



ST. CLOUD STATE HUSKIES

TRACK & FIELD - 2022-23 MEET NOTES - MARCH 10, 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.	3 PR's
Feb. 26	NSIC Indoor Championships !	Mankato, Minn.	4 PR's
Mar. 10	NCAA Indoor Championships \$	Virginia Beach, Va.	2:35 pm

! - 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

MEET 11 | MAR. 10, 2023 | 2:35 PM CT | VIRGINIA BEACH SPORTS CENTER



at



ST. CLOUD STATE HUSKIES at NCAA INDOOR CHAMPIONSHIPS

Virginia Beach Sports Center
1045 19th St
Virginia Beach, VA 23451
Running Events begin at 1:45 p.m. ET | Field Events begin at 12:30 p.m. ET

ST. CLOUD STATE ATHLETIC COMMUNICATIONS

THOMAS BREACH, ASSISTANT DIRECTOR

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Halenbeck Hall 328, 720 4th Ave S, St. Cloud, MN 56301

RUN WITH THE PACK



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BLIZZARD'S BULLETS

TAKE YOUR MARKS

St. Cloud State graduate student high jumper Paola Brena will compete at the 2023 NCAA Indoor Track & Field Championships this weekend at the Virginia Beach Sports Center in Virginia Beach, Virginia in search of a third collegiate All-American finish. The High Jump is scheduled for Friday, March 10 at 3:35 p.m. ET.

QUOTING KETTENHOFEN

"As you go through the Indoor season, you're always hoping to get somebody qualified - to hit a mark that you think could go. Paola ended up hitting the mark at the conference meet to finish runner-up and rank number eight in the country. I'm excited about that, to see what she can do this weekend. At this point of the season there's not a whole lot of changes, not a whole lot of training adjustments - just a lot of making sure we're feeling good and ready to jump high."

"It's really special. It will be nice to see her jump at a National Championship. When you bring in a grad transfer with her ability, there's always a bit of a learning curve on both sides in terms of trying to figure out common language, trying to figure some things out. You want to make sure you can fix some things and change some things without taking too many steps back. She's embraced the whole process and has managed to jump really, really well. She put it together the last few weeks over the Indoor season to where we were seeing 1.72 or higher in just about every meet down the stretch. It's been a really fun process to go through, and I'm looking forward to seeing her jump on Friday."

"I'm just looking for her to be her usual self. She always shows up and is ready to high jump - she loves the high jump, and that's really apparent. As long as she's herself, competes and enjoys the overall experience I know it will go well."

QUOTABLES - ST. CLOUD STATE JUMPER PAOLA BRENA

"I'm super excited. I went to Nationals two years ago, and I feel like it's been a long time since I've been there. I'm really excited to represent a new university. It was an amazing feeling when I qualified - I know I will be competing with the best girls in the nation at Division II, I'm really excited to perform well and give my best."

On progressing through the season... "It's been difficult - a lot of patience and progress. I've known my body has the height, it was just waiting for the perfect time and the perfect meet - it finally clicked when I hit in conference. It was amazing, especially to be competing against the national champion - I felt really good, really confident and everything worked perfectly."

On her goals for the national meet... "I want to feel good. I want to go for another All-American title, of course, and I want to come close to or break my PR."



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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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
Ainhoa 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)

Name	Event	Year	Hometown
Cheresa Bouley	D	Gr.	Zimmerman
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)

Name	Event	Year	Hometown
Destiny Baughman	J	Fr.	Cornell
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)

Name	Event	Year	Hometown
Kasey Parish	T	Jr.	Winchelsea South

Illinois (1)

Name	Event	Year	Hometown
Jaileen Medina	D	Fr.	Wheaton

Iowa (1)

Name	Event	Year	Hometown
Shelby Romig	J/H/MD	So.	Ankeny

Mexico (1)

Name	Event	Year	Hometown
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
Ainhoa Toquero	J/MD	Fr.	Pamplona



2023 Northern Sun Indoor Championships

Rank	Team	Points
1.	Minnesota State-Mankato	216.5
2.	Augustana	95.0
3.	Winona State	74.0
4.	Sioux Falls	64.5
5.	Mary	52.5
6.	Wayne State	45.0
7.	Northern State	39.5
8.	Minnesota Duluth	37.0
9.	Concordia-St. Paul	32.0
10.	St. Cloud State	26.5
11.	Bemidji State	25.0
12.	MSU-Moorhead	24.0
13.	Southwest Minnesota State	7.5
14.	Minot State	1.0
15.	Upper Iowa	0.0

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: Brooklyn Brouse + Clara Welhouse + Mariana Guerra-Reese + Katie Lavato 4:06.37

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

High Jump: Paola Brena, 1.74m
 Long Jump: Parker Buske, 5.78m
 Triple Jump: Parker Buske, 11.80m
 Shot Put: Dacoda Zimmerman, 12.18m
 Weight Throw: Dacoda Zimmerman, 15.57m
 Pentathlon: Ainhoa Toquero, 2,953 pts

2022-23 HUSKIES INDOOR PERFORMANCE LIST

Track Events	60 Meters	200 Meters	400 Meters	800 Meters	1000 Meters	Mile	3000 Meters	5000 Meters	60 Hurdles
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	-	-	-	-	-
Ainhoa Toquero	-	-	-	2:44.12	-	-	-	-	9.78s
Clara Welhouse	-	-	-	2:21.69	3:06.12	-	-	-	-
Ava Wilmanns	8.72s	-	-	-	-	-	-	-	-
Dacoda Zimmerman	-	-	-	-	-	-	-	-	-

Field Events	High Jump	Long Jump	Triple Jump	Shot Put	Weight Throw	Pentathlon
Destiny Baughman	-	5.35m	11.15m	-	-	-
Cheresa Bouley	-	-	-	-	-	-
Paola Brena	1.74m	-	10.83m	-	-	-
Brooklyn Brouse	-	-	-	-	-	-
Parker Buske	-	5.78m	11.80m	-	-	-
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	-	-	-	-	-	-
Ainhoa Toquero	1.59m	5.05m	-	9.46m	-	2,953 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)	4x400 Meter Relay	Kelsey King + Amanda Eggebrecht + Danielle Luhmann + Heather Miller, 3:54.21 (2/5/2010)
200 Meter Dash	Emma Baynes, 25.14s (2/21/2020)	Distance Medley Relay	Clara Welhouse + Makayla Rice + Anna Tomovic + Chrissy Lofgren, 12:16.17 (2/27/2020)
400 Meter Dash	Jennifer Higgins, 55.43s (2001)	High Jump	GiGi DesLauriers, 1.75m (1992)
500 Meter Dash	Jennifer Higgins, 1:14.78 (2001)	Pole Vault	Jodi Tarasewicz, 3.74m (2000)
600 Meter Run	Jennifer Higgins, 1:34.85 (2001)	Long Jump	Heather Miller, 6.00m (2/14/2010)
800 Meter Run	Roshane Boreland, 2:13.18 (2/11/2011)	Triple Jump	Heather Miller, 12.42m (2/20/2010)
1000 Meter Run	Sue Kent, 2:59.10 (1992)	Shot Put	Amanda Kunkel, 14.78m (5/25/2007)
Mile Run	Chrissy Lofgren, 5:04.15 (2/15/2020)	Weight Throw	Stephanie Waletzko, 16.33m (2/26/2015)
3000 Meter Run	Michelle Nelson, 9:46.00 (1992)	Pentathlon	Heather Miller, 3,993 pts (3/12/2010)
5000 Meter Run	Sam Sunstrom, 17:19.02 (2/24/2017)		
55 Meter Hurdles	Carey Meinert, 8.15s (1997)		
60 Meter Hurdles	Heather Miller, 8.70s (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).

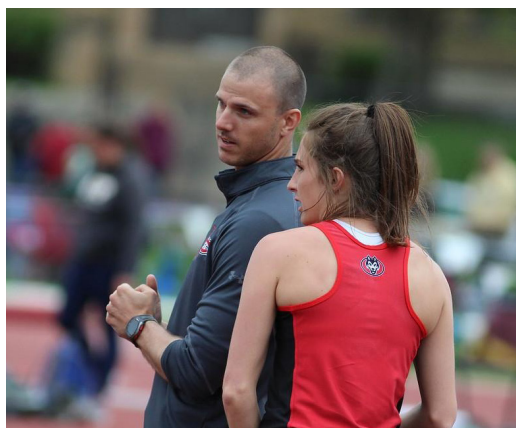
The 2022 St. Cloud State Cross Country season featured a strong seventh-place finish at the NSIC Championships followed by five athletes recording personal records at the Central Region Championships. Cheresa Bouley earned a top-25 finish at the conference meet, leading the Huskies to a three-spot improvement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





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)...three-time NCAA Indoor Championships Qualifier (High Jump - 2019, 2020 and 2023 Indoor)...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)...All-Northern Sun Intercollegiate Conference (High Jump - 2023 Indoor)...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	1.74m	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...



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 (2:30.97) while Jaileen Medina joined the trio in the top 10 with a 2:44.86 finish.

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

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

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

St. Cloud State at Minnesota Icebreaker Invite
Dec. 9, 2022 | Minnesota Fieldhouse | Minneapolis, Minn.

60 Meter Prelims	Long Jump
3. Katie Lavato – 8.03s Q	6. Julia Rowles – 5.16m PR
17. Ava Wilmanns – 8.72s	8. Ainhoa Toquero – 4.92m
	10. Destiny Baughman – 4.65m
60 Meter Finals	
5. Katie Lavato – 7.99s PR	Shot Put
	7. Dacoda Zimmerman – 11.30m
60 Meter Hurdle Prelims	
8. Shelby Romig – 9.54s Q	Triple Jump
9. Ainhoa Toquero – 9.91s Q	5. Paola Brena – 10.83m
	6. Destiny Baughman – 10.82m
60 Meter Hurdle Finals	
6. Shelby Romig – 9.34s	Weight Throw
DNF Ainhoa Toquero	5. Dacoda Zimmerman – 15.01m PR
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 (1:17.04), Cambrie Kowal (1:14.97) and Erica Conrad (1:12.50) 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	
4. 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 Katy 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	
2. Clara Welhouse, Brooklyn Brouse, Long Jump	
Lauren Sertich and Greta Freed – 12:52.89	5. Parker Buske – 5.39m
	10. Julia Rowles – 5.23m
	21. Destiny Baughman – 4.97m PR
60 Meter Hurdles Prelims	25. Ava Wilmanns – 4.45m
14. Shelby Romig – 9.52s	
60 Meter Prelims	Triple Jump
12. Katie Lavato – 7.99s	3. Parker Buske – 11.39m
41. Ava Wilmanns – 8.87s	6. Destiny Baughman – 10.90m
	Shot Put
400 Meter	19. Dacoda Zimmerman – 11.31m
1. Brooklyn Brouse – 58.69s PR	
600 Meter	Weight Throw
2. Mariana Guerra-Reese – 1:38.59 PR	18. Dacoda Zimmerman – 14.46m
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 7.97s 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
60 Meter Prelims	8. Julia Rowles – 4.93m
1. Katie Lavato – 7.97s Q	25. Ava Wilmanns – 4.43m
29. Ava Wilmanns – 8.82s	High Jump
Mile Run	2. Julia Rowles – 1.65m PR
6. Greta Freed – 5:22.61 PR	3. Paola Brena – 1.65m
12. Erica Conrad – 5:53.13	Triple Jump
60 Meter Hurdle Finals	2. Parker Buske – 11.44m
1. Shelby Romig – 9.17s	3. Destiny Baughman – 10.96m

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 Ainhoa 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. Ainhoa 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. Ainhoa 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. Ainhoa 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. 25-26, 2023 | Mankato, Minn.
Myers Field House

NSIC INDOOR CHAMPIONSHIPS

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.

The Huskies landed their first guaranteed points early in the field as Parker Buske recorded a PR of 5.78m to take sixth in the Long Jump. Destiny Baughman added a personal-best of 5.35m while Shelby Romig added a 5.19m mark to both place in the top 20. Dacoda Zimmerman recorded a top-25 mark of 14.83m in the Weight Throw to cap off the field events.

On the track, Shelby Romig opened with a top 15 finish in the 60 Meter Hurdles at 9.24s. Brooklyn Brouse earned the top seed in Sunday's 600 Meter Finals with a 1:36.74 finish, joined in the top eight by Mariana Guerra-Reese's 1:38.74 run. Katie Lavato went top-20 with a 7.96s dash in the 60 Meter, followed by Clara Welhouse taking 11th in the 800 Meter with a 2:23.01 finish. Lavato added a 26.61s run in the 200 Meter for a top-25 placement. Running in the lone Huskies' finals race of the day, Greta Freed (18:56.89) and Cambrie Kowal (19:40.35) placed 15th and 22nd respectively in the 5000 with Kowal recording SCSU's third PR of the day.

Ainhoa Toquero began the Huskies' effort on Sunday by scoring a personal-best 2,953 points in the Pentathlon, recording PR marks in the 60 Meter Hurdles, High Jump and 800 Meter. Toquero placed fifth in the multi's High Jump, clearing a personal record 1.59m.

In the program's lone running event on Sunday, Brooklyn Brouse scored with a fourth-place finish while Mariana Guerra-Reese added a seventh-place time in the 600 Meter Finals.

Dacoda Zimmerman earned a top-20 mark in the Shot Put to start the effort in the field, following by Parker Buske recording a 11.79m mark in the Triple Jump for fifth – scoring in her second event of the Championships. Destiny Baughman added a 11.11m leap in the Triple, placing 10th.

Paola Brena became the lone Huskies athlete to earn All-NSIC honors, clearing a season-best 1.74m in the High Jump to finish runner-up, while Julia Rowles placed fourth with a 1.65m clear. Brena's mark is an NCAA Provisional mark and puts her in a phenomenal position to qualify for the NCAA Indoor Championships.

St. Cloud State at NSIC Championships
Feb. 25-26, 2023 | Myers Field House | Mankato, Minn.

60 Meter Hurdle Prelims	Pentathlon
15. Shelby Romig – 9.24s	15. Ainhoa Toquero – 2,953 pts PR
	60 Meter Hurdles – 15 (9.78s PR)
600 Meter Prelims	High Jump – 5 (1.59m PR)
1. Brooklyn Brouse – 1:36.74 Q	Shot Put – 19 (8.58m)
8. Mariana Guerra-Reese – 1:38.74 Q	Long Jump – 15 (4.82m)
	800 Meter – 17 (2:44.12 PR)
60 Meter Prelims	600 Meter Finals
19. Katie Lavato – 7.96s	4. Brooklyn Brouse – 1:37.91
800 Meter Prelims	7. Mariana Guerra-Reese – 1:38.60
11. Clara Welhouse – 2:23.01	
200 Meter Prelims	Shot Put
21. Katie Lavato – 26.61s	17. Dacoda Zimmerman – 12.05m
5000 Meter	Triple Jump
15. Greta Freed – 18:56.89	5. Parker Buske – 11.79m
22. Cambrie Kowal – 19:40.35 PR	10. Destiny Baughman – 11.11m
Long Jump	High Jump
6. Parker Buske – 5.78m PR	2. Paola Brena – 1.74m
17. Destiny Baughman – 5.35m PR	4. Julia Rowles – 1.65m
19. Shelby Romig – 5.19m	
Weight Throw	
21. Dacoda Zimmerman – 14.83m	



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

NCAA INDOOR CHAMPIONSHIPS

