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## —Feb. 26, 2009— Midwest Conference Indoor Track & Field

### Host Monmouth Vies For Men's Tenth and Women's Eighth Straight Championship

RIPON, WIS. -- Monmouth will not have to travel to defend its title streaks as the Fighting Scots will play host to the 2009 Midwest Conference Men's and Women's Indoor Track and Field Championships. The Monmouth men and women look to extend their conference championship streaks to ten and eight, respectively. The Championships will begin at 3 p.m. on Friday, February 27 and pick up again at 10:30 p.m. on Saturday, February 28. A complete weekend schedule along with the MWC Championship Records can be found on page 2.

Head Coach **Brian Bliese** has his Beloit men's and women's squad poised to improve on last season's seventh and fifth place finishes, respectively. The women will be led by senior **Joanna Johnson** who holds the third best time in the 400-meter dash and the sixth-best time in the 800-meter dash. Junior **Kathleen Schurr** owns the second-best effort in the high jump and will also look to score points in the long jump. The Beloit men will rely on senior **Anthony Johannes** (3,000m), and sophomores **Eric Ritts** (weight throw) and **Eric Koenig** (5,000m) to lead them in the point standings.

2008 MWC Women's Coach of the Year **Sean Thielitz** returns three MWC champions to help lead Carroll in its quest to end Monmouth's title streak. All-American senior **Josh Hurlbaeus** comes into the 2009 Championships looking to defend his titles in both the 55- and 200-meter dashes. Hurlbaeus, a 2008 Performer of the Year, will be vying for his fourth consecutive 55-meter title. Senior **Dona Lado** also returns to defend his triple jump crown while also holding a top three effort this season for the long jump. The Lady Pioneers will bring back the defending 55-meter dash champion in senior **Melissa Roesch**, while junior **Rebecca Grafenauer** enters with the conference's top effort in the pole vault. A pair of freshman enter with the hopes of bringing home gold. **Sarah Duchow** (55m, 200m, 400m) and **Megan O'Grady** (800m, 3000m, mile) hold top five times in each of their events.

Grinnell men's Head Coach **Will Freeman** is looking to put his put his squad back in the top five after a sixth place finish a year ago. Guiding the men will be senior **Henry Reich** (3000m) and sophomore **Noah DeLong** (800m). Both currently hold the second-best time in each of their events. **Evelyn Freeman** enters with a young women's squad led by senior **Rebecca Bessinger** (mile). Freshman **Hannah Colter** (3000m) will help pace the Pioneers in the point standings while fellow freshman **Sachiko Graber** (pole) will lead in the field.

**Mike Brook**'s Illinois College squads return a pair of potential Performers of the Year in seniors **Donald Jackson** (55m, 200m, long) and **Katherine Miller** (55m, 200m, long). Both hold top three efforts in their respective events and should contend for titles in each. Coming off a second-place finish in 2008, the Blueboys will be looking to junior **Eric Eyler** (pole) and sophomore **Joseph Heidbreder** (800m) to help bring them to the top. The Lady Blues hope to improve upon a sixth-place finish and junior **Amelia Jones** (55m hurdles) and sophomore **Cathryn Ferris** (high) will pace them in the point standings.

In their second season, co-Head Coaches **Patrick Irwin** (track) and **Dan Zierfuss** (field) aim to improve upon a eighth and ninth place finish for the men and women, respectively, a year ago. Both the Prairie Fire men and women will look to the track portion of the Championships for the majority of their points. Junior **Adam Kent** enters with the second-best effort in the weight throw and also a top ten mark in the shot put. Senior **Jaclyn**

**Anderson** enters in the top ten in the high, long, and triple jumps. Junior **Ryan Maniscalco** (3000m) and freshman **Chelsea Coley** (pole) will help pace their teams as well.

First-year Lawrence Head Coach **Victor Finch** takes aim at turning around a program that saw the men and women end with respective ninth and seventh place finishes a year ago. The Viking women have a talented freshman who has been making a splash so far this season. **Marva Goodson**, a two-time Performer of the Week, enters with the top 55-meter dash time and the top mark in the long jump. Senior **Tatiana Bulat** owns a top five effort in the triple jump and will compete for a medal in that event. Freshman **Benjamin Hartman** (55m) and junior **Lucas Below** (pole) lead a men's squad that will look to crack into the top half of the conference standings.

Monmouth's **Roger Haynes**, the 2009 MWC Men's Coach of the Year, returns seven conference champions, four men and three women as the Fighting Scots aim to continue their title streaks. Seniors **Shannon Turczyn** and **Luke Reschke** look to defend their crowns as Turczyn has won gold in the 55-meter hurdles each year she has been on campus and Reschke shoots for his third straight 400-meter dash title. Senior **Damon Bautista** is the reigning 800-meter dash champion and enters with the conference's top time this season while junior **Clay Staley** holds the top times in all three distance events (3000m, 5000m, mile). Staley was the 2008 champion in both the 3,000-meter dash and the 1-mile run. Sophomore **Logan Hohl** (55m hurdles) is the final returning champion for the Monmouth men, but sophomores **Brock McAnally** (pole) and **Tyler Hannam** (high) enter as the favorites in their respective events. Returning to competition for the Fighting Scot women after a layoff in 2008 is three-time conference champion **Megan McKenna**. The senior enters with respective second- and third-best efforts in the pole vault and long jump after winning the pole vault in 2006 and the long and triple jumps in 2007. Junior **Gloria Lehr** looks to defend her shot put title from a year ago and will try to knock off freshman teammate **Amanda Streeter** in the weight throw.

Ripon Head Coach **Bob Duley** will look to take both of his squads into the top half of the MWC standings. Coming off a fifth place finish in 2008, the Red Hawk men will be led by senior **Robert Wood** who won 55-meter hurdles as a freshman. Also leading the way will be sophomores **Max Bellmore** and **Kyle Roy**. Bellmore enters with a top three effort in both the high and triple jumps with Roy sitting in the top five in the shot put and weight throw. Senior **Trisha Jones**, who is favored in the triple jump, will look to carry a women's squad that finished eighth a year ago. Sophomore **Heidi Baerenwald** will compete for gold in the shot put with junior **Jessica Davey** looking to score points in the 3,000- and 5,000- meter runs.

Coming off third place finishes for both the men and women, second-year Head Coach **Don Augustine** has his St. Norbert squad in good position to contend for the top spots in conference. Junior **Ashley Graybill** will look to do some more damage to the MWC record books after breaking the 400-meter dash record a year ago. The All-American is also the reigning 200-meter dash champion and is favored in the 800-meter dash. Sophomore **Jenny Scherer** will attempt to defend her 5,000-meter run title and should contend in the other distance events (3000m, mile). The Green Knight men will be led by sophomore **Dann Schneider** who holds the third-best time in both the 200- and 400-meter dashes. A pair of juniors will compete for titles in their respective events as **Mackenzie Laska** (mile) and **Paul Leeman** (triple) enter with the second-best time in their events.



# 2009 MWC Indoor Track Championships Event Schedule

Hosted by Monmouth College (Monmouth, Illinois)

## Friday, February 27

3 p.m.	Shot Put (Men, Women)
	Long Jump (Women, Men)
	High Jump (Women)
	Pole Vault (Men)
4:30 p.m.	Sprint Medley Relay [200-200-400-800]
5 p.m.	5,000m
5:45 p.m.	55m Hurdle trials
6 p.m.	55m Dash trials
6:30 p.m.	1,500m or 1 mile
7 p.m.	4x200m Relay



## 2009 MEN'S & WOMEN'S INDOOR TRACK & FIELD MIDWEST CONFERENCE CHAMPIONSHIPS

## Saturday, February 28

10:30 p.m.	Weight Throw (Women, Men)
	Triple Jump (Men, Women)
	High Jump (Men)
	Pole Vault (Women)
Noon	Distance Medley Relay [1,200-400-800-1600]
12:30 p.m.	55m Hurdle finals
12:40 p.m.	55m Dash finals
12:45 p.m.	400m
1:15 p.m.	800m
1:40 p.m.	3,000m (Section 1 [slow])
2:10	200m
2:40	3,000m (Section 2 [fast])
3:05	4x400m Relay

## Midwest Conference Indoor Track Championship Records

MEN				WOMEN			
Event	Time/Mark	Athlete, School	Year	Event	Time/Mark	Athlete, School	Year
55 hurdles	7.57	Chris Pearson, Carroll	2001	55 hurdles	8.37	Shannon Turczyn, Monmouth	2007
200 hurdles	24.92	Dennis Staggs, Monmouth	1996	200 hurdles	29.25	Christy Hickey, Monmouth	1996
55 dash	6.42	Josh Hurlebaus, Carroll	2007	55 dash	7.29	Sheree Algee, Carroll	2003
200 dash	21.94	Tyler Rundle, Monmouth	2005	200 dash	25.38	Constance Jackson, Monmouth	2001
300 dash	35.28	Charles Burton, Monmouth	1992	300 dash	42.01	Liz Messerly, Coe	1990
400 dash	49.97	Ben Dreyer, St. Norbert	2002	400 dash	56.86	Ashley Graybill, St. Norbert	2008
600 dash	1:22.22	Jason Devino, Monmouth	1992	600 dash	1:39.08	Gretchen Vandergriff, Monmouth	1998
800 run	1:54.60	Colin McKean, St. Norbert	2004	800 run	2:15.43	Erin Kelley, Carroll	2007
1,000 run	2:31.61	Zac Freudenburg, Beloit	1998	1,000 run	3:05.84	Natalie Karpan, Coe	1996
	2:31.61	Aaron Stang, Cornell	1991	1,500 run	4:42.79	Katy Roll, Lawrence	2002
1,500 run	3:56.73	Steve Hartman, Monmouth	1992	3,000 run	10:12.36	Sarah Spencer, Grinnell	2007
3,000 run	8:35.64	John Aerni, Grinnell	2001	5,000 run	17:36.88	Sarah Spencer, Grinnell	2007
5,000 run	14:58.93	Chris Garman, Grinnell	1992	Mile	5:02.29	Erin Kelley, Carroll	2007
Mile	4:16.67	Zach Barr, Monmouth	2005	<b>Relays</b>			
<b>Relays</b>				4x200	1:44.05	Monmouth	2000
4x200	1:28.64	Monmouth	2005	4x400	4:03.68	St. Norbert	2008
4x400	3:20.83	St. Norbert	2003	Sprint Medley	4:15.93	Grinnell	2000
Sprint Medley	3:33.33	St. Norbert	2003	Distance Medley	12:17.64	Lawrence	2002
Distance Medley	10:27.91	Ripon	2006	<b>Field</b>			
<b>Field</b>				Shot put	43' 05.50"	Veronica Platzer, Grinnell	1985
Shot put	55' 01.75"	Eric Holmes, Monmouth	2001	Weight throw	52' 09.50"	Stephanie Muller, Beloit	2001
Weight throw	60' 08.00"	Zach Wilson, Monmouth	2007	Long jump	18' 05.75"	Constance Jackson, Monmouth	2001
Long jump	24' 00.25"	David Thompson, Monmouth	1995		18' 05.75"	Paula Hageman, Ripon	1993
Triple jump	47' 00.75"	Alex Stuart, Monmouth	2007	Triple jump	37' 10.75"	Kara Kuhrts, Monmouth	2003
High jump	7' 0"	Shawn Maze, Monmouth	1996	High jump	5' 07.50"	Vicci Verbrick, St. Norbert	1987
Pole vault	17' 03.75"	Peter Sprecher, Monmouth	2008	Pole vault	11' 11.75"	Jessica White, Monmouth	2008



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