....	Aubrey Baxter .....	48'10 ¾" .....	2005
<b>DISCUS</b> .....	Janet Chapman .....	158'1" .....	1997
<b>HAMMER THROW</b> .....	Stephanie Fey .....	157'6" .....	2014
<b>JAVELIN</b> .....	Jennifer Lunde .....	148'10 ½" .....	1997
<b>HEPTATHLON</b> .....	Jamey Mulske .....	5,372 .....	1998

# MEN'S TRACK & FIELD RECORDS

## MEN'S INDOOR TRACK & FIELD RECORDS

<b>55M DASH</b>	Josh Dinius	6.40	2006
<b>55M HIGH HURDLES</b>	Tanner Miller	7.51	2001
<b>60M DASH</b>	Luxon Glor	6.72	2019
<b>60M HIGH HURDLES</b>	Joshua Lamers	7.92	2018
<b>200M DASH</b>	Luxon Glor	21.36	2019
<b>300M DASH</b>	Cory Ploof	36.12	2012
<b>400M DASH</b>	Chris Wilmes	48:09	2001
<b>500M DASH</b>	Warren Schatz	1:05.76	1992
<b>600M DASH</b>	Tony Wood	1:21.65	2008
<b>600 YARDS</b>	Deland Weyrauch	1:15.21	2012
<b>800M RUN</b>	Teegan Olson	1:53.49	2018
<b>1000M RUN</b>	Mario Czarnomski	2:30.21	2005
<b>1500M RUN</b>	Russell Neff	4:02.06	2004
<b>MILE</b>	Derek Myers	4:13.72	2019
<b>3000M RUN</b>	Derek Myers	8:28.42	2019
<b>3200M RUN</b>	Jeremy Sorenson	9:57.70	2001
<b>5000M RUN</b>	Derek Myers	14:26.64	2019
<b>3000M RACEWALK</b>	Norbert Typek	14:58.22	2000
<b>4X200M RELAY</b>	Kenny Molenda Justin Wittmayer Patrick Koski Tom Havron	1:30.26	2003
<b>4X240M RELAY</b>	Joe Koch Matt Heahlke Brian Lynch Steve Magazinovic	1:53.65	1996
<b>4X400M RELAY</b>	Tavis Freidt Andy Wills Tim Leier Blake Olson	3:16.75	2004
<b>4X800M RELAY</b>	Austin Borrego Tristan Stomm Sam Wilke Teegan Olson	7:49.36	2018
<b>SPRINT MEDLEY RELAY</b>	T.F. Kennah Clint Leingang Nick Rost Barry Fischer	3:47.20	1991
<b>DISTANCE MEDLEY RELAY</b>	Sam Wilke Ty Trainor Cory Myers Derek Myers	10:08.17	2019
<b>SHUTTLE HURDLE RELAY</b>	Josh Dinius Kiel Holwegner Devin Sabroksy Luke Shevela	32.19	2007
<b>LONG JUMP</b>	Luxon Glor	24' 8.5"	2017
<b>TRIPLE JUMP</b>	Kotchi Prosper	49' 8"	1996
<b>HIGH JUMP</b>	Shane Yates	7' 1"	2000
<b>POLE VAULT</b>	Dwayne Kramer	16' 0"	2004
<b>SHOT PUT</b>	Josh Obrigewitch	57' 3"	2007
<b>35LB.WEIGHT THROW</b>	Ben Jacobson	66' 2 1/2"	2011
<b>HEPTATHLON</b>	Sven Dunkel	4945	2017
<b>PENTATHLON</b>	Tanner Miller	3703	2003

## MEN'S OUTDOOR TRACK & FIELD RECORDS

<b>100M DASH</b>	Luxon Glor	10.35	2019
<b>200M DASH</b>	Luxon Glor	21.15	2019
<b>400M DASH</b>	Jordan Washington	48.04	2012
<b>800M RUN</b>	Jesse Bennett	1:51.37	2012
<b>1500M RUN</b>	Jesse Bennett	3:54.04	2012
<b>3,000M RUN</b>	Chris Jessop	8:44.26	2016
<b>5,000M RUN</b>	Derek Myers	14:37.92	2017
<b>10,000M RUN</b>	Derek Myers	29:47.83	2019
<b>110M HURDLES</b>	Joshua Lamers	13.85	2018
<b>400M HURDLES</b>	Tanner Miller	51.52	2001
<b>3,000M STEEPLECHASE</b>	Travis Bussey	9:05.62	2005
<b>400M RELAY</b>	Rob Brandt Ryan Schafer Chris Wilmes Tanner Miller	41.14	2001
<b>800M RELAY</b>	Jordan Puhalla Cory Ploof Deland Weyrauch Tracy Lide	1:28.32	2010
<b>1600M RELAY</b>	Blake Olson Seth Hoff Andy Wills Tavis Freidt	3:14.29	2004
<b>SHUTTLE HURDLE RELAY</b>	Josh Dinius Matt Braun Devin Sabroksy Tavis Freidt	62.54	2006
<b>3200M RELAY</b>	Chris Ogle Mark McLaughlin Russ Neff Tony Wood	7:46.86	2008
<b>DISTANCE MEDLEY RELAY</b>	Jarrod Herbers Ryan Zunich Jerod Hill Norbert Typek	10:17.02	1998
<b>5,000M RACE WALK</b>	Norbert Typek	25:05.24	2000
<b>MARATHON</b>	Pawel Oboz	2:31.41	2002
<b>HALF MARATHON</b>	Jeremy Sorenson	1:09.20	2001
<b>LONG JUMP</b>	Luxon Glor	24'81/4"	2017
<b>TRIPLE JUMP</b>	Kotchi Prosper	50'3 1/4"	1997
<b>HIGH JUMP</b>	Shane Yates	7' 1/4"	2000
<b>POLE VAULT</b>	Jake Alexander	15'10"	2008
<b>SHOT PUT</b>	Ben Jacobson	57'2 1/4"	2010
<b>DISCUS</b>	Bryan Harris	172'10"	2003
<b>HAMMER THROW</b>	Tad Harman	169'6"	2012
<b>JAVELIN</b>	Travis Ecker	205'6"	1997
<b>DECATHLON</b>	Kevin Ford	6,460	1998

## 2020 NCAA DIVISION II INDOOR TRACK & FIELD

### MEN'S QUALIFYING STANDARDS (Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
60 Meters	6.72	—	6.87	—
60 Hurdles	7.90	—	8.21	—
200 Meters	21.21	—	21.69	—
400 Meters	47.19	—	48.51	—
800 Meters	1:49.49	—	1:53.06	—
Mile	4:02.22	—	4:11.24	—
3,000 Meters	8:03.95	—	8:23.64	—
5,000 Meters	14:03.70	—	14:38.35	—
4 x 400 Relay	3:11.71	—	3:16.77	—
Metric Distance Medley Relay	9:47.21	—	10:04.47	—
	<b>METRIC</b>		<b>METRIC</b>	
High Jump		2.16		2.04
Pole Vault		5.22		4.77
Long Jump		7.60		7.13
Triple Jump		15.49		14.50
Shot Put		18.18		16.21
35-Pound Weight Throw		21.04		17.68
Heptathlon		5355		4760

### WOMEN'S QUALIFYING STANDARDS (Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
60 Meters	7.47	—	7.67	—
60 Hurdles	8.43	—	8.80	—
200 Meters	24.06	—	24.82	—
400 Meters	54.32	—	56.53	—
800 Meters	2:08.20	—	2:14.07	—
Mile	4:45.17	—	4:58.73	—
3,000 Meters	9:28.76	—	9:58.07	—
5,000 Meters	16:30.76	—	17:27.17	—
4 x 400 Relay	3:43.19	—	3:51.63	—
Metric Distance Medley Relay	11:33.54	—	12:04.69	—
	<b>METRIC</b>		<b>METRIC</b>	
High Jump		1.75		1.67
Pole Vault		4.01		3.59
Long Jump		6.13		5.67
Triple Jump		12.55		11.70
Shot Put		15.70		13.70
20-Pound Weight Throw		19.99		17.07
Pentathlon		3820		3277

## 2020 NCAA DIVISION II OUTDOOR TRACK & FIELD

### MEN'S QUALIFYING STANDARDS (Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	10.28	—	10.57	—
200 Meters	20.74	—	21.32	—
400 Meters	46.36	—	47.71	—
800 Meters	1:48.79	—	1:51.87	—
1500 Meters	3:44.38	—	3:50.68	—
3000 Meter Steeplechase	8:521.96	—	9:13.76	—
5000 Meters	13:55.74	—	14:32.33	—
10,000 Meters	29:16.79	—	30:47.12	—
110 Meter Hurdles	13.90	—	14.51	—
400 Meter Hurdles	51.34	—	53.34	—
4 x 100 Meter Relay	40.26	—	41.06	—
4 x 400 Meter Relay	3:08.52	—	3:13.73	—
	<b>METRIC</b>		<b>METRIC</b>	
High Jump		2.14		2.05
Pole Vault		5.24		4.81
Long Jump		7.68		7.26
Triple Jump		15.67		14.69
Shot Put		18.42		16.34
Discus Throw		56.37		49.97
Hammer Throw		65.89		55.59
Javelin Throw		69.57		58.75
Decathlon		7252		6325

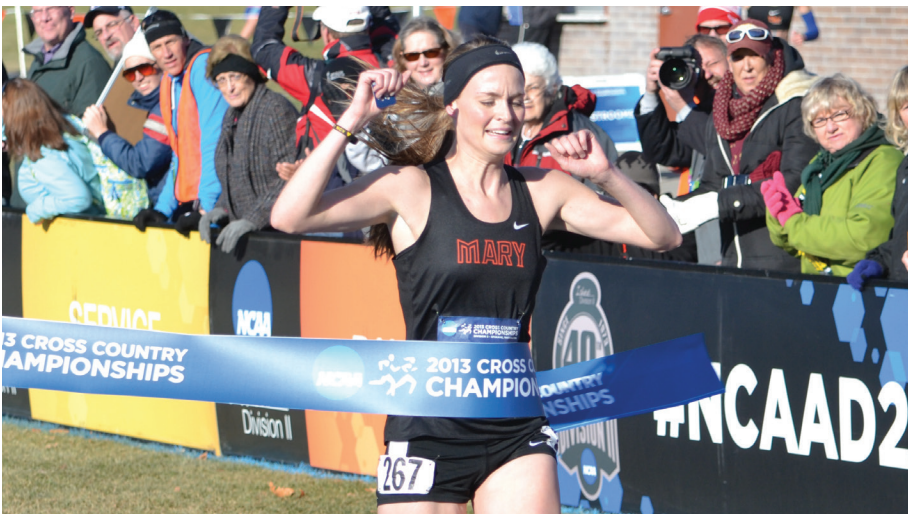
### WOMEN'S QUALIFYING STANDARDS (Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	11.52	—	11.90	—
200 Meters	23.55	—	24.40	—
400 Meters	53.52	—	55.87	—
800 Meters	2:06.90	—	2:12.07	—
1500 Meters	4:21.49	—	4:32.89	—
3000 Meter Steeplechase	10:13.78	—	10:59.70	—
5000 Meters	16:10.04	—	17:10.15	—
10,000 Meters	34:27.88	—	36:35.68	—
110 Meter Hurdles	13.547	—	14.19	—
400 Meter Hurdles	58.71	—	1:01.82	—
4 x 100 Meter Relay	45.52	—	46.73	—
4 x 400 Meter Relay	3:39.55	—	3:48.64	—
	<b>METRIC</b>		<b>METRIC</b>	
High Jump		1.77		1.68
Pole Vault		4.10		3.67
Long Jump		6.23		5.80
Triple Jump		12.77		11.89
Shot Put		15.76		13.85
Discus Throw		53.61		45.51
Hammer Throw		60.58		52.09
Javelin Throw		49.63		41.84
Heptathlon		5207		4529



**MELISSA AGNEW**

(Onamia, MN) 3-Time NCAA National Champion, 13-Time All-American



**JENNIFER AGNEW**

(Onamia, MN) NCAA National Champion, 6-Time All-American



**ALEXIS ZEIS**

(Bismarck, ND) 3-Time NCAA National Champion, 12-Time All-American

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**“ The objective of any sport is to win.  
But while the objective of the game is  
to win, the purpose of the game is to  
become what we were created to be. ”**

*– “Sport at the University of Mary: Fostering Excellence  
in Keeping with Our Ideals”*



Division II



Prayer for the future of the  
**UNIVERSITY OF MARY**

O Gracious God of Our Lives,  
Mindful of your faithfulness from generation to generation,  
We bless you and thank you for your great goodness to us.

As you are never outdone in generosity,  
Grant us the generosity and courage of Mary at the Annunciation  
That we might serve others in their religious, academic and cultural needs  
and nurture the lives entrusted to our care.

So turn our hearts toward you  
That we would hear the call of your Son, Jesus,  
and respond to the gift of our vocation as the University of Mary  
at this time in our history.

In that call and mission,  
grace us to give ourselves away courageously in love and  
to be a place of radiance, a generous source of warmth and light  
in relationships that animate others and  
in a living legacy of community, hospitality and respect.

May we grow to a maturity measured by the fullness of Christ,  
and in the words of St. Benedict,  
may Christ bring us all together to everlasting life.

*Amen.*



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