



ST. CLOUD STATE HUSKIES

TRACK & FIELD - 2022-23 MEET NOTES - FEBRUARY 25-26, 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.	10 PR's
Jan. 27-28	Mark Schuck Open & Multi	Mankato, Minn.	9 PR's
Feb. 3	Bison Open	Fargo, N.D.	2 PR's
Feb. 4	Gopher Classic	Minneapolis, Minn.	7 PR's
Feb. 10	Minnesota State Massive Meet #1	Mankato, Minn.	3 T5F
Feb. 11	Minnesota State Massive Meet #2	Mankato, Minn.	4 PR's
Feb. 11	CSB/SJU Invitational	Collegeville, Minn.	4 T5F
Feb. 17	Maverick Invitational	Mankato, Minn.	8 PR's
Feb. 25	NSIC Indoor Championships !	Mankato, Minn.	Noon
Feb. 26	NSIC Indoor Championships !	Mankato, Minn.	9 am
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



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scsuhuskies.com

MEET 10 | FEB. 25-26, 2023 | 12:00 PM | 9:00 AM | MYERS FIELD HOUSE



at



ST. CLOUD STATE HUSKIES at NSIC INDOOR CHAMPIONSHIPS

Myers Field House

135 Myers Field House

Mankato, MN 56001

Saturday Field Events begin at 12:00 p.m. CT | Running Events begin at 1:00 p.m. CT

Sunday Field Events begin at 9:00 a.m. CT | Running Events begin at 1:30 p.m. CT

SCHEDULE OF EVENTS - SATURDAY

12:00 pm	Long Jump	1:00 pm	Distance Medley Relay
3:30 pm	Weight Throw	1:30 pm	60 Meter Hurdles Prelims
		2:00 pm	400 Meter Prelims
		2:30 pm	600 Meter Prelims
		3:00 pm	60 Meter Prelims
		3:30 pm	800 Meter Prelims
		4:00 pm	1000 Meter Prelims
		4:30 pm	200 Meter Prelims
		5:00 pm	5000 Meter

SCHEDULE OF EVENTS - SUNDAY

9:00 am	Pentathlon 60 Meter Hurdles	1:30 pm	Mile
9:45 am	Pentathlon High Jump	2:00 pm	60 Meter Hurdles Finals
11:15 am	Pentathlon Shot Put	2:40 pm	400 Meter Finals
12:00 pm	Pentathlon Long Jump	3:00 pm	600 Meter Finals
1:00 pm	Triple Jump	3:20 pm	60 Meter Finals
1:00 pm	High Jump	3:40 pm	800 Meter Finals
1:00 pm	Shot Put	4:00 pm	1000 Meter Finals
2:30 pm	Pentathlon 800 Meter	4:20 pm	200 Meter Finals
		4:40 pm	3000 Meter
		5:30 pm	4x400 Meter Relay

BLIZZARD'S BULLETS

TAKE YOUR MARKS

St. Cloud State Track & Field travels to Mankato this weekend for the 2023 NSIC Indoor Championships set for Saturday and Sunday, February 25-26. Saturday's competition will begin with the field events at noon followed by running events starting at 1:00 p.m. CT. The Pentathlon opens Sunday's competition at 9:00 a.m. CT with a 1:30 p.m. CT start for the running events.

COVERAGE INFO

Fans can follow along as the Huskies compete at the NSIC Championships by watching live on the NSIC Network and tracking live results on Hero's Timing. Both options are available on the SCSU Track & Field schedule page in addition to live coverage on the Huskies' Track & Field Twitter feed.



BLIZZARD'S BULLETS

HUSKIES AT THE CONFERENCE MEET - SATURDAY

Following the Distance Medley Relay at 1:00 p.m. on the track, Shelby Romig will continue the Huskies' first day of the conference meet in the second heat of the 60 Meter Hurdles at 1:30. Top-seeded Brooklyn Brouse and Mariana Guerra-Reese lead the first two heats of the 600 Meter at 2:30, then Katie Lavato will run in the third heat of the 60 Meter at 3:00 p.m. CT. Clara Welhouse will go in the second heat of the 800 Meter at 3:30 followed by Lavato in the 200 Meter at 4:30. Cambrie Kowal and Greta Freed close out the running events in the first and second sections of the 5000 Meter Finals respectively at 5:00. In the field, Romig and Destiny Baughman will go in the first flight of the Long Jump with Parker Buske set for the third flight at noon. Dacoda Zimmerman is featured in the second flight of the Weight Throw scheduled to start at 3:30 p.m.

HUSKIES AT THE CONFERENCE MEET - SUNDAY

All running event finals will be set for Sunday - save for the 5000 Meter - as Ainhua Toquero begins the day in the Pentathlon with multi events starting at 9:00 a.m. CT. Both Parker Buske and Destiny Baughman will go in the second flight of the Triple Jump at 1:00 p.m. running alongside Paola Brena and Julia Rowles in the High Jump. Dacoda Zimmerman will throw in the first flight of the Shot Put at 1:00. Running event finals are set to start at 1:30 p.m. with the 4x400 Meter Relay closing out the Championships at 5:30 p.m. CT.

STANDOUT 600's

Middle distance standouts Brooklyn Brouse and Mariana Guerra-Reese enter the Championships both ranked in the top 10 of the 600 Meter. Brouse leads the field as the top seed with a 1:35.69 time while Guerra-Reese ranks No. 10 at 1:37.93.

CLEARING THE BAR

Huskies high jumpers Paola Brena and Julia Rowles have been stellar in 2022-23, each ranking fourth in the event across the NSIC. Brena recorded a 1.67m clear at the Bearson/Gathje Classic while Rowles is fresh off a PR of 1.67m at the Minnesota State Massive Meet last weekend.

MAKING MOVES

St. Cloud State jumper Parker Buske enters the Championships ranked fifth in the Triple Jump with a 11.80m leap. Buske earned NCAA Indoor All-American honors last season in the Triple and is ranked third on the program's all-time performance list in the event.

STARS IN THE CLASSROOM

Four St. Cloud State Track & Field/Cross Country athletes were bestowed with the prestigious Myles Brand All-Academic with Distinction award on January 26 as Clara Welhouse, Cheresa Bouley, Kasey Parish and Julia Rowles each earned the honor. The Myles Brand award is presented to seniors who maintain a 3.75 cumulative GPA in their academic career.

LAST TIME ON THE TRACK

St. Cloud State saw two athletes be named event champions as eight Huskies recorded personal bests at the Maverick Invitational at the Myers Field House in Mankato on Friday evening. Paola Brena won the High Jump while Brooklyn Brouse set both a meet and personal record with a 1:35.69 run to win the 600 Meter. Shelby Romig opened the day on the track by earning the No. 3 seed in the 60 Meter Hurdles finals, running the prelims in 9.23s while Ainhua Toquero added a PR of 9.87s to take 11th. Katie Lavato added the fourth seed in the 60 Meter Finals with a 7.93s prelims run. Romig would go on to take eighth in the hurdles while Lavato placed second in the 60 with a 7.95s finish. Erica Conrad placed seventh in the Mile at 5:44.15 while Jaileen Medina ran a PR of 2:37.43 in the 800 to take seventh. Brooklyn Brouse cruised to a meet record and a PR of 1:35.69 in the 600 to win the event, followed closely by a 1:37.93 PR from Mariana Guerra-Reese. Clara Welhouse ran a 3:06.44 1000 Meter for third, then Lavato took sixth in the 200 with a personal-best 26.50s dash Dacoda Zimmerman gave SCSU a pair of top-10 finishes in the throws, taking eighth in the Weight Throw while going 10th in the Shot Put. Three PR's were established in the Long Jump by Romig (5.24m), Destiny Baughman (5.20m) and Ava Wilmanns (4.62m) - Parker Buske took second at 5.67m, Romig took fifth, Baughman placed seventh and Julia Rowles bounded 5.07m for 10th. Paola Brena won the High Jump with a 1.64m clear while Rowles took third at 1.59m and Toquero placed eighth by clearing 1.54m. Buske added a 11.70m mark in the Triple Jump to take third while Baughman leapt 10.96m for fourth.

RANKINGS CENTRAL**2022-23 NSIC INDOOR****DISTANCE MEDLEY RELAY RANKINGS**

RANK	ATHLETE (TEAM)	TIME
1.	Minnesota State-Mankato	11:47.92
2.	Augustana	11:56.11
3.	Winona State	12:00.62
4.	Sioux Falls	12:03.70
5.	Minnesota Duluth	12:04.80
6.	Bemidji State	12:11.63
7.	ST. CLOUD STATE	12:43.79
8.	Upper Iowa	13:29.80
9.	Concordia-St. Paul	13:37.55

2022-23 NSIC INDOOR**HIGH JUMP RANKINGS**

RANK	ATHLETE (TEAM)	MARK
1.	Arika Harbo (CSP)	1.80m
2.	Lillian Washington (KATO)	1.72m
3.	Emily Swanson (USF)	1.70m
T-4.	JULIA ROWLES (SCSU)	1.67m
T-4.	PAOLA BRENA (SCSU)	1.67m
T-4.	Ashley Cridlebaugh (KATO)	1.67m
7.	Ella Paaverud (CSP)	1.66m
8.	Abbi Webb (USF)	1.64m
9.	Bryn London (UMD)	1.63m
T-10.	Emily Breske (NSU)	1.62m
T-10.	Natalie Fultz (BSU)	1.62m

2022-23 NSIC INDOOR**TRIPLE JUMP RANKINGS**

RANK	ATHLETE (TEAM)	MARK
1.	Flore Gracia (KATO)	12.77m
2.	Lillian Washington (KATO)	12.51m
3.	Stella Neophytou (KATO)	12.17m
4.	Xana Leum (WSU)	11.86m
5.	PARKER BUSKE (SCSU)	11.80m
6.	Hanna Reichenberger (WSU)	11.76m
7.	Kaja Salemonsens (AUGIE)	11.64m
8.	Daira Tersina (WSU)	11.54m
T-9.	Ashlie Lockington (WSU)	11.42m
T-9.	Keyla Sambo (WSC)	11.42m

2022-23 NSIC INDOOR**600 METER RANKINGS**

RANK	ATHLETE (TEAM)	TIME
1.	BROOKLYN BROUSE (SCSU)	1:35.69
2.	Ava Grimm (MARY)	1:35.80
3.	Cami Streff (AUGIE)	1:37.06
4.	Savannah Schley (UMD)	1:37.11
5.	Sierra Clifford (SMSU)	1:37.30
6.	Sydney Jackson (CSP)	1:37.44
7.	Regan Feit (WSU)	1:37.66
8.	Grace Acheson (MARY)	1:37.67
9.	Danalee Brock (MARY)	1:37.73
10.	MARIANA GUERRA-REESE (SCSU)	1:37.93



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**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.

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 & 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
Ainhua 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
				Ainhua 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.	St. Cloud State	13.0
12.	Bemidji State	10.33
13.	Minot State	7.0
14.	Southwest Minnesota State	5.33
15.	Upper Iowa	3.0

2022-23 Top SCSU Indoor Performances

60 Meters: Katie Lavato, 7.88s
 200 Meters: Katie Lavato, 26.78s
 400 Meters: Brooklyn Brouse, 58.46s
 600 Meters: Brooklyn Brouse, 1:35.69
 800 Meters: Clara Welhouse, 2:21.69
 1000 Meters: Clara Welhouse, 3:06.12
 Mile: Greta Freed, 5:22.61
 3000 Meters: Greta Freed, 11:07.04
 5000 Meters: Greta Freed, 18:40.03
 60 Hurdles: Shelby Romig, 9.17s

4x400 Relay: NS

DMR: Clara Welhouse + Lauren Sertich
 + Mariana Guerra-Reese + Greta Freed,
 12:43.79

High Jump: Brena and Rowles, 1.67m
 Long Jump: Parker Buske, 5.67m
 Triple Jump: Parker Buske, 11.80m
 Shot Put: Dacoda Zimmerman, 12.18m
 Weight Throw: Dacoda Zimmerman, 15.57m
 Pentathlon: Ainhua Toquero, 2,860 pts

2022-23 HUSKIES INDOOR PERFORMANCE LIST

	60	200	400	800	1000		3000	5000	60
<i>Track Events</i>	<i>Meters</i>	<i>Meters</i>	<i>Meters</i>	<i>Meters</i>	<i>Meters</i>	<i>Mile</i>	<i>Meters</i>	<i>Meters</i>	<i>Hurdles</i>
Destiny Baughman	-	-	-	-	-	-	-	-	-
Cheresa Bouley	-	-	-	-	-	-	-	-	-
Paola Brena	-	-	-	-	-	-	-	-	-
Brooklyn Brouse	-	26.94s	58.46s	-	-	-	-	-	-
Parker Buske	-	-	-	-	-	-	-	-	-
Allie Butte	-	-	-	2:30.46	-	-	-	-	-
Makaylin Christenson	-	-	-	-	-	-	-	-	-
Erica Conrad	-	-	-	-	-	5:43.64	11:25.08	20:41.00	-
Greta Freed	-	-	-	-	-	5:22.61	11:07.04	18:40.03	-
Mariana Guerra-Reese	-	-	1:00.83	-	-	-	-	-	-
Cambrie Kowal	-	-	-	-	-	-	11:11.88	19:40.41	-
Katie Lavato	7.88s	26.50s	-	-	-	-	-	-	-
Jaileen Medina	-	-	-	2:37.43	-	-	-	-	-
Kasey Parish	-	-	-	-	-	-	-	-	-
Shelby Romig	-	28.42s	-	-	-	-	-	-	9.17s
Julia Rowles	-	-	-	-	-	-	-	-	-
Sydney Rustad	-	-	-	-	-	-	-	-	-
Lauren Sertich	-	-	-	2:24.27	-	-	-	-	-
Ainhua Toquero	-	-	-	2:46.99	-	-	-	-	9.91s
Clara Welhouse	-	-	-	2:21.69	3:06.12	-	-	-	-
Ava Wilmanns	8.72s	-	-	-	-	-	-	-	-
Dacoda Zimmerman	-	-	-	-	-	-	-	-	-

<i>Field Events</i>	<i>High Jump</i>	<i>Long Jump</i>	<i>Triple Jump</i>	<i>Shot Put</i>	<i>Weight Throw</i>	<i>Pentathlon</i>
Destiny Baughman	-	5.20m	11.80m	-	-	-
Cheresa Bouley	-	-	-	-	-	-
Paola Brena	1.67m	-	10.83m	-	-	-
Brooklyn Brouse	-	-	-	-	-	-
Parker Buske	-	5.67m	11.56m	-	-	-
Allie Butte	-	-	-	-	-	-
Makaylin Christenson	-	-	-	-	-	-
Erica Conrad	-	-	-	-	-	-
Greta Freed	-	-	-	-	-	-
Mariana Guerra-Reese	-	-	-	-	-	-
Cambrie Kowal	-	-	-	-	-	-
Katie Lavato	-	-	-	-	-	-
Jaileen Medina	-	-	-	-	-	-
Kasey Parish	-	-	-	-	-	-
Shelby Romig	-	5.24m	-	-	-	-
Julia Rowles	1.67m	5.27m	-	-	-	-
Sydney Rustad	-	-	-	-	-	-
Lauren Sertich	-	-	-	-	-	-
Ainhua Toquero	1.58m	5.05m	-	9.46m	-	2,860 pts
Clara Welhouse	-	-	-	-	-	-
Ava Wilmanns	-	4.55m	-	-	-	-
Dacoda Zimmerman	-	-	-	12.18m	15.57m	-

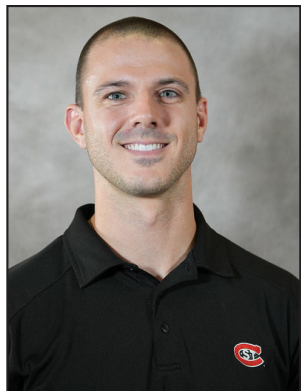
ST. CLOUD STATE INDOOR TRACK & FIELD RECORDS

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).

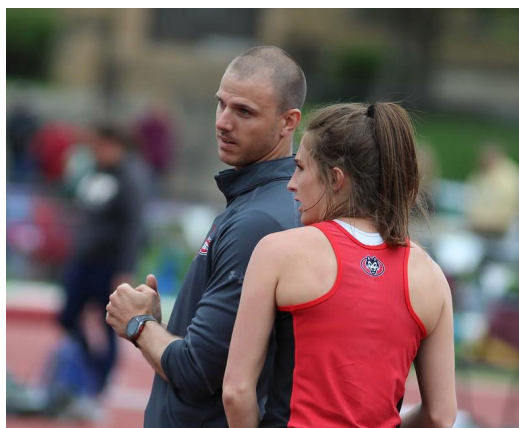
The 2022 St. Cloud State Cross Country season featured a strong seventh-place finish at the NSIC Championships followed by five athletes recording personal records at the Central Region Championships. Cheresa Bouley earned a top-25 finish at the conference meet, leading the Huskies to a three-spot improvement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

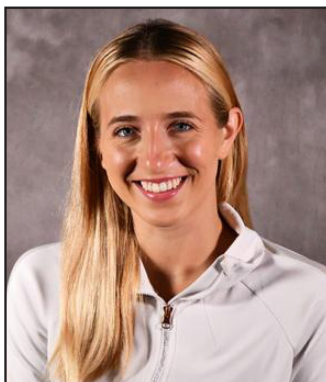


Graduating in 2013 with a double major in Human Resource Development and Business Marketing education, Kettenhofen was a standout Track & Field athlete at the University of Minnesota. He helped the Gophers earn five Big 10 Team Championships, finishing his career on Minnesota's Top 10 lists in the Indoor 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

<u>SEASON</u>	<u>TEAM</u>	<u>Triple Jump</u>	<u>Long Jump</u>
2022-23	SCSU	11.15m	5.20m
CAREER		11.15m	5.20m

PERSONAL BESTS - OUTDOOR

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



CHERESA BOULEY

YEAR: GRADUATE STUDENT

EVENT: DISTANCE

HOMETOWN: ZIMMERMAN, MINNESOTA

HIGH SCHOOL: ZIMMERMAN

GRADUATE PROGRAM: CLINICAL EXERCISE PHYSIOLOGY



CAREER NOTES

Academic: Myles Brand All-Academic with Distinction (2022-23)...Two-time USTFC-CCA All-Academic (2021 Cross Country, 2022 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 &

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

Friends Outdoor Challenge (May 1) to finish runner-up...placed in the top 15 at the 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	1.67m	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	58.46s	-	-	-
CAREER		26.94s	58.46s	9.71s	4.38m	1.53m

SEASON	TEAM	600 Meter
2021-22	SCSU	-
2022-23	SCSU	1:35.69
CAREER		1:35.69

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 USTFCCCA 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	11.80m	5.67m	-
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	-	-	2:30.46
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	11:25.08	-	5:43.64	20:41.00
CAREER		11:25.08	3:22.61	5:40.52	20:41.00

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	11:07.04	18:40.03	5:22.61
CAREER		11:07.04	18:40.03	5:22.61

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	400 Meter
2021-22	SCSU	1:45.26	2:30.70	-
2022-23	SCSU	1:37.93	-	1:00.83
CAREER		1:37.93	2:30.70	1:00.83

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	11:11.88	19:40.41
CAREER		11:11.88	19:40.41

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	7.88s	26.50s
CAREER		7.88s	26.50s

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	2:37.43	-
CAREER		2:37.43	-

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: Myles Brand All-Academic with Distinction (2022-23)...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

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

Olympics (Mar. 30)...won the Javelin at the Wartburg Outdoor Select (Apr. 5-6), launching 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	9.17s	5.24m	28.42s
CAREER		9.02s	5.24m	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: Myles Brand All-Academic with Distinction (2022-23)...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

PERSONAL BESTS - INDOOR

SEASON	TEAM	High Jump	Long Jump
2020-21	SCSU	1.58m	-
2021-22	SCSU	1.63m	5.01m
2022-23	SCSU	1.67m	5.27m
CAREER		1.67m	5.27m

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

Spanish Club...

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

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

PERSONAL BESTS - OUTDOOR

<u>SEASON</u>	<u>TEAM</u>	<u>100 Meter</u>	<u>200 Meter</u>
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

SEASON	TEAM	600 Meter
2021-22	SCSU	-
2022-23	SCSU	1:47.57
CAREER		1:47.57

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>	<u>High Jump</u>	<u>Shot Put</u>	<u>Pentathlon</u>
2022-23	SCSU	9.87s	5.05m	1.58m	9.46m	2,860 pts
CAREER		9.87s	5.05m	1.58m	9.46m	2,860 pts

<u>SEASON</u>	<u>TEAM</u>	<u>800 Meter</u>
2022-23	SCSU	2:46.99
CAREER		2:46.99

PERSONAL BESTS - OUTDOOR

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



CLARA WELHOUSE

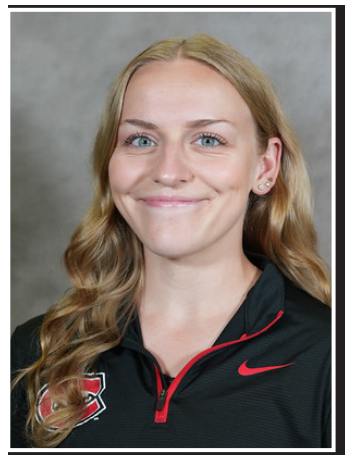
YEAR: FIFTH-YEAR SENIOR

EVENT: DISTANCE

HOMETOWN: GREEN BAY, WISCONSIN

HIGH SCHOOL: SOUTHWEST

MAJORS: BIOMEDICAL SCIENCES AND SPANISH



CAREER NOTES

Academic: Myles Brand All-Academic with Distinction (2022-23)...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	3:06.12	-	-	2:21.69
CAREER		3:04.24	5:14.55	11:18.22	2:21.69

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

SEASON	TEAM	60 Meter	Long Jump
2022-23	SCSU	8.72s	4.62m
CAREER		8.72s	4.62m

PERSONAL BESTS - OUTDOOR

SEASON	TEAM	Triple Jump	Long Jump	100 Meter
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 Hougen 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	12.18m	15.57m
CAREER		12.76m	15.57m

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



MEET 1
Dec. 9, 2022 | Minneapolis, Minn.
Minnesota Fieldhouse

MINNESOTA ICEBREAKER INVITE

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 (22:30.97) 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



MEET 2
Jan. 13, 2023 | Mankato, Minn.
Myers Field House

BEARSON/GATHJE CLASSIC

MANKATO, Minn. – St. Cloud State Track & Field saw 10 athletes establish new personal bests while graduate student Paola Brena won the High Jump as part of a strong evening at the Bearson/Gathje Classic in Mankato on Friday.

Katie Lavato began the day with a Finals qualifying time of 8.14s in the 60 Meter, going on to take eighth in the event. She followed with a personal best 26.95s run in the 200 Meter to take 13th in the event. Brooklyn Brouse added a PR of her own in the 400 Meter with a 59.18s finish for third while Mariana Guerra-Reese took third in the 600 Meter with a personal best 1:41.42 run.

Clara Welhouse (2:23.64) took fourth in the 800 Meter followed by Allie Butte (2:30.46) and Lauren Sertich (2:31.01) going seven-eight, rounded out by a PR finish of 2:43.19 from Jaileen Medina. The red-hot Huskies 800 Meter trio of Greta Freed (11:07.04), Cambrie Kowal (11:14.97) and Erica Conrad (11:25.08) each established new personal bests while taking fourth, sixth and eighth respectively.

Paola Brena cleared 1.67m in the High Jump to win the event while Julia Rowles took second with a 1.62m clear. Rowles placed sixth in the Long Jump thanks to an Indoor PR mark of 5.27m, joined in the PR column by Destiny Baughman (4.96m). Parker Buske made her season debut in the Triple Jump and took fourth with a 11.56m mark while Baughman added a PR of 11.15m for eighth.

Dacoda Zimmerman provided a pair of top-10 finishes in the throws, taking fourth in the Shot Put with a 11.81m mark and ninth in the Weight Throw thanks to a 13.81m toss.

St. Cloud State at Bearson/Gathje Classic

Jan. 13, 2023 | Myers Field House | Mankato, Minn.

60 Meter Prelims	Weight Throw
8. Katie Lavato – 8.14s Q	9. Dacoda Zimmerman – 13.81m
20. Ava Wilmanns – 9.10s	

60 Meter Finals
8. Katie Lavato – 8.09s

200 Meter
13. Katie Lavato – 26.95s PR

400 Meter
3. Brooklyn Brouse – 59.18s PR

600 Meter
3. Mariana Guerra-Reese – 1:41.42 PR

800 Meter
2. Clara Welhouse – 2:23.64
7. Lauren Sertich – 2:30.46
8. Allie Butte – 2:31.01
12. Jaileen Medina – 2:43.19 PR

3000 Meter
4. Greta Freed – 11:07.04 PR
6. Cambrie Kowal – 11:14.97 PR
8. Erica Conrad – 11:25.08 PR

High Jump
1. Paola Brena – 1.67m
2. Julia Rowles – 1.62m

Long Jump
6. Julia Rowles – 5.27m PR
12. Destiny Baughman – 4.96m PR
15. Ava Wilmanns – 4.55m

Shot Put
6. Dacoda Zimmerman – 11.81m

Triple Jump
4. Parker Buske – 11.56m
8. Destiny Baughman – 11.15m PR
10. Paola Brena – 10.76m



MEET 3
Jan. 27-28, 2023 | Mankato, Minn.
Myers Field House

MARK SCHUCK OPEN & MULTI

MANKATO, Minn. – St. Cloud State Track & Field enjoyed a host of strong performances at the Mark Schuck Open & Multi this weekend in Mankato, headlined by Brooklyn Brouse winning a 26-athlete field in the 400 Meter. Nine Huskies recorded personal bests, 11 earned top-10 finishes and five landed in the top three across the two-day meet.

Ainhoa Toquero made her collegiate multi debut on Friday, taking ninth with a score of 2860. The freshman took second in the High Jump with a 1.56m clear and set a new PR in the Long Jump with a 5.05m mark to take sixth in the event. St. Cloud State's stellar DMR team comprised of Clara Welhouse, Brooklyn Brouse, Lauren Sertich and Greta Freed finished runner-up in their first run of the year with a 12:52.89 time.

The strong performances continued on Saturday, opened with Katie Lavato matching her personal best with a 7.99s finish in the 60 Meter prelims to finish 12th. Brooklyn Brouse ran a stellar 400 Meter against a 26-athlete field, finishing in a personal best 58.69s to win the event. Mariana Guerra-Reese gave SCSU another PR in the 600 Meter, placing runner-up with a 1:38.59 finish.

Personal bests by Jaileen Medina (10th, 2:39.14) in the 800 Meter and Katie Lavato (15th, 26.78s) in the 200 Meter book-ended a strong season debut run of the 1000 Meter by Clara Welhouse as the fifth-year senior took eighth at 3:06.12. St. Cloud State's distance trio of Greta Freed (18:51.71), Cambrie Kowal (19:40.41) and Erica Conrad (20:41.00) each set personal bests in the Caty Delwich 5000 Meter, placing eighth, 10th and 15th respectively.

In the field, Paola Brena and Julia Rowles scored in the High Jump with placements of third and seventh, clearing 1.64m and 1.59m respectively. Parker Buske took fifth in the Long Jump with a 5.39m leap, joined in the top 10 by Rowles' 5.23m mark. Destiny Baughman added a PR in the Long with a 4.97m mark. Buske and Baughman took third and sixth in the Triple Jump, respectively bounding 11.39m and 10.90m. Dacoda Zimmerman closed out the day with top-20 placements in both the Shot Put and the Weight Throw.

St. Cloud State at Mark Schuck Open & Multi

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

Pentathlon	5000 Meter
9. Ainhoa Toquero – 2860 pts	8. Greta Freed – 18:51.71 PR
60 Hurdles – 12th, 10.17s	12. Cambrie Kowal – 19:40.41 PR
High Jump – 2nd, 1.56m	15. Erica Conrad – 20:41.00 PR
Shot Put – 8th, 9.46m	
Long Jump – 6th, 5.05m PR	High Jump
800 Meter – 11th, 2:53.98	3. Paola Brena – 1.64m
	7. Julia Rowles – 1.59m

Distance Medley Relay	Long Jump
2. Clara Welhouse, Brooklyn Brouse, Lauren Sertich and Greta Freed – 12:52.89	5. Parker Buske – 5.39m
	10. Julia Rowles – 5.23m
	21. Destiny Baughman – 4.97m PR
	25. Ava Wilmanns – 4.45m

60 Meter Hurdles Prelims	Triple Jump
14. Shelby Romig – 9.52s	3. Parker Buske – 11.39m
	6. Destiny Baughman – 10.90m

60 Meter Prelims	Shot Put
12. Katie Lavato – 7.99s	19. Dacoda Zimmerman – 11.31m
41. Ava Wilmanns – 8.87s	

400 Meter	Weight Throw
1. Brooklyn Brouse – 58.69s PR	18. Dacoda Zimmerman – 14.46m

600 Meter	
2. Mariana Guerra-Reese – 1:38.59 PR	

800 Meter
10. Jaileen Medina – 2:39.14 PR

1000 Meter
8. Clara Welhouse – 3:06.12

200 Meter
15. Katie Lavato – 26.78s PR



2022-23 MEET RESULTS

	MEET 4 Feb. 3, 2023 Fargo, N.D. Shelly Ellig Facility
BISON OPEN	

FARGO, N.D. – St. Cloud State Track & Field sent three athletes to the Bison Open on Friday and returned home with three top 10 finishes as Brooklyn Brouse, Ainhoa Toquero and Clara Welhouse performed well in Fargo.

Brooklyn Brouse ran her first collegiate indoor 600 and took fourth with a 1:38.16 finish – a time that would place her fourth in the NSIC as of Friday. Ainhoa Toquero added a ninth-place finish in the Pentathlon, scoring 2,836 points with PR marks in the High Jump – taking third at 1.58m – and 800 Meter. Clara Welhouse closed out the day with a 3:07.58 run in the 1000 Meter to take 10th.

St. Cloud State at Bison Open

Feb. 3, 2023 | Shelly Ellig Facility | Fargo, N.D.

Pentathlon

9. Ainhoa Toquero – 2836 pts
60 Hurdles – 15th, 9.91s
High Jump – 3rd, 1.58m PR
Shot Put – 19th, 8.33m
Long Jump – 14th, 4.70m
800 Meter – 14th, 2:46.99 PR

600 Meter

4. Brooklyn Brouse – 1:38.16

1000 Meter

10. Clara Welhouse – 3:07.58

	MEET 5 Feb. 4, 2023 Minneapolis, Minn. Minnesota Fieldhouse
GOPHER CLASSIC	

MINNEAPOLIS, Minn. – Shelby Romig won the 60 Meter Hurdles, Katie Lavato won the 60 Meter and seven Huskies established new personal bests in an outstanding day of competition at the Gopher Classic for St. Cloud State Track & Field in Minneapolis. A total 18 top-10 finishes were earned by Huskies student-athletes with 13 being top five placements.

Shelby Romig and Katie Lavato opened the day with impressive performances in the short distance preliminaries. Romig earned the No. 1 finals seed in the 60 Meter Hurdles with a 9.36s finish while Lavato captured the top seed in the 60 Meter with a short-lived PR 9.77s time. Romig won her Finals race in 9.17s while Lavato ran a new personal best of 7.88s in the 60 Meter Finals to win the event.

Greta Freed kept the personal bests coming in the Mile, taking sixth with a 5:22.61 finish. Brooklyn Brouse placed third in the 400 at 59.11s, then Clara Welhouse took sixth in the 800 with a 2:22.74 time while Jaileen Medina ran it in 2:37.92 to set a new PR.

Mariana Guerra-Reese continued her excellent campaign in the 600, taking fifth at 1:39.05 with Lauren Sertich taking 11th at 1:47.57. Lavato scored yet another personal best – her third of the day – with a 26.56s finish in the 200 to take fifth. Cambrie Kowal wrapped up the running events by setting a personal best of 11:11.88 in the 3000 Meter for seventh.

In the field, Dacoda Zimmerman placed fifth in the Shot Put with a 12.18m toss. Parker Buske (5.23m), Destiny Baughman (5.10m PR) and Julia Rowles (4.93m) placed third, sixth and eighth in the Long Jump for three top-10 finishes while Ava Wilmanns added a 4.43m leap. Buske and Baughman went two-three in the Triple Jump with bounds of 11.44m and 10.96m respectively, then Rowles cleared 1.65m in the High Jump to take second – just one spot ahead of Paola Brena's 1.65m clear with one extra foul.

St. Cloud State at Gopher Classic

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

60 Meter Hurdle Prelims	Long Jump
1. Shelby Romig – 9.36s Q	3. Parker Buske – 5.23m
11. Ainhoa Toquero – 9.98s	6. Destiny Baughman – 5.10m PR
	8. Julia Rowles – 4.93m
60 Meter Prelims	25. Ava Wilmanns – 4.43m
1. Katie Lavato – 7.97s Q	
29. Ava Wilmanns – 8.82s	High Jump
	2. Julia Rowles – 1.65m PR
Mile Run	3. Paola Brena – 1.65m
6. Greta Freed – 5:22.61 PR	
12. Erica Conrad – 5:53.13	Triple Jump
	2. Parker Buske – 11.44m
60 Meter Hurdle Finals	3. Destiny Baughman – 10.96m
1. Shelby Romig – 9.17s	

60 Meter Finals
1. Katie Lavato – 7.88s PR

400 Meter
3. Brooklyn Brouse – 59.11s

800 Meter
6. Clara Welhouse – 2:22.74
19. Jaileen Medina – 2:37.92 PR

600 Meter
5. Mariana Guerra-Reese – 1:39.05
11. Lauren Sertich – 1:47.57

200 Meter
5. Katie Lavato – 26.56s PR
20. Shelby Romig – 28.42s

3000 Meter
7. Cambrie Kowal – 11:11.88 PR

Shot Put
5. Dacoda Zimmerman – 12.18m

	MEET 6 Feb. 10, 2023 Mankato, Minn. Myers Field House
MINN. STATE MASSIVE MEET #1	

MANKATO, Minn. – St. Cloud State Track & Field earned three top-five finishes at the hotly-contested Minnesota State Massive Meet #1 in Mankato on Friday evening. Parker Buske and Paola Brena led the individual competitors with fourth-place marks in the Triple and High Jump respectively while the Distance Medley Relay team took fifth.

Shelby Romig opened the day on the track with a 9.31s run in the 60 Meter Hurdle preliminaries to take 13th while Katie Lavato added a 8.04s run for a top-15 finish in the 60 Meter prelims. The Huskies' Distance Medley Relay team of Clara Welhouse, Lauren Sertich, Mariana Guerra-Reese and Greta Freed placed fifth with a season-best 12:43.79 finish.

In the field, Dacoda Zimmerman earned two top-13 marks in the Shot Put and the Weight Throw. Parker Buske placed 11th in the Long Jump then took fourth in the Triple with a 11.43m bound. Paola Brena added a second fourth-place mark with a 1.67m clear in the High Jump while Julia Rowles took tenth at 1.57m.

St. Cloud State at Minnesota State Massive Meet #1

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

60 Meter Hurdle Prelims
13. Shelby Romig – 9.31s

60 Meter Prelims
15. Katie Lavato – 8.04s

Distance Medley Relay
5. Clara Welhouse + Lauren Sertich + Mariana Guerra-Reese + Greta Freed – 12:43.79

Weight Throw
13. Dacoda Zimmerman – 14.93m

Shot Put
13. Dacoda Zimmerman – 11.93m

Long Jump
11. Parker Buske – 5.28m

High Jump
4. Paola Brena – 1.67m
T-10. Julia Rowles – 1.57m

Triple Jump
4. Parker Buske – 11.43m



2022-23 MEET RESULTS

**MEET 7**Feb. 11, 2023 | Mankato, Minn.
Myers Field House**MINN. STATE MASSIVE MEET #2**

MANKATO, Minn. – St. Cloud State Track & Field competed at a pair of meets on Saturday, totaling four personal bests and seven top-five finishes between the Minnesota State Massive Meet #2 in Mankato and the CSB/SJU Invitational in Collegeville.

SCSU opened the day with a pair of top-16 finishes on the track as Shelby Romig ran a 9.30s 60 Meter Hurdle for 10th and Katie Lavato took 16th in the 60 Meter with a 8.03s finish. Brooklyn Brouse ran a PR of 58.46 in the 400 meter to take fourth while Mariana Guerra-Reese added a sixth-place finish of 1:00.83. Clara Welhouse set a personal best in the 800 Meter, running a 2:21.69 for seventh. Greta Freed closed out a strong effort on the track by taking seventh in the 5000 Meter thanks to a PR of 18:40.03.

In the field, Dacoda Zimmerman gave SCSU a pair of top-20 finishes in the Weight Throw and Shot Put – recording a personal best 15.57m Weight Throw mark for 11th. Parker Buske took sixth in the Long Jump with a 5.27m bound, then Julia Rowles and Paola Brena went two-three in the High Jump with each athlete clearing 1.67m – marking a personal best for Rowles. Buske wrapped things up with a season best of 11.80m in the Triple Jump to take third.

St. Cloud State at Minnesota State Massive Meet #2
Feb. 11, 2023 | Myers Field House | Mankato, Minn.

60 Meter Hurdle Prelims
10. Shelby Romig – 9.30s

60 Meter Prelims
16. Katie Lavato – 8.03s

400 Meter
4. Brooklyn Brouse – 58.46s PR
6. Mariana Guerra-Reese – 1:00.83

800 Meter
7. Clara Welhouse – 2:21.69 PR

5000 Meter
7. Greta Freed – 18:40.03 PR

Weight Throw
11. Dacoda Zimmerman – 15.57m PR

Shot Put
19. Dacoda Zimmerman – 11.98m

Long Jump
6. Parker Buske – 5.27m
12. Julia Rowles – 4.69m

High Jump
2. Julia Rowles – 1.67m PR
3. Paola Brena – 1.67m

Triple Jump
3. Parker Buske – 11.80m

**MEET 8**Feb. 11, 2023 | Collegeville, Minn.
Clemens Stadium**CSB/SJU INVITATIONAL**

COLLEGEVILLE, Minn. – St. Cloud State Track & Field competed at a pair of meets on Saturday, totaling four personal bests and seven top-five finishes between the Minnesota State Massive Meet #2 in Mankato and the CSB/SJU Invitational in Collegeville.

On the track, Cambrie Kowal opened the Huskies' effort with a 20:02.32 time in the 5000 Meter to take fourth. Ava Wilmanns added a top 25 finish in the 60 Meter, then Erica Conrad placed fourth in the Mile thanks to a 5:43.64 run. Jaileen Medina took third in the 800 Meter with a 2:39.71 finish to close out the day.

Destiny Baughman and Wilmanns both represented SCSU in the Long Jump as Baughman took fourth with a 4.92m leap while Wilmanns added a top-15 mark of 4.30m.

St. Cloud State at CSB/SJU Invitational
Feb. 11, 2023 | Clemens Stadium | Collegeville, Minn.

5000 Meter
4. Cambrie Kowal – 20:02.32

60 Meter Prelims
25. Ava Wilmanns – 8.95s

Mile
4. Erica Conrad – 5:43.64

800 Meter
3. Jaileen Medina – 2:39.71

Long Jump
4. Destiny Baughman – 4.92m
15. Ava Wilmanns – 4.30m

**MEET 9**Feb. 17, 2023 | Mankato, Minn.
Myers Field House**MAVERICK INVITATIONAL**

MANKATO, Minn. – St. Cloud State Track & Field saw two athletes be named event champions as eight Huskies recorded personal bests at the Maverick Invitational at the Myers Field House in Mankato on Friday evening. Paola Brena won the High Jump while Brooklyn Brouse set both a meet and personal record with a 1:35.69 run to win the 600 Meter.

Shelby Romig opened the day on the track by earning the No. 3 seed in the 60 Meter Hurdles finals, running the prelims in 9.23s while Ainhua Toquero added a PR of 9.87s to take 11th. Katie Lavato added the fourth seed in the 60 Meter Finals with a 7.93s prelims run. Romig would go on to take eighth in the hurdles while Lavato placed second in the 60 with a 7.95s finish. Erica Conrad placed seventh in the Mile at 5:44.15 while Jaileen Medina ran a PR of 2:37.43 in the 800 to take seventh.

Brooklyn Brouse cruised to a meet record and a PR of 1:35.69 in the 600 to win the event, followed closely by a 1:37.93 PR from Mariana Guerra-Reese. Clara Welhouse ran a 3:06.44 1000 Meter for third, then Lavato took sixth in the 200 with a personal-best 26.50s dash.

Dacoda Zimmerman gave SCSU a pair of top-10 finishes in the throws, taking eighth in the Weight Throw while going 10th in the Shot Put. Three PR's were established in the Long Jump by Romig (5.24m), Destiny Baughman (5.20m) and Ava Wilmanns (4.62m) – Parker Buske took second at 5.67m, Romig took fifth, Baughman placed seventh and Julia Rowles bounded 5.07m for 10th.

Paola Brena won the High Jump with a 1.64m clear while Rowles took third at 1.59m and Toquero placed eighth by clearing 1.54m. Buske added a 11.70m mark in the Triple Jump to take third while Baughman leapt 10.96m for fourth.

St. Cloud State at Maverick Invitational
Feb. 17, 2023 | Myers Field House | Mankato, Minn.

60 Meter Hurdle Prelims	Long Jump
3. Shelby Romig – 9.23s Q	2. Parker Buske – 5.67m
11. Ainhua Toquero – 9.87s PR	5. Shelby Romig – 5.24m PR
	7. Destiny Baughman – 5.20m PR
60 Meter Prelims	10. Julia Rowles – 5.07m
4. Katie Lavato – 7.93s Q	16. Ava Wilmanns – 4.62m PR
15. Ava Wilmanns – 8.82s	17. Ainhua Toquero – 4.60m

Mile	High Jump
7. Erica Conrad – 5:44.15	1. Paola Brena – 1.64m
	3. Julia Rowles – 1.59m
60 Meter Hurdle Finals	8. Ainhua Toquero – 1.54m
8. Shelby Romig – 9.94s	

60 Meter Finals	Triple Jump
2. Katie Lavato – 7.95s	3. Parker Buske – 11.70m
	4. Destiny Baughman – 10.96m

600 Meter
1. Brooklyn Brouse – 1:35.69 PR (Meet Record)
3. Mariana Guerra-Reese – 1:37.93 PR

800 Meter
7. Jaileen Medina – 2:37.43 PR

1000 Meter
3. Clara Welhouse – 3:06.44

200 Meter
6. Katie Lavato – 26.50s PR
13. Shelby Romig – 28.05s

Weight Throw
8. Dacoda Zimmerman – 15.32m

Shot Put
10. Dacoda Zimmerman – 11.82m



2022-23 MEET RESULTS



MEET 10

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

NSIC INDOOR CHAMPIONSHIPS



MEET 11

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

NCAA INDOOR CHAMPIONSHIPS

