



# ST. CLOUD STATE HUSKIES

TRACK & FIELD - 2022-23 MEET NOTES - JANUARY 13, 2023

Three NCAA DII National Champions | 67 NCAA DII All-Americans | One U.S. Olympian  
65 Conference Champions | 42 North Central Conference Champions | 23 Northern Sun Intercollegiate Conference Champions

## 2022-23 INDOOR SCHEDULE

DATE	MEET	LOCATION	TIME (CT)
Dec. 9	Minnesota Icebreaker Invite	Minneapolis, Minn.	9 PR's
Jan. 13	Bearson/Gathje Classic	Mankato, Minn.	2 pm
Jan. 20	SDSU DII Invitational	Brookings, S.D.	All Day
Jan. 27	Mark Schuck Open & Multi	Mankato, Minn.	All Day
Jan. 28	Mark Schuck Open & Multi	Mankato, Minn.	All Day
Jan. 28	CSB/SJU Alum Meet	Collegeville, Minn.	All Day
Feb. 4	Gopher Classic	Minneapolis, Minn.	All Day
Feb. 10	Minnesota State Massive Meet #1	Mankato, Minn.	All Day
Feb. 11	Minnesota State Massive Meet #2	Mankato, Minn.	All Day
Feb. 11	CSB/SJU Quad	Collegeville, Minn.	All Day
Feb. 17	Maverick Invitational	Mankato, Minn.	All Day
Feb. 24	NSIC Indoor Championships !	Mankato, Minn.	All Day
Feb. 25	NSIC Indoor Championships !	Mankato, Minn.	All Day
Mar. 10	NCAA Indoor Championships \$	Virginia Beach, Va.	All Day
Mar. 11	NCAA Indoor Championships \$	Virginia Beach, Va.	All Day

! - NSIC Indoor Championships, Myers Field House, Mankato, Minn.  
\$ - NCAA Indoor Championships, Virginia Beach Sports Center, Virginia Beach, Va.  
\*ALL DATES AND TIMES SUBJECT TO CHANGE\*

## ST. CLOUD STATE ATHLETIC COMMUNICATIONS

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## RUN WITH THE PACK



@SCSU\_TF\_XC



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/SCSUHuskiesTFXC



scsuhuskies.com

## MEET 2 | JAN. 13, 2023 | 2:00 PM | MYERS FIELD HOUSE



at



## ST. CLOUD STATE HUSKIES at BEARSON/GATHJE CLASSIC

Myers Field House  
135 Myers Field House  
Mankato, MN 56001

Field Events begin at 2:00 p.m. CT | Running Events begin at 3:30 p.m. CT

## SCHEDULE OF EVENTS

2:00 pm

Weight Throw

3:30 pm

60 Hurdles Prelims

Long Jump

3:49 pm

60 Meter Prelims

High Jump

4:07 pm

600 Meter

Pole Vault

4:17 pm

Mile

Shot Put

4:37 pm

60 Hurdles Finals

Triple Jump

4:49 pm

60 Meter Finals

5:11 pm

400 Meter

5:23 pm

800 Meter

5:30 pm

200 Meter

6:05 pm

3000 Meter

6:42 pm

4x400 Meter Relay

## BLIZZARD'S BULLETS

### TAKE YOUR MARKS

St. Cloud State Track & Field competes at their second meet of the 2022-23 Indoor season on Friday at the Bearson/Gathje Classic held by Minnesota State-Mankato.

### SCHEDULE OF EVENTS

Field events are scheduled to begin at 2:00 p.m. with the Weight Throw, Long Jump, High Jump and Pole Vault. The Shot Put and Triple Jump will begin following the Weight Throw and Long Jump respectively. Running events go at 3:30 p.m. starting with the 60 Hurdles and Dash prelims with the 600 Meter going at 4:07 p.m. and the Mile 10 minutes later. The Finals for both 60 Meters will go at 4:37 p.m. and 4:49 p.m. respectively followed by a 5:11 p.m. start for the 400 Meter. The 800 Meter begins at 5:23 p.m. with the 200 Meter seven minutes later. SCSU's final event will be the 3000 Meter at 6:05 p.m. with a tentative team in the 4x400 Meter Relay at 6:42 p.m.

### HUSKIES AT THE MEET

In the field, Dacoda Zimmerman will go in the Shot Put and Weight Throw. Paola Brena and Julia Rowles will compete in the High Jump with Parker Buske, Destiny Baughman, Ava Wilmanns and Rowles going in the Long Jump. Brena, Buske and Baughman will each go in the Triple Jump to close out the field events. Katie Lavato and Wilmanns are the Huskies representatives in the 60 Meter while Mariana Guerra-Reese competes in the 600 Meter. Brooklyn Brouse looks to build off a strong effort in the 400 Meter while the stellar group of Clara Welhouse, Lauren Sertich, Allie Butte and Jaileen Medina take on the 800 Meter. Lavato and Brouse are scheduled to run in the 200 Meter followed by Greta Freed, Cambrie Kowal and Erica Conrad in the 3000 Meter.



## BLIZZARD'S BULLETS

## QUOTING KETTENHOFEN

"We're really looking forward to getting back to competing here following winter break. It's always nice to just see where everybody's at following the off time they get over break - it has been a good two weeks of training, we're looking forward to seeing things go well on Friday."

"The first meet, depending on where you're at, can bring some tempered expectations in terms of overall performances relative to PR. We had a couple pretty darn good showings - Clara in the 800 ran pretty well, Brooklyn in the 400. I think we did pretty well in December, we got out of it what we needed to. Early in the season you're learning how to compete, you're getting into those environments and putting yourself in positions. That's just as important to run a PR at the end of the year. With the meet this weekend, it's more or less an extension of that. It's been a good couple weeks of training here, hopefully this week can be a continuation of that direction, keep moving towards our goals later in the year."

"The group did pretty well over break. They had workouts and things to stay active and stay ready. I always tell them when we're away the goal is to not take too many steps backwards. Come in ready to go, and come in ready to pick up where we left off. They took care of business and did their part. They've looked good this week."

"Everybody's pretty much doing the same event they did in December. We're trying to keep things consistent there for now and eliminate some unnecessary variables, if you will. That 800 group has been doing very well. The 400, 600, 800, I'm excited to see where everybody's at - Brooklyn, Clara, Lauren, Mari, Allie, that whole group. Training has been going really well, and it will be nice to get a check, some data and some info to see where we're at officially."

"In the early season it's training. It's making sure we can still get through training. You're always looking forward to competitions and doing some big things on the weekends, but ultimately you still have to train this time of year. You still have to get work done during the week. As you go through that, the biggest thing we can do is make sure we're resting and recovering when we need to. It's always a balance that you're playing with as you navigate the different weeks, especially with Friday and Saturday meets on a shorter week than others. You're always looking to balance that."

"I don't really have any marks or times in mind. I'm looking at how we compete. Did we put ourselves in position to do something, did we execute? That's the biggest thing. In the field events it's difficult to replicate that level of intensity that you find in a competition, at a practice. Meet reps are huge, and getting those meet reps is very valuable. You can be having a really, really good day without PR'ing or getting a really big mark. Did we execute this portion of the event? Just trying to keep some perspective with that stuff, and build on some execution as we go through."

## PRESEASON POLLING

St. Cloud State Track & Field was selected to finish 10th in the 2022-23 Northern Sun Intercollegiate Conference Indoor Preseason Coaches' Poll. The Huskies' roster includes two returning Indoor All-Americans - senior Parker Buske, who earned Second Team honors in the Triple Jump last season; and grad transfer Paola Brena, a 2020 All-American in the High Jump at Franklin Pierce. SCSU has finished top-10 at the NSIC Indoor Championships in 13 of their 14 seasons as a member institution since joining the conference ahead of the 2008-09 season. SCSU's highest Northern Sun finish was earned in 2009 as three-event champion Heather Miller led the program to a third-place finish at the conference meet. The program also placed third at the 1992 North Central Conference Championships to account for their other top-three Indoor finish.

## ATHLETES TO WATCH

Senior jumper Parker Buske was named the Huskies' Field Athlete to Watch after earning Third Team All-NSIC honors alongside her All-American finish last season. Fifth-year distance runner Clara Welhouse was recognized as the SCSU Track Athlete to Watch entering her final season. Welhouse is a member of the program's record-holding Indoor Distance Medley Relay team and has helped the DMR score in three NSIC Indoor Championships throughout her career.

## THE SENIORS

Six athletes will compete in their senior campaign in 2022-23 as grad students Cheresa Bouley and Paola Brena are joined by fifth-years Clara Welhouse and Dacoda Zimmerman along with true senior Parker Buske - third-year senior Mariana Guerra-Reese rounds out the list.

## THE JUNIORS

Four juniors compete for St. Cloud State this season, represented by Julia Rowles, Kasey Parish, Katie Lavato and Erica Conrad.

## RANKINGS CENTRAL

2022-23 NSIC INDOOR  
800 METER RANKINGS

RANK	ATHLETE (TEAM)	TIME
1.	Jennifer Clark (NSU)	2:18.25
2.	Mary Franssen (NSU)	2:18.34
3.	CLARA WELHOUSE (SCSU)	2:22.50
4.	LAUREN SERTICH (SCSU)	2:24.27
5.	Alexis Erickson (BSU)	2:25.36
6.	Emma Hughes (AUGIE)	2:29.08
7.	Summer Carlson (NSU)	2:29.22
8.	Miranda Lauvstad (KATO)	2:29.52
9.	Emily Swanson (USF)	2:30.26
10.	ALLIE BUTTE (SCSU)	2:30.97

2022-23 NSIC INDOOR  
HIGH JUMP RANKINGS

RANK	ATHLETE (TEAM)	MARK
1.	Arika Harbo (CSP)	1.80m
2.	Emily Swanson (USF)	1.69m
3.	Ella Paaeverud (CSP)	1.66m
4.	Ashley Cridlebaugh (KATO)	1.64m
5.	Emily Breske (NSU)	1.62m
6.	PAOLA BRENA (SCSU)	1.61m
T-7.	Natalie Fultz (BSU)	1.60m
T-7.	Emily Jones (UMD)	1.60m

2022-23 NSIC INDOOR  
400 METER RANKINGS

RANK	ATHLETE (TEAM)	TIME
1.	Shereen Vallabouy (WSU)	54.41s
2.	Renea Taylor (NSU)	58.08s
3.	Elizabeth Schmidt (KATO)	58.33s
4.	Morgan Hertz (MARY)	58.67s
5.	Rose Gaye (KATO)	59.08s
6.	Emma Borowicz (KATO)	59.57s
7.	BROOKLYN BROUSE (SCSU)	59.81s
8.	Maia Peterson (AUGIE)	59.90s
9.	Grace Hambel (KATO)	1:00.01
10.	Dyashia Colvin (KATO)	1:00.14

2022-23 NSIC INDOOR  
TRIPLE JUMP RANKINGS

RANK	ATHLETE (TEAM)	MARK
1.	Lillian Washington (KATO)	12.49m
2.	Xana Leum (WSU)	11.86m
3.	Hanna Reichenberger (WSU)	11.76m
4.	Kaja Salemonsens (AUGIE)	11.64m
5.	Ashlie Lockington (WSU)	11.42m
6.	Sierra Sweeney (NSU)	11.18m
7.	Daria Tersina (WSU)	11.05m
8.	PAOLA BRENA (SCSU)	10.83m
T-9.	DESTINY BAUGHMAN (SCSU)	10.82m
T-9.	Kate Fitzgerald (UMD)	10.82m

2022-23 NSIC INDOOR  
3000 METER RANKINGS

RANK	ATHLETE (TEAM)	TIME
1.	Jessica Lutmer (USF)	10:33.53
2.	Mary Goodwin (BSU)	10:50.36
3.	Annika Aho (USF)	10:54.55
4.	Kelsey Larsen (WSC)	11:00.00
5.	Kylie Pachta (WSC)	11:16.06
6.	GRETA FREED (SCSU)	11:17.13
7.	CAMBRIE KOWAL (SCSU)	11:24.18
8.	ERICA CONRAD (SCSU)	11:45.71
9.	Anna Sajdak (CSP)	12:28.44



**HUSKIES INDOOR ALL-AMERICANS (28)****TRIPLE JUMP (6)**

Becky Anderson	1990
Becky Anderson	1992
Heather Miller	2009
Heather Miller	2010
Patience Yalartai	2017
Parker Buske	2022

**LONG JUMP (5)**

Becky Anderson	1992
Heather Miller	2009
Heather Miller	2010
Becky Schmidt	2015
Emelia Burris	2021

**POLE VAULT (5)**

Nicole Bergh	1999
Jodi Tarasewicz	2000
Chrystal Pautzke	2001
Jodi Tarasewicz	2001
Jodi Tarasewicz	2002

**HIGH JUMP (3)**

GiGi DesLauriers	1991
GiGi DesLauriers	1992
Danielle Luhmann	2010

**SHOT PUT (3)**

Angie West	1995
Amanda Kunkel	2007
Amanda Kunkel	2008

**PENTATHLON (2)**

Heather Miller	2010
Natalie Gottschalk	2018

**400 METER (1)**

Jennifer Higgins	2001
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**800 METER (1)**

Roshane Boreland	2011
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**3000 METER (1)**

Michelle Nelson	1992
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**BLIZZARD'S BULLETS****THE SOPHOMORES**

A strong sophomore class looks to build on what was a promising campaign last year, providing plenty of intrigue to the program's 2022-23 season. Brooklyn Brouse, Allie Butte, Makaylin Christenson, Greta Freed, Cambrie Kowal, Shelby Romig and Lauren Sertich account for the seven SCSU sophs.

**WELCOME TO THE PACK**

St. Cloud State features five first-year collegiate athletes in freshmen Destiny Baughman, Jaileen Medina, Sydney Rustad, Ainhoa Toquero and Ava Wilmanns. Baughman joins SCSU after a strong career at McDonell Central in Wisconsin, placing twice at the WIAA D3 State Championships in the Triple Jump and twice qualifying in the Long Jump. Medina is fresh off her debut Cross Country campaign and was a Region and Section qualifier at Wheaton North in Illinois. Rustad hails from Barnesville, Minnesota where she earned two MSHSL State Championships appearances as a member of the 4x100 Meter Relay team and earned All-Conference honors as a sprinter. Originally from Pamplona, Spain, Toquero earned Overall MVP honors at Mound Westonka and made a Spanish Championship appearance during her prep career. Wilmanns was a three-time All-Conference finisher at Grafton High School in Wisconsin, making WIAA D2 State Championship appearances on the 4x400 Meter Relay team each year of her career while taking third as a senior.

**WEIGHT THROW (1)**

Sandy Fuchs-Dingmann	1997
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## QUICK FACTS

## UNIVERSITY INFORMATION

Location	St. Cloud, Minn.
Affiliation	NCAA Division II
Colors	Spirit Red and Black
Conference	Northern Sun Intercollegiate
Mascot	Blizzard T. Husky
President	Robbyn Wacker

## TEAM INFORMATION

2021-22 NSIC ID Finish	11th, 13.0 pts
2022 NSIC OD Finish	12th, 26.0 pts
2021-22 NCAA ID Finish	DNS
2022 NCAA OD Finish	49th, 2.0 pts
NCAA Qualifiers Returning/Lost	1/1
All-Americans Returning/Lost	1/1
Number of Total Returners	16
Number of Total Departures	10
Number of Total Newcomers	6
Facility	Halenbeck Hall Fieldhouse

## COACHING STAFF

Head Coach	Sam Kettenhofen
Best NSIC ID Finish	7th, 37.0 pts (2016)
Best NSIC OD Finish	8th, 41.0 pts (2016)
Best NCAA ID Finish	43rd, 3.0 pts (2021)
Best NCAA OD Finish	49th, 2.0 pts (2022)
Graduate Assistant Coach	Hannah Arason
Vol. Assistant Coach	Denny Jordan

## RETURNING ALL-AMERICANS

Paola Brena (HJ)	2019 OD, 8th 2020 ID
Parker Buske (TJ)	2022 ID, 9th
Kasey Parish (JAV)	2019 OD, 6th (NJCAA)

## PROGRAM HISTORY

Inagural Season	1974
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## NCAA National Champions (3)

Marie Sherwood - 1982 Javelin  
GiGi DesLauriers - 1992 Outdoor High Jump  
Heather Miller - 2010 Pentathlon

**NCAA All-Americans (67)** Kirsten Olsen, Marie Sherwood (3x), Julie Eisenschenk (2x), Michelle Nelson (4x), Becky Anderson (5x), GiGi DesLauriers (3x), Simona Samuelson (2x), Angie West (3x), Sandy Fuchs-Dingmann (3x), Julia Karst, Nicole Bergh, Jennifer Higgins (4x), Jodi Tarasewicz (5x), Crystal Pautzke, Katie Wilson (2x), Sarah Getty, Amanda Kunkel (4x), Heather Miller (10x), Danielle Luhmann, Roshane Boreland, Becky Schmidt, Patience Yalartai (2x), Sam Sunstrom (2x), Natalie Gottschalk, Emelia Burris, Dominique Buechel, Parker Buske, Hannah Arason

**Conference Champions (65)** 42 North Central Conference, 23 Northern Sun Intercollegiate Conference

## 2022-23 ST. CLOUD STATE HUSKIES TRACK &amp; FIELD

Name	Event	Year	Hometown	Previous School
Destiny Baughman	J	Fr.	Cornell, Wis.	McDonell Central
Cheresa Bouley	D	Gr.	Zimmerman, Minn.	Zimmerman
Paola Brena	J	Gr.	Queretero, Mexico	Franklin Pierce (NCAA DII)
Brooklyn Brouse	MD	So.	Thief River Falls, Minn.	Lincoln
Parker Buske	J/T	Sr.	Madison, Wis.	East
Allie Butte	D	So.	Winneconne, Wis.	Winneconne
Makaylin Christenson	J/MD	So.	Prairie Farm, Wis.	Prairie Farm
Erica Conrad	D	Jr.	Ashwaubenon, Wis.	Ashwaubenon
Greta Freed	D	So.	Rochester, Minn.	John Marshall
Mariana Guerra-Reese	D	Sr.	White Bear Lake, Minn.	White Bear Lake
Cambrie Kowal	D	So.	Lake of the Ozarks, Mo.	Camdenton
Katie Lavato	S	Jr.	Buffalo, Minn.	Buffalo
Jaileen Medina	D	Fr.	Wheaton, Ill.	Wheaton North
Kasey Parish	T	Jr.	Winchelsea South, Australia	North Iowa Area (NJCAA)
Shelby Romig	J/H/MD	So.	Ankeny, Iowa	Ankeny
Julia Rowles	J/MD	Jr.	Plymouth, Minn.	Armstrong
Sydney Rustad	S	Fr.	Barnesville, Minn.	Barnesville
Lauren Sertich	D	So.	Cloquet, Minn.	Cloquet
Ainhwa Toquero	J/MD	Fr.	Pamplona, Spain	Mound Westonka
Clara Welhouse	D	5y	Green Bay, Wis.	Southwest
Ava Wilmanns	S/J	Fr.	Cedarburg, Wis.	Grafton
Dacoda Zimmerman	T	5y	Racine, Wis.	Horlick

## PRONUNCIATION GUIDE

Baughman	BOFF-man	Jaileen Medina	jay-lean med-EE-nuh
Cheresa Bouley	chur-EE-suh BOW-lee	Parish	PAIR-ish
Paola Brena	POW-la bren-uh	Romig	ROW-mig
Brouse	BROW-ss	Rowles	rolls
Buske	BUS-key	Rustad	rust-add
Butte	BEAUT	Sertich	SIR-tich
Mariana Guerra-Reese	mar-ee-ON-uh GARE-uh reece	Aionha Toquero	eye-NO-uh tow-CARE-oh
Cambrie Kowal	CAM-bree KOE-wall		
Lavato	luh-VOT-oh		

## ROSTER GEOGRAPHY

Minnesota (8)				Illinois (1)			
Name	Event	Year	Hometown	Name	Event	Year	Hometown
Cheresa Bouley	D	Gr.	Zimmerman	Jaileen Medina	D	Fr.	Wheaton
Brooklyn Brouse	MD	So.	Thief River Falls				
Greta Freed	D	So.	Rochester				
Mariana Guerra-Reese	D	Sr.	White Bear Lake				
Katie Lavato	S	Jr.	Buffalo				
Julia Rowles	J/MD	Jr.	Plymouth				
Sydney Rustad	S	Fr.	Barnesville				
Lauren Sertich	D	So.	Cloquet				
Wisconsin (8)				Iowa (1)			
Name	Event	Year	Hometown	Name	Event	Year	Hometown
Destiny Baughman	J	Fr.	Cornell	Shelby Romig	J/H/MD	So.	Ankeny
Parker Buske	J/T	Sr.	Madison				
Allie Butte	D	So.	Winneconne				
Makaylin Christenson	J/MD	So.	Prairie Farm				
Erica Conrad	D	Jr.	Ashwaubenon				
Clara Welhouse	D	5y	Green Bay				
Ava Wilmanns	S/J	Fr.	Cedarburg				
Dacoda Zimmerman	T	5y	Racine				
Australia (1)				Mexico (1)			
Name	Event	Year	Hometown	Name	Event	Year	Hometown
Kasey Parish	T	Jr.	Winchelsea South	Paola Brena	J	Gr.	Queretero
				Missouri (1)			
				Name	Event	Year	Hometown
				Cambrie Kowal	D	So.	Lake of the Ozarks
				Spain (1)			
				Name	Event	Year	Hometown
				Ainhwa Toquero	J/MD	Fr.	Pamplona



### 2022 Northern Sun Indoor Championships

Rank	Team	Points
1.	Minnesota State-Mankato	243.0
2.	Mary	115.0
3.	Augustana	106.33
4.	Winona State	63.0
5.	Minnesota Duluth	41.0
6.	Sioux Falls	37.0
7.	Concordia-St. Paul	32.0
8.	Northern State	29.0
9.	Wayne State	19.0
10.	MSU-Moorhead	16.0
11.	<b>St. Cloud State</b>	<b>13.0</b>
12.	Bemidji State	10.33
13.	Minot State	7.0
14.	Southwest Minnesota State	5.33
15.	Upper Iowa	3.0

### 2021-22 Top SCSU Indoor Performances

60 Meters: Emelia Burris, 7.92s  
 200 Meters: Cassidy Lackovic, 26.10s  
 400 Meters: Brooklyn Brouse, 58.88s  
 800 Meters: Clara Welhouse, 2:22.04  
 1000 Meters: Clara Welhouse, 3:04.24  
 Mile: Greta Freed, 5:25.80  
 3000 Meters: Greta Freed, 11:05.61  
 5000 Meters: Greta Freed, 19:07.36  
 60 Hurdles: Faith Lubner, 8.90s

4x400 Relay: Cassidy Lackovic + Brooklyn Brouse + Makaylin Christenson + Marianna Guerra-Reese, 3:59.77

DMR: Clara Welhouse + Cassidy Lackovic + Allie Butte + Greta Freed, 12:34.35

High Jump: Hannah Arason, 1.70m  
 Long Jump: Faith Lubner, 5.82m  
 Triple Jump: Parker Buske, 12.22m  
 Shot Put: Dacoda Zimmerman, 12.63m  
 Weight Throw: Dacoda Zimmerman, 14.98m  
 Pentathlon: Hannah Arason, 3,713 pts

### 2022-23 HUSKIES INDOOR PERFORMANCE LIST

	60	200	400	800	1000		3000	5000	60
Track Events	Meters	Meters	Meters	Meters	Meters	Mile	Meters	Meters	Hurdles
Destiny Baughman	-	-	-	-	-	-	-	-	-
Cheresa Bouley	-	-	-	-	-	-	-	-	-
Paola Brena	-	-	-	-	-	-	-	-	-
Brooklyn Brouse	-	26.94s	59.81s	-	-	-	-	-	-
Parker Buske	-	-	-	-	-	-	-	-	-
Allie Butte	-	-	-	2:30.97	-	-	-	-	-
Makaylin Christenson	-	-	-	-	-	-	-	-	-
Erica Conrad	-	-	-	-	-	-	11:45.71	-	-
Greta Freed	-	-	-	-	-	-	11:17.13	-	-
Mariana Guerra-Reese	-	-	-	-	-	-	-	-	-
Cambrie Kowal	-	-	-	-	-	-	11:24.18	-	-
Katie Lavato	7.99s	27.21s	-	-	-	-	-	-	-
Jaileen Medina	-	-	-	2:44.86	-	-	-	-	-
Kasey Parish	-	-	-	-	-	-	-	-	-
Shelby Romig	-	-	-	-	-	-	-	-	9.34s
Julia Rowles	-	-	-	-	-	-	-	-	-
Sydney Rustad	-	-	-	-	-	-	-	-	-
Lauren Sertich	-	-	-	2:24.27	-	-	-	-	-
Ainhua Toquero	-	-	-	-	-	-	-	-	9.91s
Clara Welhouse	-	-	-	2:22.50	-	-	-	-	-
Ava Wilmanns	8.72s	-	-	-	-	-	-	-	-
Dacoda Zimmerman	-	-	-	-	-	-	-	-	-
	High	Long	Triple	Shot	Weight				
Field Events	Jump	Jump	Jump	Put	Throw				Pentathlon
Destiny Baughman	-	4.65m	10.82m	-	-				-
Cheresa Bouley	-	-	-	-	-				-
Paola Brena	1.61m	-	10.83m	-	-				-
Brooklyn Brouse	-	-	-	-	-				-
Parker Buske	-	-	-	-	-				-
Allie Butte	-	-	-	-	-				-
Makaylin Christenson	-	-	-	-	-				-
Erica Conrad	-	-	-	-	-				-
Greta Freed	-	-	-	-	-				-
Mariana Guerra-Reese	-	-	-	-	-				-
Cambrie Kowal	-	-	-	-	-				-
Katie Lavato	-	-	-	-	-				-
Jaileen Medina	-	-	-	-	-				-
Kasey Parish	-	-	-	-	-				-
Shelby Romig	-	-	-	-	-				-
Julia Rowles	1.56m	5.16m	-	-	-				-
Sydney Rustad	-	-	-	-	-				-
Lauren Sertich	-	-	-	-	-				-
Ainhua Toquero	-	4.92m	-	-	-				-
Clara Welhouse	-	-	-	-	-				-
Ava Wilmanns	-	-	-	-	-				-
Dacoda Zimmerman	-	-	-	11.30m	15.01m				-

### ST. CLOUD STATE INDOOR TRACK & FIELD RECORDS

55 Meter Dash	Carmen Richardson, 7.12s (1997)	4x200 Meter Relay	Michelle Finley + Sara Beaudry + Tonya VanErp + Amy Kapsner, 1:47.34 (1995)
60 Meter Dash	Emma Baynes, 7.61s (2/21/2020)		
200 Meter Dash	Emma Baynes, 25.14s (2/21/2020)	4x400 Meter Relay	Kelsey King + Amanda Eggebrecht + Danielle Luhmann + Heather Miller, 3:54.21 (2/5/2010)
400 Meter Dash	Jennifer Higgins, 55.43s (2001)		
500 Meter Dash	Jennifer Higgins, 1:14.78 (2001)	Distance Medley Relay	Clara Welhouse + Makayla Rice + Anna Tomovic + Chrissy Lofgren, 12:16.17 (2/27/2020)
600 Meter Run	Jennifer Higgins, 1:34.85 (2001)		
800 Meter Run	Roshane Boreland, 2:13.18 (2/11/2011)	High Jump	GiGi DesLauriers, 1.75m (1992)
1000 Meter Run	Sue Kent, 2:59.10 (1992)	Pole Vault	Jodi Tarasewicz, 3.74m (2000)
Mile Run	Chrissy Lofgren, 5:04.15 (2/15/2020)	Long Jump	Heather Miller, 6.00m (2/14/2010)
3000 Meter Run	Michelle Nelson, 9:46.00 (1992)	Triple Jump	Heather Miller, 12.42m (2/20/2010)
5000 Meter Run	Sam Sunstrom, 17:19.02 (2/24/2017)	Shot Put	Amanda Kunkel, 14.78m (5/25/2007)
55 Meter Hurdles	Carey Meinert, 8.15s (1997)	Weight Throw	Stephanie Waletzko, 16.33m (2/26/2015)
60 Meter Hurdles	Heather Miller, 8.70s (3/12/2010)	Pentathlon	Heather Miller, 3,993 pts (3/12/2010)





# SAM KETTENHOFEN

## HUSKIES HEAD COACH



### Kettenhofen at a Glance

#### Education

- ▼ University of Minnesota  
*B.S. in Human Resource Development*  
*B.S. in Business Marketing*
- ▼ St. Cloud State University  
*M.S. in Sports Management*

### 10 Years at St. Cloud State

- ▼ In his 7th season leading St. Cloud State Track & Field and Cross Country after spending two years as a graduate assistant coach and two as interim head coach

### Coaching Accomplishments

- ▼ Named St. Cloud State head coach on August 23, 2017 following two years as interim head coach
- ▼ Has recruited and coached 12 NCAA DII All-Americans, 19 NCAA Qualifiers, 12 NSIC Champions and 41 All-NSIC honorees
- ▼ Has recruited and coached two NSIC Newcomers of the Year and one NSIC Field Athlete of the Year
- ▼ 23 of Kettenhofen's athletes currently hold St. Cloud State program records
- ▼ Has helped 198 student-athletes earn Academic All-NSIC honors while routinely guiding SCSU to USTFCCA All-Academic Team honors
- ▼ Multiple Huskies have earned Butch Raymond Scholarships and Myles Brand Awards during Kettenhofen's time with the program
- ▼ Holds Level 1 Certification from USA Track & Field
- ▼ Sam Sunstrom earned 2016-17 St. Cloud State Female Athlete of the Year under Kettenhofen's guidance
- ▼ St. Cloud State has earned 13 top-10 team finishes at the NSIC Championships (XC, IDTF, ODTF) since Kettenhofen was appointed head coach
- ▼ As a student-athlete at Minnesota, helped the Gophers earn five Big 10 Championships and graduated on Minnesota's Top-10 Performance Lists in the Javelin, Indoor Long Jump and as a member of the 4x100 Meter Relay
- ▼ Was a 2012 NCAA West Preliminary Qualifier and twice earned Academic All-Big 10 honors in addition to a 2012 Big 10 Sportsmanship award

Sam Kettenhofen enters his seventh season as the head coach of St. Cloud State Track & Field and Cross Country in 2022-23.

Throughout his career at SCSU, Kettenhofen has coached 12 All-Americans, 19 NCAA Qualifiers, 12 NSIC Champions and 41 All-NSIC athletes while overseeing both the Track & Field and Cross Country programs. He has recruited and coached two NSIC Newcomers of the Year, one NSIC Field Athlete of the Year and 23 current school record holders. Under Kettenhofen's watch, legendary runner Sam Sunstrom was named 2016-17 St. Cloud State Female Athlete of the Year.

Strong academics have been a staple of the Kettenhofen era at St. Cloud State, as a whopping 198 Huskies have earned Academic All-Northern Sun Intercollegiate honors including a program record 39 during the 2020 season. SCSU has been routinely featured as a USTFCCA All-Academic Team while Chrissy Lofgren earned CoSIDA Academic All-District laurels in 2020. Multiple Huskies have earned Butch Raymond Scholarships and Myles Brand Awards during Kettenhofen's time directing the programs.

Kettenhofen holds Level 1 Certification from USA Track & Field, a M.S. in Sports Management from St. Cloud State (2015) and a pair of B.S.'s in Human Resource Development and Business Marketing Education from the University of Minnesota (2013).

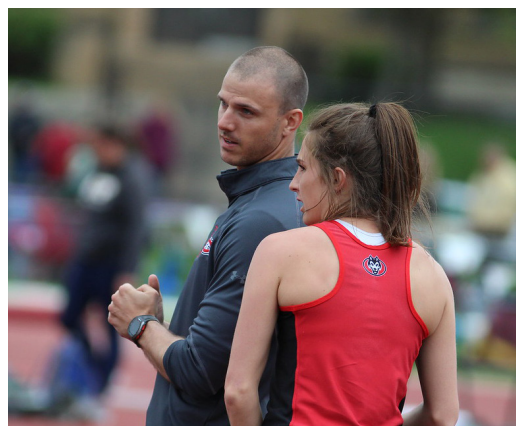
The 2022 St. Cloud State Cross Country season featured a strong seventh-place finish at the NSIC Championships followed by five athletes recording personal records at the Central Region Championships. Cheresa Bouley earned a top-25 finish at the conference meet, leading the Huskies to a three-spot improvement from the season prior.

Huskies Track & Field enjoyed a strong 2022 Outdoor campaign, highlighted by grad transfer Hannah Arason earning All-American honors as well as NSIC Newcomer of the Year laurels after winning the Heptathlon at the NSIC Championships. The Huskies finished 12th at the conference meet as Arason also earned All-NSIC honors in the Javelin. Arason broke a meet and facility record at the Minnesota State Open in the Heptathlon prior to becoming the first SCSU multi athlete to become a Northern Sun Outdoor Champion since Heather Miller did so in 2009.

2021-22's Indoor campaign sent two more Huskies to the NCAA Championships as Parker Buske earned All-American honors in the Triple Jump and Hannah Arason competed in the Pentathlon. Buske also picked up an All-NSIC finish in the triple jump as part of an 11th place team finish. Arason garnered NSIC Field Athlete of the Week honors in January after winning the Mark Shuck Open Pentathlon.

In 2021, SCSU Cross Country placed 10th at the NSIC Championships led by Cheresa Bouley's Second Team All-NSIC finish. The junior placed 16th at the conference meet before leading the Huskies with a top-40 finish at the Central Region Championships.

2021 Outdoor was headlined by Dominique Buechel becoming an NSIC Champion in the Discus then earning Second Team All-American honors at the NCAA Championships. SCSU earned a ninth-place



finish at the NSIC Championships on the strength of multiple podium placements. Buechel also enjoyed a truly historic day at the Maverick Classic on May 7, breaking both the Discus and Hammer program records en route to being named NSIC Field Athlete of the Week. Emelia Burris and Faith Lubner set new program records in the Long Jump and 100 Meter Hurdles on May 1 at the NSIC & Friends Outdoor Classic in Mankato. The Huskies won the inaugural Battle for the Paddle in Winona on April 9.



Emelia Burris became a first-time All-American in the Long Jump at the conclusion of 2020-21's Indoor season, leading the Huskies to a seventh-place finish at the NSIC Championships. Faith Lubner earned All-NSIC honors in the Pentathlon as the Huskies returned to competition for the first time since the 2020 Indoor season.

SCSU Track & Field did not compete an Outdoor season in 2020 due to the COVID-19 pandemic.

St. Cloud State saw four school records fall during the 2019-20 Indoor season as Emma Baynes became the school record-holder in the 60 Meter and 200 Meter at the Maverick Invite on February 21 and Chrissy Lofgren broke the Mile record at the NSIC Indoor Challenge. The Huskies' Distance Medley Relay team of Clara Welhouse, Makayla Rice, Anna Tomovic and Lofgren led a seventh place NSIC Championships finish with a new record in the DMR.

2019 was a special season for Huskies Cross Country, jumping to seventh at the conference meet led by an eighth-place finish by Chrissy Lofgren. Becoming the program's first First Team All-NSIC honoree since 2016, Lofgren placed 16th at the Central Region Championships. Cheresa Bouley enjoyed a strong freshman season, placing 35th at the NSIC Championships.

The 2019 Outdoor season saw St. Cloud State take ninth at the NSIC Championships and send Natalie Gottschalk to the NCAA Championships in the Heptathlon. Emelia Burris and Faith Lubner earned All-NSIC finishes in the Long Jump and Heptathlon respectively. St. Cloud State's 4x100 Meter Relay team of Bridget Brown, Emma Baynes, Maya Taylor and Emelia Burris established a new school record at the MSU Twilight on May 5. Gottschalk earned NSIC Field Athlete of the Week honors on April 8 after clearing 5,000 points in the Heptathlon at the Jim Click Open.

Indoor 2018-19 placed SCSU eighth at the NSIC Championships as Faith Lubner earned All-NSIC honors in the Pentathlon. Leighton Fischer nearly gave the Huskies two All-NSIC multi athletes as she placed fourth.

Chrissy Lofgren placed 25th at the 2018 NSIC Cross Country Championships, leading the Huskies to a ninth-place finish.

2018's Outdoor campaign earned the Huskies an 11th place finish on a challenging weather weekend in Winona. Four jumpers hit the podium for SCSU led by Natalie Gottschalk's fifth place Long Jump mark. Gottschalk won the Heptathlon at the Kansas Relays on April 19 while the Huskies earned a team championship at the Dubuque Invitational.

Natalie Gottschalk earned Second Team All-American honors in the Pentathlon at the 2018 NCAA Indoor Championships. She played a key role in a 10th place team finish at the NSIC Championships, earning All-NSIC honors in the Long Jump and winning the Pentathlon. Abby Jungwirth added an All-NSIC mark in the Triple Jump. Gottschalk won the Chuck Peterson Open's Pentathlon on December 2 in her first multi of the season.

The fall of 2017 saw a rebuilding year for Cross Country after the graduation of Sunstrom, as a young Huskies team placed ninth at the conference meet.

Kettenhofen was named head coach of Huskies Track & Field and Cross Country on August 23, 2017 after spending the two seasons prior as the programs' interim head coach.

Outdoor 2017 sent two Huskies to the NCAA Championships – Patience Yalartai in the Triple Jump and Sam Sunstrom in the 10,000 Meter – as Sunstrom earned First Team All-American honors in the 10K and set new program records in the 5,000 and 10,000 Meter Runs. Sunstrom and Yalartai each earned All-NSIC finishes at the conference meet to help the Huskies place ninth. Yalartai broke the program record in the Triple Jump at the Ron Masanz Classic in Moorhead on May 6. St. Cloud State's 4x400 Meter Relay team of Hanna Shank, Kaylee Glover, Bridget Brown and Jasmine Grant established a new school record during the season.

The Indoor 2017 campaign concluded with Patience Yalartai earning First Team All-American honors in the Triple Jump after winning both the NSIC Triple and Long Jumps at the conference meet. Sam Sunstrom joined her as an All-NSIC finisher in the 5,000 Meter as the Huskies placed eighth.

## 12 NCAA ALL-AMERICANS

### 2022 Outdoor

Hannah Arason, Heptathlon, First Team (7th)

### 2022 Indoor

Parker Buske, Triple Jump, Second Team (9th)

### 2021 Outdoor

Dominique Buechel, Discus, Second Team (9th)

### 2021 Indoor

Emelia Burris, Long Jump, First Team (6th)

### 2018 Indoor

Natalie Gottschalk, Pentathlon, Second Team (9th)

### 2017 Outdoor

Sam Sunstrom, 10,000 Meter, First Team (7th)

### 2017 Indoor

Patience Yalartai, Triple Jump, First Team (7th)

### 2016 Cross Country

Sam Sunstrom

### 2016 Outdoor

Sam Sunstrom, 10,000 Meter, Second Team (9th)

### 2016 Outdoor

Rafael Saez, Discus, First Team (7th)  
Quinn Anderson, Discus, Second Team (9th)  
Ryan Johnson, Discus, Second Team (10th)

## 12 NSIC CHAMPIONS

### 2022 Outdoor

Hannah Arason, Heptathlon

### 2021 Outdoor

Dominique Buechel, Discus

### 2018 Indoor

Natalie Gottschalk, Pentathlon

### 2017 Indoor

Patience Yalartai, Long Jump  
Patience Yalartai, Triple Jump

### 2016 Outdoor

Ryan Johnson, Hammer Throw  
Quinn Anderson, Discus  
Keyshawn Davis, Long Jump

### 2016 Indoor

Isaiah Pitchford, 400 Meter  
Marcus Welk + JoVonte Suber + Wezley Turner  
+ Isaiah Pitchford, 4x400 Meter  
Ryan Johnson, Shot Put  
Elijah Pitchford, Triple Jump







2016 Huskies Cross Country was highlighted by Sam Sunstrom's sixth place NSIC finish – earning First Team All-NSIC honors – as the team placed seventh at the conference meet. Chrissy Lofgren finished 27th as a freshman at the NSIC Championships. Sunstrom went on to place seventh at the Central Region meet to earn First Team All-Region honors, advancing to the NCAA Championships where she placed 34th and became an All-American for the first time in her storied career.

The 2016 Men's Outdoor team enjoyed a phenomenal final campaign, placing third at the NSIC Championships and earning six NCAA qualifying spots. Ryan Johnson was named NSIC Outdoor Field Athlete of the Year, earning Second Team All-American honors in the Discus while also competing in the Hammer at the NCAA Championships. Rafael Saez closed out his career with a First Team All-American finish in the Discus – placing seventh – while Quinn Anderson finished a close ninth to earn Second Team All-American honors. Johnson (Hammer Throw), Anderson (Discus), and Keyshawn Davis (Long Jump) each earned NSIC Championships with the former leading all men in scoring at the conference meet. Anderson's 56.02 Discus heave broke the SCSU and conference meet record as 11 Huskies earned All-NSIC honors.

Sam Sunstrom earned Second Team All-American honors in the 10,000 Meter at the 2016 NCAA Outdoor Championships after helping the Women place eighth at the conference meet. Sunstrom earned All-NSIC honors in the 10K alongside Patience Yalartai's runner-up Triple Jump effort.

Indoor 2016 saw the Men place third as Johnson qualified for the NCAA Championships in the Weight Throw and four athletes – Ryan Johnson (Shot Put), Isaiah Pitchford (400 Meter), Welk/Suber/Turner/I. Pitchford (4x400 Meter Relay) and Elijah Pitchford (Triple Jump) – were NSIC Champions. Elijah Pitchford was named NSIC Men's Newcomer of the Year after winning the Triple Jump with a 14.97m mark, establishing a new SCSU and conference meet record. Seven athletes along with the 4x400 Relay earned All-NSIC finishes at the Indoor Championships.

Patience Yalartai earned a Triple Jump qualification at the 2016 NCAA Indoor Championships after leading the SCSU Women to a seventh-place finish at the NSIC Championships. Cassie Cardinal earned All-NSIC honors in the Shot Put in support of Yalartai finishing runner-up in the Triple.

In his first season at the helm of Huskies Women's Cross Country, Kettenhofen oversaw a ninth-place team finish at the 2015 NSIC Championships as Kaylee Roelike (26th) and Sam Sunstrom (35th) each earned top-35 finishes.

On July 27, 2015, Kettenhofen was named interim head coach of St. Cloud State Track & Field and Cross Country following the departure of Eric Hanenberger to South Dakota State.

Kettenhofen joined St. Cloud State Track & Field and Cross Country as the graduate assistant coach in the fall of 2013, primarily working with the horizontal jumps (Long and Triple) and the multis. During his time working closely with the jumpers, Keyshawn Davis earned a pair of NSIC Championships in the Long Jump. Nine athletes earned All-NSIC honors while four advanced to the NCAA Championships and two landed All-American finishes.



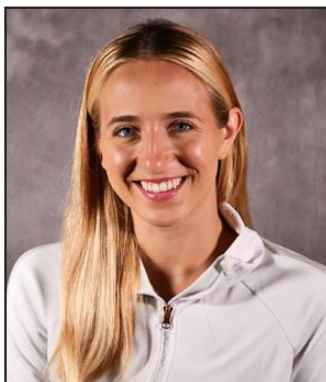
Graduating in 2013 with a double major in Human Resource Development and Business Marketing education, Kettenhofen was a standout Track & Field athlete at the University of Minnesota. He helped the Gophers earn five Big 10 Team Championships, finishing his career on Minnesota's Top 10 lists in the Indoor Long Jump (8th, 7.43m) and Outdoor Javelin (8th, 59.73m) as well as a member of the No. 9 4x100 Meter Relay (40.49s). Kettenhofen was a member of the Gophers' 2012 NCAA West Preliminary Qualifier 4x100 Meter Relay team and twice earned Academic All-Big Ten honors in addition to a 2012 Big Ten Sportsmanship Award.

Kettenhofen grew up in Appleton, Wisconsin and was a 2008 graduate of Appleton North High School. He competed for Rob Salm and Kevin Deering at Appleton North, earning four letters in track while leading to his team to a fourth-place finish at the 2008 Division 1 Wisconsin State Meet. As a junior, Kettenhofen won the Fox Valley Association 300 Meter Hurdles Championship. The three-sport standout also earned two letters in football and basketball.





## GRADUATE ASSISTANT COACH HANNAH ARASON



2022 St. Cloud State All-American Hannah Arason joins the Huskies Track & Field/Cross Country staff for her first season as the graduate assistant coach in 2022-23.

Grad transferring to SCSU for the 2021-22 Indoor and Outdoor seasons, Arason earned All-American honors as well as NSIC Newcomer of the Year laurels after winning the Heptathlon at the NSIC Championships. She also earned All-NSIC honors in the Javelin. Arason broke a meet and facility record at the Minnesota State Open in the Heptathlon prior to becoming the first SCSU multi athlete to become a NSIC Outdoor Champion since Heather Miller did so in 2009. The first-year Husky also qualified for the NCAA Indoor Championships in the Pentathlon.

Arason earned a B.S. in Speech, Language and Hearing Sciences from the University of Minnesota in 2021. Competing as a five-year member of the Gophers Track & Field program, Hannah was a multiple-time Academic All-Big Ten honoree while graduating fifth on the Minnesota Top-10 list in the Heptathlon (5,303) and eighth in the Indoor High Jump (1.75).

Raised in Grand Forks, North Dakota, Arason attended Red River High School and was a three-sport star for the Roughriders – earning six letters in Track & Field, four in basketball and three in volleyball. She was a 14-time North Dakota Class A State Track & Field Championship qualifier in the High Jump, Javelin and 4x400 Meter Relay. Arason won two state titles in the High Jump and two in the Javelin while earning three All-State and All-Eastern Dakota Conference honors. The 2015-16 Grand Forks Herald Female Athlete of the Year was a three-time All-Conference honoree on the basketball court, graduating as the Red River all-time assist leader.

Hannah's brother Jake currently runs at North Dakota State.



### Arason at a Glance

#### Education

- ▼ University of Minnesota  
*B.S. in Speech, Language and Hearing Sciences*
- ▼ St. Cloud State University  
*M.S. in Communication Sciences and Disorders*

#### Athletic Accomplishments

- ▼ 2022 NCAA DII All-American in the Heptathlon
- ▼ 2022 NSIC Outdoor Newcomer of the Year
- ▼ 2022 NSIC Heptathlon Champion
- ▼ All-NSIC in the 2022 Heptathlon and Javelin
- ▼ Graduated fifth on the Gophers' Top-10 Performance List in the Heptathlon and eighth in the Indoor High Jump
- ▼ Multiple-time Academic All-Big 10 honoree over five-year career at Minnesota

## VOLUNTEER ASSISTANT COACH DENNY JORDAN



Denny Jordan joined St. Cloud State Track & Field/Cross Country as a volunteer assistant coach in the fall of 2022, working primarily with the distance runners.

In his first campaign with the distance group in 2022, Huskies Cross Country earned a strong seventh-place finish at the NSIC Championships followed by five athletes recording personal records at the Central Region Championships. Cheresa Bouley earned a top-25 finish at the conference meet, leading the Huskies to a three-spot improvement from the season prior.





# DESTINY BAUGHMAN

**YEAR: FRESHMAN**

**EVENT: JUMPS**

**HOMETOWN: CORNELL, WISCONSIN**

**HIGH SCHOOL: MCDONELL CENTRAL**

**MAJOR: CRIMINAL JUSTICE**

## CAREER NOTES

Prep: A 2022 graduate of McDonell Central...two-time WIAA D3 State Placer in the Triple Jump...two-time WIAA D3 State Qualifier in the High Jump...took fifth in the Triple Jump at the WIAA D3 State Championships as a senior after placing seventh as a junior...also starred in volleyball and basketball...led her volleyball team to a WIAA D4 State Championship as a senior...guided her basketball team to a WIAA D5 State Semifinal appearance as a senior..

Personal: The daughter of Pam and Ritchie Baughman...majoring in Criminal Justice with a minor in Forensic Science...

## PERSONAL BESTS - INDOOR

<b>SEASON</b>	<b>TEAM</b>	<b>Triple Jump</b>	<b>Long Jump</b>
2022-23	SCSU	10.82m	4.65m
CAREER		10.82m	4.65m

## PERSONAL BESTS - OUTDOOR

<b>SEASON</b>	<b>TEAM</b>	<b>Triple Jump</b>	<b>Long Jump</b>
2023	SCSU	-	-
CAREER		-	-



# CHERESA BOULEY

**YEAR: GRADUATE STUDENT**

**EVENT: DISTANCE**

**HOMETOWN: ZIMMERMAN, MINNESOTA**

**HIGH SCHOOL: ZIMMERMAN**

**GRADUATE PROGRAM: CLINICAL EXERCISE PHYSIOLOGY**



## CAREER NOTES

**Academic:** USTFCCA All-Academic (2021 Cross Country)...Five-time Academic All-NSIC (2020 Cross Country, 2021 Outdoor, 2021 Cross Country, 2022 Outdoor, 2022 Cross Country)...Four-time NSIC All-Academic Team of Excellence (2020 Cross Country, 2021 Outdoor, 2022 Outdoor, 2022 Cross Country)...

**Athletic:** All-Northern Sun Intercollegiate Conference (Cross Country - 2022)...competed for Team USA at the 2022 IBU Junior World Biathlon Championships, finishing 46th in Individual, 52nd in Pursuit and 55th in Sprint...

## 2022-23 | GRADUATE SEASON

**Cross Country:** Ran her first collegiate 5K Cross Country race in 18:55.2, finishing runner-up at the CSB/SJU Triangular (Sep. 3)...took 13th at the St. Olaf Invite (Sep. 17) with a 23:22.4 time...earned a top-35 finish at the Griak Invitational (Sep. 23) with a 23:46.6 run...placed in the top-35 again at the Lucian Rosa Invitational (Oct. 8), finishing in 22:56.0...ran the Bob Waxlax Invitational (Oct. 19) in 22:35.3 to land 13th...scored a top-25 finish at the NSIC Championships (Nov. 5) by running a 23:13.7...finished in 22:21.1 at the NCAA Central Region Championships (Nov. 19) to place in the top 70...

## 2021-22 | JUNIOR SEASON

**Cross Country:** Began her junior season by running a career-best 22:37.5 at the CSB-SJU Invitational to finish runner-up...placed 10th at the Roy Griak Invitational (Sep. 24) with a 22:58.5 finish...took third at the Bob Waxlax Invitational (Oct. 7) by setting a new personal best, finishing in 22:13.2...earned a Second Team All-Conference finish at the NSIC Championships (Oct. 23), placing 16th with a 22:41.9 time...ran a personal best 21:59.5 race at the NCAA Central Region Championships (Nov. 6) to take 34th...

**Indoor:** Did not participate in the Indoor season as she dual-sported with Huskies Nordic Ski...competed for Team USA at the 2022 IBU Junior World Biathlon Championships, finishing 46th in Individual, 52nd in Pursuit and 55th in Sprint...

**Outdoor:** Placed third at the Hamline Invitational (Apr. 2) by running a personal best 17:50.80 in the 5000 Meter...helped the 4x400 Meter Relay team take fourth at the Minnesota State Open (Apr. 8-9)...won the Steeplechase at the River City Rumble (Apr. 29) with a 11:23.87 finish...added a personal best 11:18.80 Steeplechase finish to take third at the Maverick Open (May 4)...took third in the 1500 Meter at the Deb Schulz Open (May 6) with a 4:46.95 time...scored in the Steeplechase by placing sixth with a 11:23.88 finish at the NSIC Outdoor Championships (May 12-14)...

## 2020-21 | SOPHOMORE SEASON

**Cross Country:** No season due to COVID-19 pandemic...

**Indoor:** Did not participate in the Indoor season as she dual-sported with Huskies Nordic Ski...

**Outdoor:** Took fifth in the 1500 Meter with a 4:47.92 finish at the Battle for the Paddle (Apr. 9) and ran on the third place 4x400 Meter Relay team...ran a personal best 2:19.91 800 Meter at the Holst Invitational (Apr. 17) to take fourth while helping the 4x400 Meter Relay team place fourth...won the River City Rumble (Apr. 24) 1500 Meter with a personal best 4:42.84 finish...ran a 4:49.03 1500 Meter at the NSIC & Friends Outdoor Challenge (May 1) to finish runner-up...placed in the top 15 at the

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	6K	5K
2019	SCSU	23:12.8	-
2020	SCSU	-	-
2021	SCSU	21:59.5	-
2022	SCSU	22:21.1	18:55.2
CAREER		21:59.5	18:55.2

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	1500 Meter	5000 Meter	Steeplechase	800 Meter
2020	SCSU	-	-	-	-
2021	SCSU	4:42.84	18:21.85	-	2:19.91
2022	SCSU	4:46.95	17:50.80	11:18.80	-
2023	SCSU	-	-	-	-
CAREER		4:42.84	17:50.80	11:18.80	2:19.91

Maverick Classic (May 7) in the 1500 Meter, running a 4:47.57...was top-15 in the 1500 Meter at the NSIC Outdoor Championships (May 13-15) with a 4:43.36 run while placing top-30 in the 5000 Meter at 18:21.85...

## 2019-20 | FRESHMAN SEASON

**Cross Country:** Placed 17th at the Oz Memorial (Sep. 6) in her first collegiate race, finishing in 24:05.9...took 11th at the St. Olaf Invitational (Sep. 21) with a 24:19.9 time...set a personal best at the Roy Griak Invitational (Sep. 28), finishing 55th with a 23:56.6 run...set a new PR one meet later at the Jim Drews/Tori Neubauer Invitational (Oct. 19), placing 32nd by running a 23:26.7 6K...finished 35th at the NSIC Championships (Oct. 26) with a 23:49.2 time...ran a personal-best 23:12.8 at the NCAA Central Region Championships (Nov. 9) to finish inside the top 80...

**Indoor:** Did not participate in the Indoor season as she dual-sported with Huskies Nordic Ski...

**Outdoor:** No season due to COVID-19 pandemic...

**Prep:** A 2019 graduate of Zimmerman High School...two-year captain in Cross Country and Track & Field...three-time MSHSL State Championships participant in Cross Country...won the Section 7AA 1600 Meter Championship and advanced to the MSHSL State Track & Field Championships as a senior...All-Conference honoree in both Cross Country and Track & Field...also competed in Nordic Ski and Biathlon at Zimmerman...three-time MSHSL State Championships participant in Nordic...volunteered at Christ our Light Catholic Church...National Honor Society member...participated in Speech at Zimmerman...

**Personal:** The daughter of Chad and Lynda Bouley...is completing her M.S. in Clinical Exercise Physiology...enjoys running, skiing, climbing, spelunking, adventuring, playing games, watching movies, writing stories and hanging out with family and friends...





# PAOLA BRENA

**YEAR: GRADUATE STUDENT**

**EVENTS: JUMPS**

**HOMETOWN: QUERETERO, MEXICO**

**HIGH SCHOOL: UNIVERSIDAD DEL VALLE DE MEXICO**

**PREVIOUS SCHOOL: FRANKLIN PIERCE UNIVERSITY**

**GRADUATE PROGRAM: CLINICAL EXERCISE PHYSIOLOGY**



## CAREER NOTES

Academic: Two-time CoSIDA Academic All-District (2020, 2022)...two-time USTFCCCA All-Academic (2020, 2022)...Three-time Academic All-Northeast 10 (2020 Indoor, 2022 Indoor, 2022 Outdoor)...Alpha Chi National College Honor Society...Sigma Zeta Honor Society...

Athletic: NCAA DII First Team All-American (High Jump – 2019 Outdoor)...NCAA DII All-American (High Jump – 2020 Indoor)...2019 NCAA Indoor Championships Qualifier (High Jump)...New England Indoor Champion (High Jump – 2022 Indoor)...2020 Northeast 10 Indoor Field Athlete of the Year...2019 Northeast 10 Outdoor Rookie of the Year...2019 Northeast 10 Indoor Rookie of the Year...three-time Northeast 10 Conference Champion (High Jump – 2019 Indoor, 2020 Indoor, 2022 Outdoor)...four-time All-Northeast 10 Conference (High Jump – 2019 Indoor, 2019 Outdoor, 2020 Indoor, 2022 Outdoor)...

## 2021-22 (FRANKLIN PIERCE) | SENIOR SEASON

Indoor: Took third in the High Jump with a 1.55m clear at The Art Kaddish Elm City Challenge (Dec. 5)...won the High Jump at the USM I (Dec. 11) by clearing 1.67m while also running on the runner-up 4x200 Meter Relay team...won the Triple Jump with a 10.53m leap at the MIT Art Farnham Invitational (Jan. 8) and placed second in the High Jump by clearing 1.58m...cleared 1.70m to win the High Jump at the William Sutherland III Invitational (Jan. 22) and added a 11.02m Triple Jump mark to finish runner-up...won the New England Indoor (Feb. 4-5) High Jump Championship with a 1.65m clear...finished third at the MIT Gordon Kelly Invitational (Feb. 12) with a 1.58m clear...took sixth in the Triple Jump at the Northeast 10 Indoor Championships (Feb. 24-25) with a 11.21m leap...

Outdoor: Won the High Jump at the SNHU Spring Invitational (Apr. 2) with a 1.60m clearance...placed third at the Penmen Relays (Apr. 16) with a 1.60m clear in the High Jump...finished runner-up in the High Jump at the MIT Sean Collier Invitational (Apr. 23) with a 1.63m clearance...won the CCSU Invitational (Apr. 30) by clearing 1.70m in the High Jump...became an Outdoor Conference Champion for the first time in her career at the Northeast 10 Outdoor Championships (May 6-7), clearing 1.65m in the High Jump...finished runner-up in the High Jump at the New England Outdoor Championships (May 13-14) with a 1.65m clear...

## 2020-21 (FRANKLIN PIERCE) | JUNIOR SEASON

Indoor: No season due to COVID-19 pandemic...

Outdoor: Returned to action by taking second in the Wilton Wright Invitational (Apr. 4) High Jump, clearing 1.60m...won the James Barber Invitational (Apr. 11) by clearing 1.60m...won two events at the Eastern Connecticut State Invitational #2 (Apr. 15), clearing 1.60m in the High Jump and covering 10.23m in the Triple Jump...cleared 1.63m at the FPU Teamsgiving Relays South Meet (Apr. 20-21) to win the High Jump...won the High Jump with a 1.55m clear at the FPU Teamsgiving Relays North Meet (Apr. 27-28) and was runner-up in the Triple Jump with a 10.46m leap...

## 2019-20 | SOPHOMORE SEASON

Indoor: Set a short-lived personal best at the Joe Donahue Games Opener (Dec. 14) by clearing 1.75m to win the High Jump...cleared a personal-best 1.76m to win the High Jump at the Middlebury Winter Classic (Jan. 11)...won the High Jump with a 1.75m clearance and was a member of the first-place 4x220 Yard Relay at the Greater Boston Track Club Invitational (Jan. 19)...took second in the High Jump with a 1.74m clear at the New England Indoor Championships (Jan. 31-Feb. 1)...won the Triple Jump by leaping 11.02m at the Panther Invitational (Feb. 8)...became a two-time Northeast 10 Indoor Champion (Feb. 20-21) by winning the High Jump with a 1.71m clearance...was named an All-American by the USTFCCCA after the NCAA Indoor Championships were canceled...

## PERSONAL BESTS - INDOOR

SEASON	TEAM	High Jump	Triple Jump	Pentathlon	Long Jump
2018-19	FPU	1.70m	–	2,471	–
2019-20	FPU	1.76m	11.02m	–	–
2020-21	FPU	–	–	–	–
2021-22	FPU	1.70m	11.21m	–	4.48m
2022-23	SCSU	1.61m	10.83m	–	–
CAREER		1.76m	11.21m	2,471	4.48m

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	High Jump	Triple Jump	200 Meter
2019	FPU	1.74m	–	28.18s
2020	FPU	–	–	–
2021	FPU	1.63m	10.46m	29.32s
2022	FPU	1.70m	–	–
2023	SCSU	–	–	–
CAREER		1.74m	10.46m	28.18s

Outdoor: No season due to COVID-19 pandemic...

## 2018-19 | FRESHMAN SEASON

Indoor: Named Northeast 10 Indoor Rookie of the Year...began her career by taking second in the High Jump at the UMass Boston Indoor Open (Dec. 1), clearing 1.70m...won the Elm City Challenge (Dec. 7-8) High Jump by clearing 1.67m and also competed in the Pentathlon – scoring 2,471 points to take third by winning the high jump (1.68m), taking third in the 800 Meter (2:53.66) and landing fourth in the 55 Hurdles (9.69s), Shot Put (5.38m) and Long Jump (4.17m)...won the Middlebury Winter Classic (Jan. 12) High Jump with a 1.64m clearance...cleared 1.65m to finish runner-up at the Bates Invitational and Multi (Jan. 18-19)...won the High Jump by clearing 1.52m at the Panther Invitational (Feb. 2)...was a true freshman High Jump Champion at the Northeast 10 Indoor Championships (Feb. 16-17), clearing 1.66m...soared 1.68m at the SCSU Last Chance Meet (Feb. 22) to win the High Jump...took second with a 1.62m clearance at the Boston University Last Chance Qualifier (Feb. 24)...qualified for the NCAA Indoor Championships in the High Jump...

Outdoor: Named Northeast 10 Outdoor Rookie of the Year...cleared 1.66m at the UTA Bobby Lane Invitational (Mar. 22-23) to take second in the High Jump...won the High Jump with a personal best 1.73m clear at the SNHU Spring Invitational (Apr. 6)...cleared 1.65m in the High Jump to finish first at the Penmen Relays (Apr. 13)...won the Larry Ellis Invitational (Apr. 20) High Jump with a new personal best 1.74m clearance...jumped 1.64m at the Northeast 10 Outdoor Championships (May 3-4) to finish runner-up...was the runner-up in the High Jump at the New England Outdoor Championships (May 10-11) with a 1.71m clear...placed eighth with a 1.69m clearance at the NCAA Outdoor Championships (May 23-25) to earn First Team All-American honors as a true freshman...

Prep: Attended Universidad del Valle de Mexico...was a two-time National Champion in the private school division...set a national record in her prep career...

Personal: The daughter of Minerva Ortiz and Arturo Brena...is working on her M.S. in Clinical Exercise Physiology at St. Cloud State...enjoys traveling, spending quality time with family and friends and watching movies...



# BROOKLYN BROUSE

**YEAR: SOPHOMORE**

**EVENT: MIDDLE DISTANCE**

**HOMETOWN: THIEF RIVER FALLS, MINNESOTA**

**HIGH SCHOOL: LINCOLN**

**MAJORS: POLITICAL SCIENCE & COMMUNICATIONS STUDIES**



## CAREER NOTES

### 2021-22 | FRESHMAN SEASON

Indoor: Began her collegiate career with a strong performance at the Chuck Petersen Open (Dec. 4), placing seventh in the High Jump with a 1.53m clear, 11th in the 60 Hurdles at 10.00s and 19th in the 200 Meter with a 27.16 finish...cleared a personal best 1.53m in the High Jump at the Stout Open (Jan. 22) and added a top-25 finish in the Long Jump with a 4.38m PR...took 11th in the High Jump at the Mark Schuck Open and Multi (Jan. 28-29) with a 1.52m clear...placed fifth in the 400 Meter at the NSIC & Friends Indoor Challenge (Feb. 12) with a 59.66s personal best finish and added a PR in the 60 Meter Hurdles with a 9.71s time...helped the Huskies 4x400 Meter Relay team win their event at the Mark Miller Invite (Feb. 18)...added to the scoring by helping the 4x400 Meter Relay team take eighth at the NSIC Indoor Championships (Feb. 25-26) while adding a top-18 finish in the 400 Meter at 1:00.16...

Outdoor: Placed fifth in the 400 Meter Hurdles at the Hamline Invitational (Apr. 2) with a 1:06.09 time...earned a runner-up finish with a personal best 1:03.91 in the 400 Meter Hurdles at the Minnesota State Open (Apr. 8-9)...took fourth in the 400 Meter Hurdles at the Holst Invitational with a 1:04.28 time...dominated three events at the River City Rumble (Apr. 29), taking fourth in the 400 Meter Hurdles with a 1:04.11 finish, helping the 4x400 Meter Relay team win their event and running on the runner-up 4x100 Meter Relay team...placed fifth in the 400 Meter Hurdles with a 1:04.79 finish at the Deb Schulz Open (May 6)...finished just outside the scoring in three events at the NSIC Outdoor Championships (May 12-14), taking ninth in the 400 Meter Hurdles with a 1:05.34 time, helping the 4x400 Meter Relay team take ninth and running on the 10th-place 4x100 Meter Relay team...

Prep: A 2021 graduate of Lincoln High School...Lincoln High School Female Athlete of the Year as a senior...six-year varsity letterwinner...team captain...four-event MSHSL State Qualifier...member of 2021 MSHSL State runner-up 4x200 Relay Team...took third in the 300 Meter Hurdles at the 2021 MSHSL State Championships...took eighth in the 200 Meter at the 2021 MSHSL State Championships...placed in the top 15 in the High Jump at the 2021 MSHSL State Championships...holds school record in the High Jump and 4x200 Meter Relay...broke the Heart O' Lakes Conference record in the 4x400 Meter as an eighth grader...2021 MSHSL Section 8AA Champion in the 300 Meter Hurdles...part of the 2021 MSHSL Section 8A Champion 4x200 Meter Relay team...2021 MSHSL Section 8A Champion in the 200 Meter...helped Thief River Falls to runner-up team finishes in Subsection 8A and Section 8A as a senior...True North Conference Female Track Athlete of the Year...four-year All-Heart O' Lake Conference finisher in multiple events...team MVP...Sprinter MVP...Field Event MVP...Team Leader recipient...Coaches Award recipient...Rookie of the Year honoree...competed at the Down Under Sports track meet in Australia...also starred in cross country, tennis and basketball...member of starting 10 on varsity all four years in tennis...two-time MSHSL State Championships qualifier...led her team to two Section Championships...Prowler "P" Award recipient (Performance, Pride, Principles)...member of No. 1 doubles team...Prowler Award recipient...five-year letterwinner in cross country and was a Prowler "P" Award recipient (Performance, Pride, Principles)...two-year letterwinner in basketball, captaining her team and was a Prowler "P" Award recipient (Performance, Pride, Principles)...multiple-time Academic All-State honoree in all four sports...Straight A Academic Honor Roll all four years of high school...Honors Student all four years of high school...graduated with a cumulative 4.125 GPA...National Honor Society executive board member...four-year Student Council Class President...two-year NWD

## PERSONAL BESTS - INDOOR

SEASON	TEAM	200 Meter	400 Meter	60 Hurdles	Long Jump	High Jump
2021-22	SCSU	27.16s	59.66s	9.71s	4.38m	1.53m
2022-23	SCSU	26.94s	59.81s	-	-	-
CAREER		26.94s	59.66s	9.71s	4.38m	1.53m

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	400 Hurdles
2022	SCSU	1:03.91
2023	SCSU	-
CAREER		1:03.91

Student Council division president...earned the State Alice Erickson award as a senior...helped her Math League team to two MSHSL State appearances...participated in choir and was nominated for a 2020 Upper Midwest Emmy...participated in orchestra and chamber orchestra...RE Church Group member...coached tennis...

Personal: The daughter of Jeffery and Lesley Brouse...double-majoring in Political Science and Communications Studies under a Pre-Law program...enjoys going to the lake and spending time with family and friends...



# PARKER BUSKE

**YEAR: SENIOR**

**EVENTS: JUMPS AND THROWS**

**HOMETOWN: MADISON, WISCONSIN**

**HIGH SCHOOL: EAST**

**MAJOR: GRAPHIC DESIGN**



## CAREER NOTES

Academic: Two-time USTFCCA All-Academic (2021, 2022)...Four-time Academic All-NSIC (2021 Indoor, 2021 Outdoor, 2022 Indoor, 2022 Outdoor)...Four-time NSIC All-Academic Team of Excellence (2021 Indoor, 2021 Outdoor, 2022 Indoor, 2022 Outdoor)...

Athletic: NCAA DII Second Team All-American (Triple Jump - 2022 Indoor)...All-Northern Sun Intercollegiate Conference (Triple Jump - 2022 Indoor)...

## 2021-22 | JUNIOR SEASON

Indoor: Took third in the Triple Jump at the Chuck Petersen Open (Dec. 4) with a mark of 11.61m...won the Triple Jump at the Minnesota State Invitational (Jan. 14) by clearing 11.61m and took third in the Long Jump with a 5.40m mark...covered a personal best 11.89m in the Triple Jump to win the event at the Stout Open (Jan. 22) while finishing second in the Long Jump with a PR mark of 5.54m...took third in the Long Jump at the NSIC & Friends Indoor Challenge (Feb. 12) with a 5.51m mark...leapt a new personal-best 5.72m in the Long Jump to take fourth at the Mark Miller Invite (Feb. 18) and was runner-up with a 11.76m Triple Jump mark...earned an All-NSIC finish at the NSIC Indoor Championships (Feb. 25-26) by taking third in the Triple Jump, leaping a then-PR 12.13m, while also taking ninth in the Long Jump at 5.51m...became a Second Team All-American in the Triple Jump with a personal best 12.22m leap, taking ninth at the NCAA Indoor Championships (Mar. 11-12)...

Outdoor: Took second at the Hamline Invitational (Apr. 2) with a 11.50m leap in the Triple Jump...won the Triple Jump at the Minnesota State Open (Apr. 8-9) with a 12.32m jump and took third in the Long Jump with a 5.77m mark...placed second in the Long Jump at the Warhawk Invitational & Multi (Apr. 22-23), leaping 5.62m...was runner-up in the Long Jump at the Deb Schulz Open (May 6) with a 5.87m clearance while taking fourth in the Triple Jump with a 12.20m mark...scored in the Triple Jump by taking sixth with a 11.79m mark at the NSIC Outdoor Championships (May 12-14)...

## 2020-21 | SOPHOMORE SEASON

Indoor: Ran a personal-best 8.06s 60 Meter at the Craig Hougen Tri (Jan. 23) to take sixth and finished fifth in the Long Jump with a 5.23m leap...won the Fred Baker Tri (Feb. 12) Triple Jump with a personal best 11.52m leap and was runner-up in the Long Jump at 5.35m...won her second straight Triple Jump at the Sheena Devine-Remitz Triangular (Feb. 19) with a PR 11.79m jump and took third in the Long Jump by leaping 5.07m...scored in the Triple Jump at the NSIC Indoor Championships with a 11.46m mark, placing fifth...

Outdoor: Won the Triple Jump at each of the four regular season meets in which she competed...placed first at the Wildcat Classic (Mar. 26-27) with a 11.00m Triple Jump and leapt 5.12m in the Long Jump to take third...won the Battle for the Paddle (Apr. 9) Triple Jump with a 11.51m leap while finishing runner-up in both the Long Jump and 4x100 Meter Relay, recording a 5.48m mark and helping the team finish in 48.23s respectively...won the Holst Invitational (Apr. 17) Triple Jump with a 11.65m mark and placed fourth in the Long Jump at 5.37m...covered a personal best 11.73m in the Triple Jump to win the event at the NSIC & Friends Outdoor Challenge (May 1) while placing fifth in the Long Jump by leaping 5.63m...scored in two events at the NSIC Outdoor Championships (May 13-15), running on the fifth-place 4x100 Meter Relay team with a 47.95s finish and placing seventh in the Triple Jump with a 11.41m mark...

## PERSONAL BESTS - INDOOR

SEASON	TEAM	Triple Jump	Long Jump	60 Meter
2019-20	SCSU	11.33m	5.40m	-
2020-21	SCSU	11.79m	5.35m	8.06s
2021-22	SCSU	12.22m	5.72m	-
2022-23	SCSU	-	-	-
CAREER		12.22m	5.72m	8.06s

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	Triple Jump	Long Jump
2020	SCSU	-	-
2021	SCSU	11.73m	5.63m
2022	SCSU	12.32m	5.87m
2023	SCSU	-	-
CAREER		12.32m	5.87m

## 2019-20 | FRESHMAN SEASON

Indoor: Won the Triple Jump at the Beaver Invite (Jan. 25), leaping a personal-best 11.33m...was runner-up in the Triple Jump at the CSB/SJU Invitational (Feb. 15) with a 10.94m jump while also landing fourth in the Long Jump with a mark of 5.05m...provided a pair of top-10 finishes at the NSIC Indoor Championships (Feb. 28-29), scoring in the Long Jump with a seventh-place mark of 5.40m and placing ninth in the Triple Jump by leaping 11.28m...

Outdoor: No season due to COVID-19 pandemic...

Prep: A 2019 graduate of East High School...three-time Wisconsin State Qualifier (2017-19)...WIAA D1 State Champion in the Long Jump as a senior...team captain...holds the East school record in the Triple Jump and Long Jump along with being a member of the school record-holding 4x100 Meter Relay and 4x200 Meter Relay teams...

Personal: The daughter of Ryan and Jessica Buske...majoring in Graphic Design with a minor in Marketing...enjoys baking, biking, hiking, paddle boarding and painting...







# ALLIE BUTTE

**YEAR: SOPHOMORE**

**EVENT: DISTANCE**

**HOMETOWN: WINNECONNE, WISCONSIN**

**HIGH SCHOOL: WINNECONNE**

**MAJORS: ELECTRICAL ENGINEERING AND COMPUTER ENGINEERING**

## CAREER NOTES

Academic: Academic All-NSIC (2022 Cross Country)...NSIC All-Academic Team of Excellence (2022 Cross Country)...

## 2022-23 | SOPHOMORE SEASON

Cross Country: Earned a top-20 finish in the 5K at the CSB/SJU Triangular (Sep. 3) with a 21:05.1 run...placed in the top 125 by running a 26:21.0 at the St. Olaf Invite (Sep. 17)...added a top-200 finish at the Roy Griak Invitational (Sep. 23) with a 26:04.2 run...finished in the top 115 at 26:22.9 at the Lucian Rosa Invitational (Oct. 8)...placed 60th with a run of 25:21.9 at the Bob Waxlax Invitational (Oct. 19)...placed just outside the top 100 at the NSIC Championships (Nov. 5) with a 26:14.8 run...recorded a personal best of 24:53.7 at the NCAA Central Region Championships (Nov. 19) to land in the top 185...

## 2021-22 | FRESHMAN SEASON

Cross Country: Placed ninth at the CSB-SJU Invitational (Sep. 4) by running a 25:36.5...finished in the top 220 at the Roy Griak Invitational (Sep. 24) with a 26:32.7 run...

Indoor: Placed 12th in the 400 Meter at the Stout Open (Jan. 22) with a 1:07.24 time...helped the DMR team place fifth at the Mark Schuck Open and Multi (Jan. 28-29) while adding a 1:49.36 finish in the 600 Meter for 19th...ran a personal best 1:48.62 time in the 600 Meter for 11th and helped the 4x400 Meter Relay team place ninth at the NSIC & Friends Indoor Challenge (Feb. 12)...placed fourth in the 800 Meter at the Mark Miller Invite (Feb. 18) with a 2:28.71 finish...helped the DMR team score at the NSIC Indoor Championships (Feb. 25-26) with an eighth-place finish...

Outdoor: Helped the 4x400 Meter Relay team place third at the Hamline Invitational (Apr. 2)...ran a 2:27.00 personal best in the 800 Meter at the Minnesota State Open (Apr. 8-9) for 20th...part of the 10th-place 4x400 Meter Relay team at the Holst Invitational (Apr. 22-23)...took third at the River City Rumble (Apr. 29) with a personal best 5:07.22 run in the 1500 Meter...placed seventh in the 1500 Meter at the Maverick Open (May 4) with a 5:07.88 finish...

Prep: A 2021 graduate of Winneconne High School...appeared in four WIAA State Cross Country Championships...class valedictorian at Winneconne...

Personal: The daughter of Cathy Schueller...double-majoring in Electrical Engineering and Computer Engineering...enjoys hiking...

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	6K	5K
2021	SCSU	25:36.5	-
2022	SCSU	24:53.7	21:05.1
CAREER		24:53.7	21:05.1

## PERSONAL BESTS - INDOOR

SEASON	TEAM	400 Meter	600 Meter	800 Meter
2021-22	SCSU	1:07.24	1:48.62	2:28.71
2022-23	SCSU	-	-	2:30.97
CAREER		1:07.24	1:48.62	2:28.71

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	800 Meter	1500 Meter
2022	SCSU	2:27.00	5:07.22
2023	SCSU	-	-
CAREER		2:27.00	5:07.22



# MAKAYLIN CHRISTENSON

**YEAR: SOPHOMORE**

**EVENTS: JUMPS AND MIDDLE DISTANCE**

**HOMETOWN: PRAIRIE FARM, WISCONSIN**

**HIGH SCHOOL: PRAIRIE FARM**

**MAJOR: EXERCISE SCIENCE**



## CAREER NOTES

### 2021-22 | FRESHMAN SEASON

Indoor: Took ninth in the High Jump at the Chuck Petersen Open (Dec. 4) and added a 12th-place finish at 1:03.26 in the 400 Meter...cleared a personal best 1.50m in the High Jump at the Minnesota State Invitational (Jan. 14) and earned a top-20 finish in the 200 Meter at 28.16s...placed seventh in the 400 Meter with a 1:02.19 finish at the Stout Open (Jan. 22) while adding a top-15 28.04s finish in the 200 Meter...ran a personal best 27.75s 200 Meter at the NSIC & Friends Indoor Challenge (Feb. 12) and finished 12th in the 400 Meter at 1:01.60...member of the event-winning 4x400 Meter Relay team at the Mark Miller Invite (Feb. 18)...added to the scoring by helping the 4x400 Meter Relay team take eighth at the NSIC Indoor Championships (Feb. 25-26) while adding a personal best 400 Meter at 1:00.97 for 19th...

Outdoor: Placed 11th in the 400 Meter Hurdles with a 1:11.17 time at the Holst Invitational (Apr. 22-23)...part of the event-winning 4x400 Meter Relay team at the River City Rumble (Apr. 29) while adding a 1:08.29 11th-place finish in the 400 Meter Hurdles...took 11th with a personal best 1:07.11 finish in the 400 Meter Hurdles at the Deb Schulz Open (May 6)...helped the Huskies 4x400 Meter Relay team take ninth at the NSIC Outdoor Championships (May 12-14) while going 1:08.55 in the 400 Meter Hurdles for a top-20 finish...

Prep: A 2021 graduate of Prairie Farm High School...two-time WIAA State Qualifier...took fifth in the 400 Meter at the WIAA Division 3 State Championships as a senior...helped Prairie Farm to a conference championship as a senior...holds school records in the 400 Meter and the High Jump...also played basketball and volleyball...led basketball team to their first conference championship in 30 years and first regional championship in school history as a senior...graduated as Salutatorian...National Honor Society member...

Personal: The daughter of David Christenson and Melissa Barthman...majoring in Exercise Science...enjoys hiking, hunting, fishing and being with family and friends...

## PERSONAL BESTS - INDOOR

SEASON	TEAM	200 Meter	400 Meter	High Jump
2021-22	SCSU	27.75s	1:00.97	1.50m
2022-23	SCSU	—	—	—
CAREER		27.75s	1:00.97	1.50m

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	400 Hurdles
2022	SCSU	1:07.11
2023	SCSU	—
CAREER		1:07.11



# ERICA CONRAD

**YEAR: JUNIOR**

**EVENT: DISTANCE**

**HOMETOWN: ASHWAUBENON, WISCONSIN**

**HIGH SCHOOL: ASHWAUBENON**

**MAJOR: RECREATION SPORTS MANAGEMENT**



## CAREER NOTES

Academic: Three-time Academic All-NSIC (2022 Indoor, 2022 Outdoor, 2022 Cross Country)...Three-time NSIC All-Academic Team of Excellence (2022 Indoor, 2022 Outdoor, 2022 Cross Country)...

## 2022-23 | JUNIOR SEASON

Cross Country: Ran her first collegiate 5K Cross Country race in 21:25.4 to finish 22nd at the CSB/SJU Triangular (Sep. 3)...ran the Griak (Sep. 23) in 25:46.3 for a personal course best...dropped her time by nearly a minute at the Lucian Rosa Invitational (Oct. 8), finishing in 24:59.1 for a top-100 placement...set a new personal best at the Bob Waxlax Invitational (Oct. 19), running 23:54.9 for 35th...earned a top 85 finish at the NSIC Championships (Nov. 5) with a 25:30.1 time...ran a personal best 23:33.7 at the NCAA Central Region Championships (Nov. 19) to earn a top 140 finish...

## 2021-22 | SOPHOMORE SEASON

Cross Country: Earned a top-20 finish in her Cross debut at the CSB-SJU Invitational (Sep. 4), running 27:06.2 for 17th...placed in the top 180 at the Griak Invitational (Sep. 24) with a 25:48.1 personal best time...set another PR at the Bob Waxlax Invitational (Oct. 7) at 25:47.5 to place 27th...earned a top-100 finish at the NSIC Championships (Oct. 23) with yet another personal best 25:37.7 for 93rd...closed out her season with a fifth PR in as many races, landing in the top 180 at the NCAA Central Region Championships (Nov. 6) by running a 24:43.8...

Indoor: Finished 16th in the 3000 Meter at the Minnesota State Invitational (Jan. 14) with a 11:46.34 finish...earned a top-20 placement in the Mile at the Stout Open (Jan. 22) by running a 5:56.35...helped the SCSU DMR team to a fifth-place finish at the Mark Schuck Open and Multi (Jan. 28-29) while running a PR 5:54.85 Mile to earn a top-25 placement...ran a 21:05.37 to take eighth in the 5000 Meter at the NSIC & Friends Indoor Challenge (Feb. 12)...set a personal best with a 5:40.52 Mile at the Mark Miller Invite (Feb. 18) to take 10th...

Outdoor: Set a new PR with a 20:11.59 finish in the 5000 Meter at the Hamline Invitational (Apr. 2) to land in the top 25...took 11th in the Steeplechase with a 12:30.64 run at the Minnesota State Open (Apr. 8-9)...helped the Huskies 4x400 Meter Relay team earn a top-10 finish at the Holst Invitational (Apr. 22-23)...placed sixth in the 1500 Meter at the Gustie Twilight (Apr. 27) with a personal-best 5:18.98 finish...took second in the Steeplechase at the River City Rumble (Apr. 29), running a 12:40.50...set a new personal best in the Steeplechase at the Maverick Open (May 4), finishing in 12:28.35 to take seventh...earned a top-10 finish in the 1500 Meter at the Deb Schulz Open (May 6) with a 5:11.78 time...recorded a top-20 finish in the Steeplechase at the NSIC Outdoor Championships (May 12-14)...

## 2020-21 | FRESHMAN SEASON

Cross Country: No season due to COVID-19 pandemic...

Indoor: Took third in the 3000 Meter with a 11:29.68 finish in her first collegiate meet at the Craig Hougren Tri (Jan. 23)...ran a 11:44.66 3000 Meter to take third at the Fred Baker Tri (Feb. 12)...placed fourth in the 1000 Meter at the Sheena Devine-Remitz Triangular (Feb. 19) with a 3:22.61 finish...ran on the Huskies' DMR team at the NSIC Indoor Championships (Feb. 26-27)...

Outdoor: Placed eighth in the 1500 Meter at the Wildcat Classic (Mar. 26-27) with a

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	6K	5K
2020	SCSU	-	-
2021	SCSU	24:43.8	-
2022	SCSU	23:33.7	21:25.4
CAREER		23:33.7	21:25.4

## PERSONAL BESTS - INDOOR

SEASON	TEAM	3000 Meter	1000 Meter	Mile	5000 Meter
2020-21	SCSU	11:29.68	3:22.61	-	-
2021-22	SCSU	11:46.34	-	5:40.52	21:05.37
2022-23	SCSU	11:45.71	-	-	-
CAREER		11:29.68	3:22.61	5:40.52	21:05.37

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	1500 Meter	Steeplechase	5000 Meter
2021	SCSU	5:30.75	-	-
2022	SCSU	5:11.78	12:28.35	20:11.59
2023	SCSU	-	-	-
CAREER		5:11.78	12:38.35	20:11.59

5:30.75 time...

Prep: A 2020 graduate of Ashwaubenon High School...two-time team captain and two-time team MVP...WIAA State Qualifier in both Cross Country and Track & Field...three-time All-Conference finisher...also participated in basketball and soccer...three-year soccer captain and earned soccer team MVP honors three times...four-time High Academic Honor Roll...National Honor Society member...logged over 100 community service hours...

Personal: The daughter of Eric and Jen Conrad...majoring in Recreation Sports Management with minors in Coaching and Marketing...enjoys eating pizza and talking...







# GRETA FREED

**YEAR: SOPHOMORE**

**EVENT: DISTANCE**

**HOMETOWN: ROCHESTER, MINNESOTA**

**HIGH SCHOOL: JOHN MARSHALL**

**MAJOR: SOCIAL WORK**

## CAREER NOTES

Academic: Academic All-NSIC (2022 Cross Country)...NSIC All-Academic Team of Excellence (2022 Country)...

## 2022-23 | SOPHOMORE SEASON

Cross Country: Finished seventh in the 5K at the CSB/SJU Triangular (Sep. 3) with a 20:10.3 run...took 42nd at the St. Olaf Invite (Sep. 17), running a 24:40.1...placed in the top 100 at the Griak Invitational (Sep. 23) with a 24:52.3 finish...placed in the top 70 at the Lucian Rosa Invitational (Oct. 8) thanks to a 24:01.4 run...set a new PR with a 23:19.9 finish for 19th at the Bob Waxlax Invitational (Oct. 19)...finished 58th at the NSIC Championships (Nov. 5) with a 24:39.2 run...set a new personal best at the NCAA Central Region Championships (Nov. 19), running a 23:03.4...

## 2021-22 | FRESHMAN SEASON

Cross Country: Placed seventh at the CSB-SJU Invitational (Sep. 4) with a 25:08.5 finish...ran a 25:16.6 for a top 150 finish at the Roy Griak Invitational (Sep. 24)...set a personal best with a 24:33.6 finish at the Bob Waxlax Invitational (Oct. 7) to place 19th...earned a top 80 finish at the NSIC Championships (Oct. 23) with a 25:06.1 run...landed in the top 140 with a PR 23:46.5 run at the NCAA Central Region Championships (Nov. 6)...

Indoor: Placed eighth in the 3000 Meter at the Minnesota State Invitational (Jan. 14) with a 11:11.31 finish...ran a 19:41.00 in the 5000 Meter at the Stout Open (Jan. 22) for seventh...helped the DMR team to a fifth-place finish at the Mark Schuck Open and Multi (Jan. 28-29) while setting a PR in the Mile at 5:29.02 for 18th...placed third in the 5000 Meter at 19:41.61 at the NSIC & Friends Indoor Challenge (Feb. 12)...helped the DMR team score by taking eighth at the NSIC Indoor Track & Field Championships (Feb. 25-26)...

Outdoor: Took 12th with a 19:00.88 run in the 5000 Meter at the Hamline Invitational (Apr. 2)...placed fifth in the 10,000 Meter at the Minnesota State Open (Apr. 8-9) with a 40:35.55 finish...ran a personal best 40:14.98 in the 10,000 Meter at the Phil Esten Challenge (Apr. 21-23) for a top 30 finish...placed seventh in the 5000 Meter at the Maverick Open (May 4) with a 19:27.73 run...ran a 41:54.76 in the 10,000 Meter at the NSIC Outdoor Championships (May 12-14) to finish 15th...

Prep: A 2021 graduate of John Marshall High School...two-time team captain...two-time All-Conference finisher...also served as a two-time team captain and four-year All-Conference honoree in hockey...member of the orchestra...Science Olympiad participant...student school board member...

Personal: The daughter of Matthew and Krista Freed...majoring in Social Work with a minor in Gerontology...enjoys beating Cam in chess...

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	6K	5K
2021	SCSU	23:46.5	-
2022	SCSU	23:03.4	20:10.3
CAREER		23:03.4	20:10.3

## PERSONAL BESTS - INDOOR

SEASON	TEAM	3000 Meter	5000 Meter	Mile
2021-22	SCSU	11:11.31	19:16.14	5:29.02
2022-23	SCSU	11:17.13	-	-
CAREER		11:11.31	19:16.14	5:29.02

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	5000 Meter	10,000 Meter
2022	SCSU	19:00.88	40:14.98
2023	SCSU	-	-
CAREER		19:00.88	40:14.98



# MARIANA GUERRA-REESE

**YEAR: SENIOR**

**EVENT: DISTANCE**

**HOMETOWN: WHITE BEAR LAKE, MINNESOTA**

**HIGH SCHOOL: WHITE BEAR LAKE**

**MAJOR: BUSINESS MANAGEMENT**



## CAREER NOTES

### 2022-23 | SENIOR SEASON

Cross Country: Placed in the top 125 at the Lucian Rosa Invitational (Oct. 8) with a then-personal best 27:46.4 finish...ran a career best 26:17.8 at the Bob Waxlax Invitational (Oct. 19) to earn a top 75 finish...landed 116th at the NSIC Championships (Nov. 5) with a 27:13.5 run...

### 2021-22 | JUNIOR SEASON

Cross Country: Earned a top 50 finish at the Bob Waxlax Invitational (Oct. 7) with a 27:44.8 finish...placed in the top 125 at the NSIC Championships (Oct. 23) with a 28:08.9 time...

Indoor: Took ninth in the 600 Meter with a 1:45.26 finish at the NSIC & Friends Indoor Challenge (Feb. 12) while running on the ninth-place 4x400 Meter Relay team...helped the 4x400 Meter Relay team win their event at the Mark Miller Invite (Feb. 18) while finishing fifth in the 800 Meter with a 2:30.70 time...added to the Huskies' scoring at the NSIC Indoor Championships (Feb. 25-26) as part of the eighth-place 4x400 Meter Relay team...

Outdoor: Helped the 4x400 Meter Relay team take third at the Hamline Invitational (Apr. 2) while adding a personal best 2:29.38 for a top-25 finish in the 800 Meter...ran on the fourth-place 4x400 Meter Relay team at the Minnesota State Open (Apr. 8-9)...placed 11th in the 400 Meter at the Holst Invitational (Apr. 22-23) with a time of 1:01.69...helped the 4x400 Meter Relay team win their event at the River City Rumble (Apr. 29) while placing sixth in the 400 Meter with a 1:01.72 finish...took seventh at the Maverick Open (May 4) with a 1:00.78 finish in the 400 Meter...ran a personal best 1:00.55 in the 400 Meter for eighth at the Deb Schulz Open (May 6)...ran on the ninth-place 4x400 Meter Relay team at the NSIC Outdoor Championships (May 12-14) and earned a top 25 finish in the 400 Meter at 1:03.76...

Outdoor: Won the Triple Jump at each of the four regular season meets in which she competed...placed first at the Wildcat Classic (Mar. 26-27) with a 11.00m Triple Jump and leapt 5.12m in the Long Jump to take third...won the Battle for the Paddle (Apr. 9) Triple Jump with a 11.51m leap while finishing runner-up in both the Long Jump and 4x100 Meter Relay, recording a 5.48m mark and helping the team finish in 48.23s respectively...won the Holst Invitational (Apr. 17) Triple Jump with a 11.65m mark and placed fourth in the Long Jump at 5.37m...covered a personal best 11.73m in the Triple Jump to win the event at the NSIC & Friends Outdoor Challenge (May 1) while placing fifth in the Long Jump by leaping 5.63m...scored in two events at the NSIC Outdoor Championships (May 13-15), running on the fifth-place 4x100 Meter Relay team with a 47.95s finish and placing seventh in the Triple Jump with a 11.41m mark...

Prep: A 2019 graduate of White Bear Lake High School...also participated in soccer...

Personal: The daughter of George and Lisa...majoring in Business Management...enjoys snowboarding and reading...

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	6K	5K
2021	SCSU	27:44.8	-
2022	SCSU	26:17.8	-
CAREER		26:17.8	-

## PERSONAL BESTS - INDOOR

SEASON	TEAM	600 Meter	800 Meter
2021-22	SCSU	1:45.26	2:30.70
2022-23	SCSU	1:42.85	-
CAREER		1:42.85	2:30.70

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	400 Meter	800 Meter
2022	SCSU	1:00.55	2:29.38
2023	SCSU	-	-
CAREER		1:00.55	2:29.38





# CAMBRIE KOWAL

**YEAR: SOPHOMORE**

**EVENT: DISTANCE**

**HOMETOWN: LAKE OF THE OZARKS, MISSOURI**

**HIGH SCHOOL: CAMDENTON**

**MAJOR: MASS COMMUNICATIONS**

## CAREER NOTES

### 2022-23 | SOPHOMORE SEASON

Cross Country: Finished 12th at the CSB/SJU Triangular (Sep. 3) in a 5K, running a 20:36.5...placed 74th at the St. Olaf Invite (Sep. 17) by running a 25:25.8...finished the Griak Invitational (Sep. 23) in 25:09.7 for a top 120 placement...landed 86th at the Lucian Rosa Invitational (Oct. 8) with a time of 24:46.1...earned a top 45 finish at the Bob Waxlax Invitational (Oct. 19), running a 24:30.8...finished in 25:17.6 at the NSIC Championships (Nov. 5) to earn a top 80 placement...ran a personal best 23:26.9 for a top 130 finish at the NCAA Central Region Championships...

### 2021-22 | SOPHOMORE SEASON

Cross Country: Took 14th at the CSB-SJU Invitational (Sep. 4) with a 26:04.9 finish...earned a top 155 finish at the Griak Invitational (Sep. 24) by running a 25:25.2...placed 24th at the Bob Waxlax Invitational (Oct. 7) with a personal best 25:07.0 run...placed in the top 90 at the NSIC Championships (Oct. 23) thanks to a 25:31.7 run...set a new PR at the NCAA Central Region Championships (Nov. 6) with a run of 24:32.1 for a top 175 finish...

Indoor: Recorded a top 20 finish in the 3000 Meter at the Minnesota State Invitational (Jan. 14) with a 11:49.59 time...placed eighth in the 5000 Meter with a 20:15.06 run at the Stout Open (Jan. 22)...added a top 20 finish in the 3000 Meter at the Mark Schuck Open and Multi (Jan. 28-29) with a 11:38.11 time...took seventh in the 5000 Meter at the NSIC & Friends Indoor Challenge (Feb. 12) thanks to a 20:43.34 finish...set a personal best 11:26.08 in the 3000 Meter for ninth at the Mark Miller Invite (Feb. 18)...

Outdoor: Earned a top 21 finish in the 5000 Meter at the Hamline Invitational (Apr. 2) by running a 20:09.93...took sixth in the 10,000 Meter at the Minnesota State Open (Apr. 8-9) with a 41:37.08 finish...ran the 10,000 Meter in 42:08.17 for a top 50 finish at the Phil Esten Challenge (Apr. 21-23)...placed eighth in the 5000 Meter at the Maverick Open (May 4) with a 19:50.05 time...placed 18th at the NSIC Outdoor Championships (May 12-14) in the 10,000 Meter, running a 42:58.87...

Prep: A 2021 graduate of Camdenton High School...state qualifier in cross country and track...also participated in soccer...

Personal: The daughter of Shawn and Leslie Kowal...majoring in Mass Communications with an emphasis in Journalism...enjoys beating Greta in chess...

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	6K	5K
2021	SCSU	24:32.1	-
2022	SCSU	23:26.9	20:36.5
CAREER		23:26.9	20:36.5

## PERSONAL BESTS - INDOOR

SEASON	TEAM	3000 Meter	5000 Meter
2021-22	SCSU	11:26.08	20:15.06
2022-23	SCSU	11:24.18	-
CAREER		11:24.18	20:15.06

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	5000 Meter	10,000 Meter
2022	SCSU	19:50.05	41:37.08
2023	SCSU	-	-
CAREER		19:50.05	41:37.08







# KATIE LAVATO

**YEAR: JUNIOR**

**EVENT: SPRINTS**

**HOMETOWN: BUFFALO, MINNESOTA**

**HIGH SCHOOL: BUFFALO**

**MAJOR: BIOMEDICAL SCIENCE**

## CAREER NOTES

### 2021-22 | SOPHOMORE SEASON

Indoor: Earned a top 20 finish at the Chuck Petersen Open (Dec. 4) with a 8.47s 60 Meter...

Outdoor: Did not compete in the Outdoor season...

### 2020-21 | FRESHMAN SEASON

Indoor: Placed seventh in the 200 Meter with a 28.19s finish at the Craig Hougen Tri (Jan. 23) while finishing ninth in the 60 Meter at 8.35s...took fourth in the 200 Meter at the Fred Baker Tri (Feb. 12) with a 27.89s finish and ran a 8.23s 60 Meter in the prelims before placing sixth in the Finals at 8.25s...finished third in the 200 Meter with a 27.61s time at the Sheena Devine-Remitz Triangular (Feb. 19) while running a 8.24s 60 Meter in the Finals for fourth...

Outdoor: Earned a pair top-10 finishes with a 13.72s 100 Meter and a 28.76s 200 Meter at the Battle for the Paddle (Apr. 9)...ran two outdoor PR's in the 100 Meter - 13.47s - and 200 Meter - 28.17s at the Holst Invitational (Apr. 17) for a pair of top-25 placements...established a new personal best in the 100 Meter at the NSIC & Friends Outdoor Challenge (May 1) with a 13.28s finish to land in the top 20...

Prep: A 2020 graduate of Buffalo High School...qualified for the 2019 MSHSL State Championships as a member of the 4x100 Meter Relay team...member of school record-holding 4x100 Meter and 4x200 Meter Relay teams...also participated in Dance...earned multiple Academic Honors...

Personal: The daughter of Anne Paradis and Dean Lavato...majoring in Biomedical Science...enjoys hiking and swimming...

## PERSONAL BESTS - INDOOR

SEASON	TEAM	60 Meter	200 Meter
2020-21	SCSU	8.23s	27.61s
2021-22	SCSU	8.47s	-
2022-23	SCSU	7.99s	27.21s
CAREER		7.99s	27.21s

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	100 Meter	200 Meter
2021	SCSU	13.28s	27.67s
2022	SCSU	-	-
2023	SCSU	-	-
CAREER		13.28s	27.67s





# JAILEEN MEDINA

**YEAR: FRESHMAN**

**EVENT: DISTANCE**

**HOMETOWN: WHEATON, ILLINOIS**

**HIGH SCHOOL: WHEATON NORTH**

**MAJOR: EXERCISE SCIENCE**

## CAREER NOTES

### 2022-23 | FRESHMAN SEASON

Cross Country: Placed 33rd in the CSB/SJU Triangular (Sep. 3) with a 22:27.5 finish in the 5K...earned a top 150 finish at the St. Olaf Invite (Sep. 17) by running a 27:14.0...placed in the top 125 at the Lucian Rosa Invitational (Oct. 8) with a 28:04.2 finish...ran a personal-best 26:30.6 at the Bob Waxlax Invitational (Oct. 19) for a top-75 finish...placed in the top 120 at the NSIC Championships (Nov. 5) with a 27:41.5 time...

Prep: A 2022 graduate of Wheaton North High School...five-year varsity Cross Country runner...three-year varsity Track & Field athlete...appeared in IHSAA Regional and Sectional Championships...earned Leadership Award...led her softball team to a Regional appearance in 2019...Honor Roll student...earned the Dukane Academic Award...

Personal: The daughter of Joseph and Tara Medina...Exercise Science major...enjoys running, cooking, hiking, playing video games, eating food and throwing snowballs...

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	6K	5K
2022	SCSU	26:30.6	22:27.5
CAREER		26:30.6	22:27.5

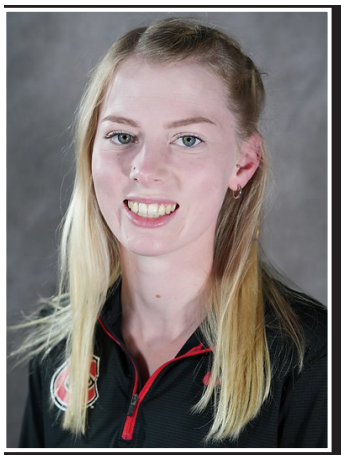
## PERSONAL BESTS - INDOOR

SEASON	TEAM	800 Meter	5000 Meter
2022-23	SCSU	2:44.86	-
CAREER		2:44.86	-

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	5000 Meter	10,000 Meter
2023	SCSU	-	-
CAREER		-	-





# KASEY PARISH

**YEAR: JUNIOR**

**EVENT: THROWS**

**HOMETOWN: WINCHELSEA SOUTH, AUSTRALIA**

**HIGH SCHOOL: OBERON**

**PREVIOUS SCHOOL: NORTH IOWA AREA COMMUNITY COLLEGE**

**MAJOR: PSYCHOLOGY**

## CAREER NOTES

Academic: USTFCCCA All-Academic (2020)...Academic All-NSIC (2022 Indoor)...NSIC All-Academic Team of Excellence (2022 Indoor)...

Athletic: NJCAA DI First Team All-American (Javelin – 2019 Outdoor)...NJCAA Region XI Champion (Javelin – 2019 Outdoor)...

## 2021-22 | SOPHOMORE SEASON

Indoor: Soared 4.70m in the Long Jump to earn a top-20 mark at the NSIC & Friends Indoor Challenge (Feb. 12)...

Outdoor: Placed third in the Javelin at the Hamline Invitational (Apr. 2) with a 33.78m toss...threw a 37.29m mark in the Javelin to take third at the Minnesota State Open (Apr. 8-9)...landed runner-up in the Javelin with a 36.78m throw at the Holst Invitational (Apr. 22-23)...won the Javelin with a mark of 37.47m at the Gustie Twilight (Apr. 27)...fired a 37.60m toss in the Javelin to take fourth at the River City Rumble (Apr. 29)...launched a season-long 38.27m throw in the Javelin to place third at the Maverick Open (May 4)...earned runner-up placement at the Deb Schulz Open (May 6) with a 35.97m Javelin mark...took ninth in the Javelin with a 38.27m throw at the NSIC Outdoor Championships (May 12-14)...

## 2019-20 (NIACC) | SOPHOMORE SEASON

Indoor: Took 13th in the High Jump with a 1.35m clear and placed 24th in the 60 Meter with a 8.90s finish at the Jack Jennett Open (Jan. 23-24)...enjoyed a stellar day at the Grinnell Indoor Invitational (Feb. 1), placing eighth in the High Jump with a 1.30m clear, firing a 8.76m Shot Put for ninth and finishing 12th in the 200 Meter with a 30.59s time...set a new personal best in the 60 Meter Hurdles at the SDSU Indoor Classic, finishing 26th with a 11.98s time...competed in the Pentathlon at the NJCAA Region XI Indoor Championships, placing fourth with a score of 1,924 – placing second in the Shot Put with a 9.26m throw, third in the 800 Meter at 2:54.23, fourth in the Long Jump at 4.69m, fourth in the High Jump at 1.36m and fifth with a 14.94s finish in the 60 Meter Hurdles – while adding a score in the High Jump by clearing 1.31m for seventh...

Outdoor: No season due to COVID-19 pandemic...

## 2018-19 (NIACC) | FRESHMAN SEASON

Indoor: Placed 13th in the Long Jump with a 4.64m leap at the Chuck Petersen Open & Multi (Dec. 8) while adding a top-35 finish in the 200 Meter at 30.49s...earned a top-20 mark in the Long Jump with a 4.32m leap at the Minnesota State Invitational (Jan. 11) and added a top-22 finish in the 200 Meter at 31.78s...helped the NIACC 4x200 Meter Relay team place fifth at the Chelsey M. Henkenius Open (Jan. 19) while adding a top 15 mark in the Long Jump, leaping 4.57m...enjoyed a strong Jack Jennett Open (Jan. 24-25), helping the 4x400 Meter Relay team to a runner-up finish while placing 13th in the Long Jump at 4.18m, 19th in the 60 Meter at 9.00s and 25th in the 200 Meter at 31.05s...set a personal best in the 200 Meter with a 30.24s finish at the NJCAA Region XI Indoor Championships (Feb. 15-16) to place 13th while marking 10th at 4.57m in the Long Jump...

Outdoor: Threw a runner-up finish in the Javelin at the Grand View Invitational (Mar. 23) with a 32.63m mark...took sixth in the Javelin with a 33.90m mark at the Viking Olympics (Mar. 30)...won the Javelin at the Wartburg Outdoor Select (Apr. 5-6), launch-

## PERSONAL BESTS - INDOOR

SEASON	TEAM	Long Jump	60 Meter	200 Meter	400 Meter	800 Meter	Shot Put
2018-19	NIACC	4.57m	9.02s	30.49s	1:12.04	-	-
2019-20	NIACC	4.50m	8.90s	30.59s	-	2:54.23	9.26m
2021-22	SCSU	4.70m	-	-	-	-	-
2022-23	SCSU	-	-	-	-	-	-
CAREER		4.70m	8.90m	30.49s	1:12.04	2:54.23	9.26m

SEASON	TEAM	High Jump	Pentathlon
2018-19	NIACC	-	-
2019-20	NIACC	1.35m	1,924
2021-22	SCSU	-	-
2022-23	SCSU	-	-
CAREER		1.35m	1,924

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	Javelin	200 Meter
2019	NIACC	40.72m	30.47s
2020	NIACC	-	-
2022	SCSU	38.27m	-
2023	SCSU	-	-
CAREER		40.72m	30.47m

ing a 37.56m heave...took second in the Javelin at the Blue Oval Invitational (Apr. 12-13) with a 34.26m mark while adding a 30.47s 200 Meter finish for 19th...fired a 37.54m toss in the Javelin to win the event at the Dick Young Invite (Apr. 20)...placed top-20 at the Drake Relays (Apr. 24-27) with a 36.62m throw in the Javelin...became a Region XI Champion in the Javelin at the NJCAA Region XI Outdoor Championships (May 16-18) with a 37.16m mark...threw a personal best 40.72m mark in the Javelin to earn First Team NJCAA All-American honors at the NJCAA DI Outdoor Championships (May 16-18), taking sixth...

Prep: A 2017 graduate of Oberon High School...six-time Women's Track & Field Champion...six-time All-School Victorian Championships...six-time Victorian Champion...holds the U15, U16 and U17 Javelin record...Pierre de Coubertin award recipient...also participated in soccer, tennis, cross country, football, netball, softball and badminton...earned the Golden Boot and Best & Fairest awards in soccer...six-year Honor Roll member...Duke of Edinburgh's award recipient...Thompson House Captain...

Personal: The daughter of David and Lyn Parish...majoring in Psychology with a minor in Community Psychology...enjoys traveling and photography...







# SHELBY ROMIG

**YEAR: SOPHOMORE**

**EVENTS: JUMPS, HURDLES AND MIDDLE DISTANCE**

**HOMETOWN: ANKENY, IOWA**

**HIGH SCHOOL: ANKENY**

**MAJOR: NURSING**

## CAREER NOTES

### 2021-22 | FRESHMAN SEASON

Indoor: Started her collegiate career off strong, placing third in the 60 Meter Hurdles with a 9.14s finish at the Chuck Petersen Open (Dec. 4) while adding a 5.05m Long Jump for 11th...took sixth in the 60 Meter Hurdles with a 9.58s finish at the Minnesota State Invitational (Jan. 14) while adding a 4.56m Long Jump for 16th...placed fourth in the 60 Meter Hurdles at the Stout Open (Jan. 22) with a 9.38s run while placing in the top-15 of the Long Jump thanks to a 4.73m mark...ran a 9.29s 60 Meter Hurdles prelim at the Mark Shuck Open and Multi (Jan. 28-29) for 11th...ran a 9.22s 60 Meter Hurdles to take seventh while setting a PR in the 200 Meter at 27.64s for 19th at the NSIC & Friends Indoor Challenge (Feb. 12)...took second with a personal best 9.02s finish in the 60 Meter Hurdles at the Mark Miller Invite (Feb. 18) and added a PR in the Long Jump, taking 12th with a 5.08m mark...finished 14th at the NSIC Indoor Championships (Feb. 25-26) with a 9.25s run in the 60 Meter Hurdles...

Outdoor: Took fifth in the 100 Meter Hurdles with a 15.21s run at the Hamline Invitational (Apr. 2)...ran a 15.12s 100 Meter Hurdles for third at the Minnesota State Open (Apr. 8-9) to go with a 5.06m Long Jump, placing 15th...delivered a strong performance at the Holst Invitational (Apr. 22-23), running the 100 Meter Hurdles in 15.02s for third and placing seventh with a 5.14m mark in the Long Jump...placed third in the 100 Meter Hurdles with a 15.27s time and bounded 5.31m in the Long Jump for fourth at the River City Rumble (Apr. 29)...soared a personal best 5.35m in the Long Jump for 10th while adding a 14.80s PR in the 100 Meter Hurdles for fifth at the Deb Schulz Open (May 6)...placed 11th in the 100 Meter Hurdles with a 15.12s finish at the NSIC Outdoor Championships (May 12-14)...

Prep: A 2021 graduate of Ankeny High School...2021 IAHSAA Class 4A State Champion in the Long Jump...All-Conference finisher...also competed in softball and basketball...All-Conference honoree in softball...Honor Roll member...Presidential Award recipient...

Personal: The daughter of Pat and Tiffany Romig...majoring in Nursing...enjoys being with friends and family and spending time at the lake...

## PERSONAL BESTS - INDOOR

SEASON	TEAM	60 Hurdles	Long Jump	200 Meter
2021-22	SCSU	9.02s	5.08m	27.64s
2022-23	SCSU	9.34s	-	-
CAREER		9.02s	5.08m	27.64s

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	100 Hurdles	Long Jump	200 Meter
2022	SCSU	14.80m	5.35m	27.73s
2023	SCSU	-	-	-
CAREER		14.80m	5.35m	27.73s



# JULIA ROWLES

**YEAR: JUNIOR**

**EVENTS: JUMPS AND MIDDLE DISTANCE**

**HOMETOWN: PLYMOUTH, MINNESOTA**

**HIGH SCHOOL: ARMSTRONG**

**MAJOR: BIOMEDICAL SCIENCE**



## CAREER NOTES

Academic: Two-time Academic All-NSIC (2022 Indoor, 2022 Outdoor)...Two-time NSIC All-Academic Team of Excellence (2022 Indoor, 2022 Outdoor)...

## 2021-22 | SOPHOMORE SEASON

Indoor: Opened her second season with a bang, clearing a personal best 1.63m in the High Jump to take fourth at the Chuck Petersen Open (Dec. 4)...took fourth with a 1.60m clear in the High Jump at the Minnesota State Invitational (Jan. 14) and added a top-15 mark in the Long Jump at 4.97m...placed eighth in the High Jump at the Stout Open (Jan. 22), clearing 1.53m...nearly broke her PR by clearing 1.62m in the High Jump at the Mark Schuck Open and Multi (Jan. 28-29), earning third place...took fifth at the Mark Miller Invite (Feb. 18) with a 1.57m High Jump, adding a PR in the Long Jump with a 5.01m leap for 13th...cleared 1.61m in the High Jump at the NSIC Indoor Championships (Feb. 25-26), placing 11th...

Outdoor: Earned a runner-up placement in the High Jump at the Hamline Invitational (Apr. 2) with an outdoor-best 1.60m clear while placing eighth in the Long Jump at 5.00m...cleared 1.55m in the High Jump to take eighth at the Minnesota State Open (Apr. 8-9) while adding a PR in the Long Jump with a 5.20m leap for 11th...placed sixth in the High Jump at the Holst Invitational (Apr. 22-23) thanks to a 1.55m clear...enjoyed a phenomenal day at the River City Rumble (Apr. 29), placing top-eight in three events – helping the 4x100 Meter Relay team to a second-place finish, earning fourth in the High Jump with a 1.50m clear and taking eighth in the Long Jump at 5.08m...cleared 1.54m in the High Jump to take fourth and placed sixth in the Long Jump with a personal best 5.49m leap at the Maverick Open (May 4)...placed third in the High Jump at the Deb Schulz Open (May 6) with a 1.58m clear and added a 5.36m leap in the Long Jump for ninth...helped the Huskies 4x100 Meter Relay team take 10th at the NSIC Outdoor Championships (May 12-14) while placing top-25 in both the High Jump and Long Jump...

## 2020-21 | FRESHMAN SEASON

Indoor: Earned a third-place finish in the High Jump at the Craig Hougen Tri (Jan. 23), clearing 1.58m in her first collegiate meet...took fifth at the Fred Baker Tri (Feb. 12) in the High Jump, clearing 1.54m...jumped 1.55m in the High Jump at the Sheena Devine-Remitz Triangular (Feb. 19) to earn a runner-up finish...placed 13th at the NSIC Indoor Championships (Feb. 26-27), clearing 1.56m in the High Jump...

Outdoor: Took 10th in the High Jump at the Wildcat Classic (Mar. 26-27), clearing 1.50m...covered 1.48m in the High Jump to finish fifth at the Battle for the Paddle (Apr. 9)...placed seventh in the High Jump at the Holst Invitational (Apr. 17) with an outdoor PR 1.54m clearance...placed sixth at the River City Rumble (Apr. 24) in the High Jump, clearing 1.50m...cleared a new personal best 1.58m at the Maverick Classic (May 7) in the High Jump to take fourth...jumped 1.57m at the NSIC Outdoor Championships (May 13-15) to take 11th in the High Jump...

Prep: A 2019 graduate of Armstrong High School...team captain...two-time MSHSL State Placer...took third in the High Jump and seventh in the Triple Jump at the 2019 MSHSL State Championships...two-time All-Conference placer...named team's Most Improved athlete and MVP...also enjoyed a stellar soccer career, earning Second Team All-State honors as a defender...All-Conference honoree, Defensive Player of the Year and team MVP while captaining Armstrong...four-time Honor Roll member...member of Spanish Club...

## PERSONAL BESTS - INDOOR

SEASON	TEAM	High Jump	Long Jump
2020-21	SCSU	1.58m	–
2021-22	SCSU	1.63m	5.01m
2022-23	SCSU	1.56m	5.16m
CAREER		1.63m	5.16m

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	High Jump	Long Jump
2021	SCSU	1.58m	–
2022	SCSU	1.60m	5.49m
2023	SCSU	–	–
CAREER		1.60m	5.49m

Personal: The daughter of David and Kay Rowles...majoring in Biomedical Science...enjoys cooking, hiking, wakeboarding, skiing and traveling...





# SYDNEY RUSTAD

**YEAR: FRESHMAN**

**EVENT: SPRINTS**

**HOMETOWN: BARNESVILLE, MINNESOTA**

**HIGH SCHOOL: BARNESVILLE**

**MAJOR: SPECIAL EDUCATION**

## CAREER NOTES

Prep: A 2022 graduate of Barnesville High School...team captain...two-time MSHSL State Championships qualifier as a member of the 4x100 Meter Relay...All-Conference sprinter as a junior...also participated in volleyball and basketball...National Honor Society member...three-time MSHSL Academic All-State honoree...MN American Legion Essay Winner...logged over 250 volunteer hours...

Personal: The daughter of Mark and Debra Rustad...majoring in Special Education with a minor in Coaching...enjoys working out, taking naps, cuddling with her dog Izzy, hanging out with family and friends, binge watching The Office and horseback riding...

## PERSONAL BESTS - INDOOR

<b>SEASON</b>	<b>TEAM</b>	<b>60 Meter</b>	<b>200 Meter</b>
2022-23	SCSU	-	-
CAREER		-	-

## PERSONAL BESTS - OUTDOOR

<b>SEASON</b>	<b>TEAM</b>	<b>100 Meter</b>	<b>200 Meter</b>
2023	SCSU	-	-
CAREER		-	-







# LAUREN SERTICH

**YEAR: SOPHOMORE**

**EVENT: DISTANCE**

**HOMETOWN: CLOQUET, MINNESOTA**

**HIGH SCHOOL: CLOQUET**

**MAJOR: EARLY CHILDHOOD EDUCATION**

## CAREER NOTES

Academic: Academic All-NSIC (2022 Cross Country)...

## 2022-23 | SOPHOMORE SEASON

Cross Country: Placed 15th at the CSB/SJU Triangular (Sep. 3) with a 20:44.6 finish in the 5K...placed in the top 50 with a 24:54.9 finish at the St. Olaf Invite (Sep. 17)...earned a top 140 finish at the Griak Invitational (Sep. 23) with a 25:24.1 run...finished in the top 75 at the Lucian Rosa Invitational (Oct. 8) with a run of 24:21.5...ran a personal best 23:38.1 at the Bob Waxlax Invitational (Oct. 19) to finish 25th...followed by placing 63rd at the NSIC Championships (Nov. 5) with a time of 24:49.0...placed in the top 160 at the NCAA Central Region Championships (Nov. 19) with a 23:59.1 run...

## 2021-22 | FRESHMAN SEASON

Cross Country: Placed 12th at the CSB-SJU Invitational (Sep. 4) with a 25:53.7 finish...finished 31st at the Bob Waxlax Invitational (Oct. 7) with a 26:02.1 time...earned a top 95 finish at the NSIC Championships (Oct. 23) with a 25:42.1 run...established a new personal best at the NCAA Central Region Championships with a 24:32.8 finish for a top 175 placement...

Indoor: Earned a top 20 finish in the 3000 Meter at the Minnesota State Invitational (Jan. 14) with a 11:46.68 run...finished the Mile in 5:58.41 for a top 20 spot at the Stout Open (Jan. 22)...helped the 4x400 Meter Relay team place ninth and ran a 2:28.90 800 Meter for ninth at the NSIC & Friends Indoor Challenge (Feb. 12)...ran the 1000 Meter in 3:23.16 for a ninth-place finish at the Mark Miller Invite (Feb. 18)...

Outdoor: Helped the 4x400 Meter Relay team take third at the Hamline Invitational (Apr. 2)...ran on the fourth-place 4x400 Meter Relay team while setting a personal best in the 1500 Meter at 5:17.29 at the Minnesota State Open (Apr. 8-9)...ran on the 4x400 Meter Relay team at the Holst Invitational (Apr. 22-23) as part of a 10th place finish...finished sixth in the 1500 Meter at the River City Rumble (Apr. 29) with a 5:19.23 time...placed 10th in the 800 Meter at the Deb Schulz Open (May 6) by running a 2:30.46...

Prep: A 2021 graduate of Cloquet Senior High School...qualified for three MSHSL State Championships in cross country...

Personal: The daughter of Lori Sertich and Derek Fredrickson...majoring in Early Childhood Education...

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	6K	5K
2021	SCSU	24:32.8	-
2022	SCSU	23:38.1	20:44.6
CAREER		23:38.1	20:44.6

## PERSONAL BESTS - INDOOR

SEASON	TEAM	800 Meter	1000 Meter	3000 Meter	Mile
2021-22	SCSU	2:28.90	3:23.16	11:46.02	5:58.41
2022-23	SCSU	2:24.27	-	-	-
CAREER		2:24.27	3:23.16	11:46.02	5:58.41

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	800 Meter	1500 Meter
2022	SCSU	2:30.46	5:17.29
2023	SCSU	-	-
CAREER		2:30.46	5:17.29



# AINHOA TOQUERO

**YEAR: FRESHMAN**

**EVENTS: JUMPS AND MIDDLE DISTANCE**

**HOMETOWN: PAMPLONA, SPAIN**

**HIGH SCHOOL: TERESIANAS AND MOUND WESTONKA**

**MAJOR: NURSING**



## CAREER NOTES

Prep: A 2022 graduate of Mound Westonka High School...also attended Teresianas...made a Spanish Championship appearance and was named Overall MVP in Track & Field as a senior...volunteered as a teacher's aid for special needs students...

Personal: The daughter of Javier Toquero and Itziar Iriarte...majoring in Nursing...enjoys sports, hiking, listening to music and spending time with family and friends...

## PERSONAL BESTS - INDOOR

<u>SEASON</u>	<u>TEAM</u>	<u>60 Hurdles</u>	<u>Long Jump</u>
2022-23	SCSU	9.91s	4.92m
CAREER		9.91s	4.92m

## PERSONAL BESTS - OUTDOOR

<u>SEASON</u>	<u>TEAM</u>	<u>Triple Jump</u>	<u>Long Jump</u>
2023	SCSU	-	-
CAREER		-	-



# CLARA WELHOUSE

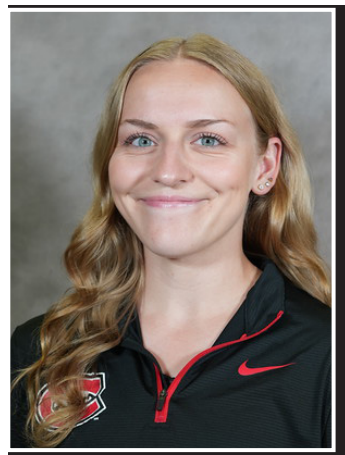
**YEAR: FIFTH-YEAR SENIOR**

**EVENT: DISTANCE**

**HOMETOWN: GREEN BAY, WISCONSIN**

**HIGH SCHOOL: SOUTHWEST**

**MAJORS: BIOMEDICAL SCIENCES AND SPANISH**



## CAREER NOTES

Academic: 10-time Academic All-NSIC (2019 Cross Country, 2020 Indoor, 2020 Outdoor, 2020 Cross Country, 2021 Indoor, 2021 Outdoor, 2021 Cross Country, 2022 Indoor, 2022 Outdoor, 2022 Cross Country)...Nine-time NSIC All-Academic Team of Excellence (2019 Cross Country, 2020 Indoor, 2020 Outdoor, 2020 Cross Country, 2021 Indoor, 2021 Outdoor, 2022 Indoor, 2022 Outdoor, 2022 Cross Country)...

Athletic: Member of program record-holding Indoor Distance Medley Relay team, running the first leg of the DMR as SCSU established a new school record with a 12:16.17 finish on February 28, 2020...

## 2022-23 | FIFTH SEASON

Cross Country: Ran her first collegiate 5K at the CSB/SJU Triangular (Sep. 3), finishing 10th with a time of 20:21.6...placed in the top 70 at the St. Olaf Invite with a 25:18.8 finish...added a top-160 finish at the Roy Griak Invitational (Sep. 23) with a 25:41.0 time...ran a personal-best 24:28.7 at the Lucian Rosa Invitational (Oct. 8) to place 76th...earned a top-30 finish at the Bob Waxlax Invitational (Oct. 19) with a new personal best finish at 23:49.0...landed inside the top 70 at the NSIC Championships (Nov. 5), running a 24:59.0...closed her collegiate Cross career with a new personal best of 23:17.3 at the NCAA Central Region Championships (Nov. 19), placing in the top 125...

## 2021-22 | SENIOR SEASON

Cross Country: Finished 11th at the CSB-SJU Invitational with a 25:51.2 time...ran the Griak Invitational (Sep. 24) in 25:42.0 to place inside the top-170...ran a 24:49.3 at the Bob Waxlax Invitational (Oct. 7) to place in the top-25...earned a top-75 finish at the NSIC Championships (Oct. 23) with a time of 25:03.1...ran a personal best 24:15.6 at the NCAA Central Region Championships (Nov. 6) to earn a top-160 finish...

Indoor: Placed fifth in the Mile at the Minnesota State Invitational (Jan. 14) with a 5:38.18 finish...ran the 1000 Meter in 3:07.73 to take fourth at the Mark Schuck Open and Multi (Jan. 28-29) then helped the DMR team to a fifth-place finish with a time of 13:16.80...took fourth in the 800 Meter at the NSIC & Friends Indoor Challenge (Feb. 12) with a 2:23.67 time and placed ninth in the 4x400 Meter Relay by helping the team to a 4:21.14 finish...scored a personal best in the 1000 Meter at the Mark Miller Invite (Feb. 18), taking fifth with a 3:04.24 finish...helped the DMR team score at the NSIC Indoor Championships (Feb. 25-26) with an eighth-place 12:42.43 time while landing 15th in the 1000 Meter at 3:10.62...

Outdoor: A member of the third place 4x400 Meter Relay team at the Hamline Invitational (Apr. 2) and took seventh in the 800 Meter by running a 2:23.99 finish...led the 4x400 Meter Relay team to a fourth-place finish at the Minnesota State Open (Apr. 8-9) and landed sixth in the Steeplechase at 11:48.15...took fifth in the 800 Meter at the Holst Invitational (Apr. 22-23) with a time of 2:22.11...won the 1500 Meter at the Gustie Twilight (Apr. 27), running a 4:53.08...set a new personal best in the 800 Meter with a 2:18.60 time at the River City Rumble (Apr. 29), finishing runner-up...placed fifth at the Maverick Open (May 4) with a 11:46.03 finish in the Steeplechase...ran a personal-best 4:48.68 in the 1500 Meter at the Deb Schulz Open (May 6) to take fifth...finished just outside the scoring at the NSIC Outdoor Championships (May 12-14) in the Steeplechase, running a personal-best 11:36.31 to take ninth...

## 2020-21 | JUNIOR SEASON

Cross Country: No season due to COVID-19 pandemic...

Indoor: Returned to competition with a runner-up finish in the 3000 Meter at the Craig Hougen Tri (Jan. 23), running a personal-best 11:18.22...took third in the Mile with a 5:27.60 finish and was fourth in the 1000 Meter with a 3:21.53 time at the Fred Baker Tri (Feb. 12)...ran the 1000 Meter in 3:09.79 at the Sheena Devine-Remitz Triangular (Feb. 19) for a runner-up finish...helped the DMR team place 10th at the NSIC Indoor Championships (Feb. 26-27) with a 12:57.31 time...

Outdoor: Placed second at the Wildcat Classic (Mar. 26-27) by running the 1500 Meter in 5:07.09...won the Battle for the Paddle (Apr. 9) Steeplechase with a 11:57.79 finish in her first time running the event while taking sixth as part of the 4x400 Meter Relay team's 4:22.98 time...took fourth in the 1500 Meter at the Holst Invitational (Apr. 17) with a 5:00.25 finish...placed second in the Steeplechase at the NSIC & Friends Outdoor Challenge (May 1) with a 12:18.99 time...ran the Steeplechase in 12:15.65 at the NSIC Outdoor Championships (May 13-15) to place 16th...

## 2019-20 | SOPHOMORE SEASON

Cross Country: Earned a top-60 finish at the St. Olaf Invitational (Sep. 21) at 27:09.5...placed 96th for a top-100 finish at the NSIC Championships (Oct. 26) with a 25:48.5 time...ran a 25:11.7 at the NCAA Central Region Championships (Nov. 9) to finish inside the top-170...

Indoor: Enjoyed a stellar start to her Indoor season by taking second in the 1000 Meter with a 3:18.00 run and leading the DMR team to a 13:26.90 meet-winning finish at the Beaver Invite (Jan. 25)...helped the 4x400 Meter Relay team to a fourth-place finish at the Mark Shuck Open (Jan. 31-Feb. 1) with a time of 4:10.18...a member of the meet-winning 13:05.97 Distance Medley Relay team at the Ted Nelson Classic (Feb. 8) and took eighth in the 800 Meter by running 2:26.93...earned a runner-up finish in the 1000 Meter at the NSIC Indoor Challenge (Feb. 15) with a 3:04.94 time...ran a personal best 5:14.55 Mile to land 11th at the Maverick Invitational (Feb. 21)...ran the first leg of the DMR at the

## PERSONAL BESTS - CROSS COUNTRY

SEASON	TEAM	5K	5K
2018	SCSU	24:33.4	-
2019	SCSU	25:11.7	-
2020	SCSU	-	-
2021	SCSU	24:15.6	-
2022	SCSU	23:17.3	20:21.6
CAREER		23:17.3	20:21.6

## PERSONAL BESTS - INDOOR

SEASON	TEAM	1000 Meter	Mile	3000 Meter	800 Meter
2018-19	SCSU	3:19.97	5:43.79	-	2:30.00
2019-20	SCSU	3:04.34	5:14.55	-	2:26.93
2020-21	SCSU	3:09.79	5:27.60	11:18.22	-
2021-22	SCSU	3:04.24	5:38.18	-	2:23.67
2022-23	SCSU	-	-	-	2:22.50
CAREER		3:04.24	5:14.55	11:18.22	2:22.50

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	1500 Meter	Steeplechase	800 Meter
2019	SCSU	5:06.78	-	2:24.64
2020	SCSU	-	-	-
2021	SCSU	5:00.25	11:57.79	-
2022	SCSU	4:48.68	11:36.31	2:18.60
2023	SCSU	-	-	-
CAREER		4:48.68	11:36.31	2:18.60

NSIC Indoor Championships (Feb. 28-29) as the Huskies broke the program record and took fourth with a 12:16.17 finish while also landing ninth in the 1000 Meter Run at 3:04.34...

## 2018-19 | FRESHMAN SEASON

Cross Country: Earned a top-30 finish in her first collegiate race at the Falcon Invitational (Sep. 7), finishing in 26:23.1 for 28th...landed in the top-100 at the Roy Griak (Sep. 29) with a personal-best 25:26.5...set a new personal best at the NSIC Championships (Nov. 3), finishing 84th at 24:33.4...earned a top-200 finish at the NCAA Central Region Championships (Nov. 17) with a 25:12.9 time...

Indoor: Was a member of the meet-winning 4x400 Meter Relay team at the Minnesota Open (Jan. 12), helping lead the team to a 4:16.41 finish while also landing ninth in the 800 Meter with a 2:33.27 run...was 12th in the 1000 Meter at the SDSU DII Invitational (Jan. 18), finishing in 3:19.97...helped lead the DMR team to a second-place finish at the Mark Schuck Open and Multi (Jan. 25-26) with a 13:02.41 time...ran the 800 Meter at the Parent's Day Open (Feb. 16) in 2:30.00 to take 12th...helped the Huskies DMR team to score at the NSIC Indoor Championships (Feb. 22-23), placing sixth at 12:35.69...

Outdoor: Took eighth in the 1500 Meter at the Lady Bear Twilight (Apr. 19), finishing in 5:06.78...placed sixth at the MSU Twilight (May 4) with a 5:11.86 finish in the 1500 Meter...provided a top-20 finish at the NSIC Outdoor Championships (May 10-11) in the 800 Meter with a 2:24.64 time...

Prep: A 2018 graduate of Green Bay Southwest High School...was a two-time state qualifier, earning trips to the WIAA State Championships in the 1600 Meter Run and in Cross Country as a senior...served as the Student Body President...National Honor Society member...National History Day state qualifier...four-time Presidential Service Award recipient...four-time High Academic Honoree...

Personal: The daughter of Darla Welhouse...double-major in Biomedical Sciences and Spanish with a minor in Chemistry...enjoys cooking and watching the Green Bay Packers...





# AVA WILMANNS

**YEAR: FRESHMAN**

**EVENTS: SPRINTS AND JUMPS**

**HOMETOWN: CEDARBURG, WISCONSIN**

**HIGH SCHOOL: GRAFTON**

**MAJOR: REAL ESTATE**

## CAREER NOTES

Prep: A 2022 graduate of Grafton High School...team captain...placed third at the WIAA Division 2 State Championships in the 4x400 Meter Relay as a senior...appeared in the WIAA Division 2 State Championships as a member of the 4x400 Meter Relay team each year of her varsity career...First Team All-Conference finisher in the 4x800 Meter Relay and 4x400 Meter Relay...Third Team All-Conference in the 1600 Meter...captained the basketball team and earned the Most Improved award...in the classroom, earned Special Honors each year of high school...member of RedGen, student council and the yearbook club...

Personal: The daughter of Stacy and Fritz Wilmanns...majoring in Real Estate...enjoys snowboarding, rock climbing and flag football...

## PERSONAL BESTS - INDOOR

<b>SEASON</b>	<b>TEAM</b>	<b>60 Meter</b>	<b>Long Jump</b>
2022-23	SCSU	8.72s	-
CAREER		8.72s	-

## PERSONAL BESTS - OUTDOOR

<b>SEASON</b>	<b>TEAM</b>	<b>Triple Jump</b>	<b>Long Jump</b>	<b>100 Meter</b>
2023	SCSU	-	-	-
CAREER		-	-	-







# DACODA ZIMMERMAN

**YEAR: FIFTH-YEAR SENIOR**

**EVENT: THROWS**

**HOMETOWN: RACINE, WISCONSIN**

**HIGH SCHOOL: HORLICK**

**MAJOR: EARLY CHILDHOOD EDUCATION**

## CAREER NOTES

### 2021-22 | SENIOR SEASON

Indoor: Threw 11.99m in the Shot Put to take fifth while adding a seventh-place Weight Throw mark of 14.38m at the Chuck Petersen Open (Dec. 4)...recorded a personal best 14.98m heave in the Weight Throw to finish runner-up while adding a 12.11m Shot Put toss to take third at the Stout Open (Jan. 22)...took eighth at the NSIC & Friends Indoor Challenge (Feb. 12) with a 12.53m mark in the Shot Put...placed sixth in Shot Put at the Mark Miller Invite (Feb. 18) by throwing 12.63m...landed in the top-20 in the Shot Put at the NSIC Indoor Championships (Feb. 25-26) with a 12.16m mark and added a top-25 Weight Throw mark of 14.06m...

Outdoor: Set a new personal best in the Hammer Throw with a 41.79m mark at the Hamline Invitational (Apr. 2) to take seventh while placing third in the Shot Put with a 12.90m throw...placed fifth in the Shot Put with a 12.75m heave and recorded a personal best 42.95m Hammer Throw mark for 10th at the Minnesota State Open (Apr. 8-9)...added a sixth-place mark in the Shot Put at the Holst Invitational (Apr. 22-23), throwing 12.41m...finished runner-up in the Shot Put at the River City Rumble (Apr. 29) with a 12.66m heave while placing fifth in the Hammer Throw at 41.39m...fired a personal best 13.53m in the Shot Put to earn a runner-up finish at the Deb Schulz Open (May 6)...finished just outside the scoring at the NSIC Outdoor Championships (May 12-14) in the Shot Put, throwing a 12.96m mark...

### 2020-21 | JUNIOR SEASON

Indoor: Took fifth in the Shot Put and sixth in the Weight Throw at the Craig Hougren Tri (Jan. 23), tossing marks of 12.51m and 13.15m...earned the third-best Weight Throw mark with a 13.96m heave at the Fred Baker Tri (Feb. 12) while adding a fifth-place Shot Put mark at 11.65m...launched a 12.56m Shot Put to place eighth at the Wildcat Classic (Mar. 26-27)...

Outdoor: Threw in three events at the Battle for the Paddle (Apr. 9) and placed top-five in all three; tossing a 12.17m Shot Put for fourth, marking 27.70m in the Discus for fourth and taking fifth in the Hammer Throw with a 40.40m heave...earned a top-20 mark at the NSIC Outdoor Championships (May 13-15), throwing 12.60m in the Shot Put...

### 2019-20 | SOPHOMORE SEASON

Indoor: Placed fifth in both the Shot Put and Weight Throw at the Beaver Invite (Jan. 25) with heaves of 12.22m and 13.50m respectively...placed top-15 in the Shot Put at the Mark Schuck Open (Jan. 31-Feb. 1) with a 12.11m toss...hurled a 12.64m mark in the Shot Put at the Ted Nelson Classic (Feb. 8) to take 11th...placed fifth in the Weight Throw and sixth in the Shot Put with marks of 14.40m and 12.10m at the CSB/SJU Invitational (Feb. 15)...earned a pair of top-10 marks at the Maverick Invitational (Feb. 21), throwing 11.49m in the Shot Put for ninth and tossing a 14.64m mark for tenth in the Weight Throw...placed top-25 at the NSIC Indoor Championships (Feb. 28-29) in both the Shot Put and Weight Throw with marks of 11.37m and 13.61m respectively...

Outdoor: No season due to COVID-19 pandemic...

## PERSONAL BESTS - INDOOR

SEASON	TEAM	Shot Put	Weight Throw
2018-19	SCSU	12.76m	11.49m
2019-20	SCSU	12.64m	14.64m
2020-21	SCSU	12.60m	14.54m
2021-22	SCSU	12.63m	14.98m
2022-23	SCSU	11.30m	15.01m
CAREER		12.76m	15.01m

## PERSONAL BESTS - OUTDOOR

SEASON	TEAM	Shot Put	Hammer Throw	Discus
2019	SCSU	12.63m	42.18m	30.75m
2020	SCSU	-	-	-
2021	SCSU	12.60m	40.40m	27.70m
2022	SCSU	13.53m	42.95m	-
2023	SCSU	-	-	-
CAREER		13.53m	42.95	30.75m

### 2018-19 | FRESHMAN SEASON

Indoor: Took seventh in the Shot Put at the Chuck Peterson Open & Multi (Dec. 8) with a 12.17m toss...placed sixth in the Shot Put with a 12.09m heave and threw 11.08m in the Weight Throw to take ninth at the Minnesota (Jan. 12)...finished top-20 in the Shot Put with a 12.10m mark at the SDSU DII Invitational (Jan. 18)...added another top-20 finish in the Shot Put at the Mark Schuck Open and Multi (Jan. 25-26) with a 11.89m toss...earned a top-15 placement at the Ted Nelson Classic (Feb. 2) with a 12.18m Shot Put PR...recorded the fifth-furthest throw in the Shot Put at the CSB-SJU Indoor Invite (Feb. 9) with a 12.10m mark...finished as the runner-up in the Shot Put at the Parent's Day Open (Feb. 16) thanks to a 12.16m toss...recorded a personal best 12.76m Shot Put mark at the NSIC Indoor Championships (Feb. 22-23)...

Outdoor: Earned a runner-up finish at the CSB-SJU Outdoor (Mar. 31) with a 12.59m Shot Put toss and recorded a personal best 30.75m Discus heave to place 11th...took third in the Shot Put with a 11.84m throw at the Hamline Coed Invitational (Apr. 6)...hurled an outdoor personal best 12.63m Shot Put at the Minnesota Women's Twilight (Apr. 24) to take sixth...placed eighth in the Shot Put at the Ron Masanz Track & Field Classic (Apr. 26-27) with a 12.55m toss...threw 12.42m in the Shot Put and 42.18m in the Hammer Throw to take fifth and ninth respectively at the MSU Twilight (May 4)...earned a top-15 finish in the Shot Put at the NSIC Outdoor Championships (May 10-11) with a 12.52m toss...

Prep: A 2018 graduate of William Horlick High School...runner-up in the Shot Put at the WIAA D1 State Track & Field Championships as a senior...holds the Horlick school Shot Put record...four-time All-Conference finisher...also competed in volleyball and basketball...

Personal: The daughter of Robert and Jennifer Zimmerman...majoring in Early Childhood Education...enjoys creating custom clothing, teaching and tutoring, playing video games and hiking...



## 2022-23 MEET RESULTS

	<b>MEET 1</b> Dec. 9, 2022   Minneapolis, Minn. Minnesota Fieldhouse
<b>MINNESOTA ICEBREAKER INVITE</b>	

	<b>MEET 2</b> Jan. 13, 2023   Mankato, Minn. Myers Field House
<b>BEARSON/GATHJE CLASSIC</b>	

	<b>MEET 3</b> Jan. 20, 2023   Brookings, S.D. Sanford-Jackrabbit Athletic Complex
<b>SDSU DII INVITATIONAL</b>	

MINNEAPOLIS, Minn. – St. Cloud State Track & Field saw nine athletes record new personal bests while Greta Freed won the 3000 Meter at the Minnesota Icebreaker Invite on Friday at the Minnesota Fieldhouse. 11 Huskies enjoyed top-five finishes in their respective events to highlight an exceptional start to the 2022-23 Indoor campaign.

Katie Lavato started the day off strong in the short distance for the Huskies, setting a short-lived PR with a 8.03s qualifying time in the 60 Meter prelims then following with a 7.99s personal best for third in the Finals. She would place ninth in the 200 Meter with a personal-best 27.21s finish behind Brooklyn Brouse's PR of 26.94s for fifth. Shelby Romig took sixth in the 60 Meter Hurdles thanks to a 9.34s finish, then Brouse added another top-five finish by running a 59.81s 400 Meter for third.

In the middle distance, Mariana Guerra-Reese placed fourth in the 600 Meter with a 1:42.85 personal-best finish. Clara Welhouse (2:22.50) and Lauren Sertich (2:24.27) both PR'd in the 800 Meter to go 5-6-7 with Allie Butte (2:30.97) while Jaileen Medina joined the trio in the top 10 with a 2:44.86 finish.

Greta Freed's win in the 3000 Meter came with a 11:17.13 finish, leading a Huskies sweep of the top three as Cambrie Kowal set a PR at 11:24.18 for second and Erica Conrad took third with a 11:45.71 time.

Paola Brena and Julia Rowles began the field events with fourth and sixth place marks in the High Jump, clearing 1.61m and 1.56m respectively. Rowles added a 5.16m Indoor PR in the Long Jump to place sixth, joined by Ainhoa Toquero (4.92m) and Destiny Baughman (4.65m) in the top 10. Brena (10.83m) and Baughman (10.82m) went five-six in the Triple to finish out the day for the jumpers.

Dacoda Zimmerman represented SCSU in the throws, following a seventh place Shot Put mark by launching a 15.01m personal-best Weight Throw to take fifth.

#### St. Cloud State at Minnesota Icebreaker Invite

Dec. 9, 2022 | Minnesota Fieldhouse | Minneapolis, Minn.

60 Meter Prelims		Long Jump	
3. Katie Lavato – 8.03s Q		6. Julia Rowles – 5.16m PR	
17. Ava Wilmanns – 8.72s		8. Ainhoa Toquero – 4.92m	
		10. Destiny Baughman – 4.65m	
60 Meter Finals		Shot Put	
5. Katie Lavato – 7.99s PR		7. Dacoda Zimmerman – 11.30m	
60 Meter Hurdle Prelims		Triple Jump	
8. Shelby Romig – 9.54s Q		5. Paola Brena – 10.83m	
9. Ainhoa Toquero – 9.91s Q		6. Destiny Baughman – 10.82m	
60 Meter Hurdle Finals		Weight Throw	
6. Shelby Romig – 9.34s		5. Dacoda Zimmerman – 15.01m PR	
DNF Ainhoa Toquero			

200 Meter  
5. Brooklyn Brouse – 26.94s PR  
9. Katie Lavato – 27.21s PR

400 Meter  
3. Brooklyn Brouse – 59.81s

600 Meter  
4. Mariana Guerra-Reese – 1:42.85 PR

800 Meter  
5. Clara Welhouse – 2:22.50 PR  
6. Lauren Sertich – 2:24.27 PR  
7. Allie Butte – 2:30.97  
10. Jaileen Medina – 2:44.86

3000 Meter  
1. Greta Freed – 11:17.13  
2. Cambrie Kowal – 11:24.18 PR  
3. Erica Conrad – 11:45.71

High Jump  
4. Paola Brena – 1.61m  
6. Julia Rowles – 1.56m



2022-23 MEET RESULTS



**MEET 4**

Jan. 27-28, 2023 | Mankato, Minn.  
Myers Field House

**MARK SCHUCK OPEN & MULTI**



**MEET 5**

Jan. 28, 2023 | Collegeville, Minn.  
Donald McNeely Spectrum

**CSB/SJU ALUM MEET**



**MEET 6**

Feb. 4, 2023 | Minneapolis, Minn.  
Minnesota Fieldhouse

**GOPHER CLASSIC**



2022-23 MEET RESULTS



**MEET 7**

Feb. 10, 2023 | Mankato, Minn.  
Myers Field House

**MINN. STATE MASSIVE MEET #1**



**MEET 8**

Feb. 11, 2023 | Mankato, Minn.  
Myers Field House

**MINN. STATE MASSIVE MEET #2**



**MEET 9**

Feb. 11, 2023 | Collegeville, Minn.  
Donald McNeely Spectrum

**CSB/SJU QUAD**





**2022-23 MEET RESULTS**



**MEET 10**

Feb. 17, 2023 | Mankato, Minn.  
Myers Field House

**MAVERICK INVITATIONAL**



**MEET 11**

Feb. 24-25, 2023 | Mankato, Minn.  
Myers Field House

**NSIC INDOOR CHAMPIONSHIPS**



**MEET 12**

Mar. 10-11, 2023 | Virginia Beach, Va.  
Donald McNeely Spectrum

**NCAA INDOOR CHAMPIONSHIPS**

