



# WAYNE STATE COLLEGE

## sports Information

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#### WAYNE STATE INDOOR TRACK AND FIELD TEAMS LOOK STRONG IN 2007

**Wayne, Neb.**—The 2007 college indoor track and field season is quickly approaching with the Wayne State teams eagerly anticipating many great possibilities for the season. The Wildcats' performance at the Derek Miles Open at the University of South Dakota on December 7, a tune-up meet for the 2007 season, showed that Wayne State has the potential to be strong in 2007 as the Wildcats won nine events, setting three new school records with three provisional national qualifying marks in the meet. The men's team is the defending NSIC indoor champion and will be looking to repeat this season while the women's squad finished second last season, just 10 points back of champion Winona State, and will be hoping to equal or improve on that performance. However, key losses to graduation will make that a challenge for the Wildcat women's squad but a talented freshman class hopes to make immediate contributions and give Wayne State a chance at a conference championship.

#### WSC men's indoor track and field preview

The WSC men's indoor track and field team won the indoor and outdoor team championships in the Northern Sun Conference in 2006. The roster of 29 features just four seniors and a strong performance at the USD Derek Miles Open in Vermillion on December 7 has WSC head coach Marlon Brink optimistic for the 2007 season.

"This is the best balanced squad we have had in my seven years here at Wayne State," said Brink. "We have guys that can contend for individual event championships and other guys that can score points in the fourth, fifth and sixth spots. That combination should make us a strong team. It will be important to keep everyone healthy and ready to peak at the NSIC Championships in late February."

#### **Sprints (55m/200m/400m/4 x 400 Relay)**

Junior JJ Washington and junior Tim Pilakowski will be looked upon to lead the team in the short sprints (55 meters and 200 meters). Both guys scored in the 55 and Pilakowski scored in the 200 also last year. They should be able to be near the top of the conference in both events. Junior Kelly Brink placed in the 400 meters last year and hopefully will be able to move up in the standings this year. Newcomer Jake Davis will add quality depth to the event for the team.

#### **Hurdles (55 meters)**

The hurdles were a real strong event for the team last year and should be again this year. Sophomore Garrett Flamig (2<sup>nd</sup>), sophomore Peter Ray (3<sup>rd</sup>) and junior Cody Gregory (4<sup>th</sup>) are all a year older and more experienced and should again score well at the NSIC meet for the team.

#### **Middle Distance (600m/800m/1000m/Mile/Distance Medley Relay)**

The middle distance squad will be looked upon to help carry a large portion of the team points with a talented squad of performers. Senior Nate McIntire will be aiming for a conference championship in the 600 meter run. He just missed winning the event by .25 hundredths of a second last year. Sophomore Ben Jansen is the returning conference champion in the 800 meters indoors and will be aiming to repeat. He also is a potential national qualifier in the event as he just missed qualifying last year by .20 of a second. Sophomore Ryan Williams will also be a strong contender in the event as he was third last year. Junior Matt Schneider will return to defend his championship in the 1,000 meter run and also shoot for a championship in the one mile after being runner-up last year. Nathaniel Bergen (3<sup>rd</sup>) will also be looked on to score again in the 1,000 meter run. The distance medley relay will also return to defend its championship in the event. They will also be trying to earn a qualifying spot in the NCAA Indoor Championships after just missing last year by less than five seconds.

#### **Distance (5,000 meters)**

The distance squad will be led by a pair of experienced performers in Ben Crabtree (2<sup>nd</sup>) and Jeremiah Herron (3<sup>rd</sup>). Both athletes will be challenging for the school record in the 3,000 meter run as well. Newcomer Ricky Trevino should also offer a chance to score at the NSIC Championships.

#### **Jumps (Long Jump/Triple Jump/Pole Vault/High Jump)**

The long and triple jumps have typically been good scoring events for the Wildcats. This year the team should have excellent chances to place high in all four events. Sprint stars JJ Washington and Tim Pilakowski will be contenders for the long jump championship as they finished second and third respectively last year. They will also be aiming for an NCAA National Qualifying Mark which they were both within inches of reaching last year. Both will also contend in the

triple jump where Washington was the NSIC outdoor champion last year and Pilakowski was the runner-up. Peter Ray will also contend for points in the triple jump. Sophomore Matt Doggett will challenge for NSIC honors in the pole vault. He was runner-up at the outdoor championships last year and also set a new school record both indoors and outdoors. Newcomer Sam Haase will contend for an NSIC Championship in the high jump. He brings a personal best of 6' 11" set last year at the Nebraska State Track Meet. He will also be shooting for an NCAA National Qualifying Mark.

### **Throws (Shot Put/35 pound weight Throw)**

The throws have a squad of young throwers who have potential to make some significant improvements and contribute to the point scoring. Sophomore Brett Suckstorf also returns after placing sixth in the 35 pound weight throw. Sophomore school record holder John Sloup will also aim to score in the 35 pound weight throw. Newcomers Jared Poskochil and Jake Mathiesen will also add depth to the young squad of throwers.

### **2006-07 Wayne State College Men's Track and Field Roster**

Ben Crabtree	Senior	Distance	Lennox, S.D. (Lennox HS)
Jeremiah Herron	Senior	Distance	McCook, Neb. (McCook HS)
Nathan McIntire	Senior	Middle Distance	Central City, Neb. (Central City HS)
Matt Walsh	Senior	Sprints	Centennial, Colo. (Eaglecrest HS)
Kelly Brink	Junior	Sprints	Lyons, Neb. (Lyons-Decatur HS)
Cody Gregory	Junior	Hurdles	Walton, Neb. (Waverly HS)
Tim Pilakowski	Junior	Jumps/Sprints	Genoa, Neb. (Twin River HS)
Matt Schneider	Junior	Distance	Nebraska City, Neb. (Nebraska City HS)
J.J. Washington	Junior	Sprints/Jumps	Pixley, Calif.
Andrew Weidel	Junior	Throws	Hebron, Neb. (Thayer Central HS)
Nathaniel Bergen	Sophomore	Middle Distance	Sutton, Neb. (Nebraska Christian HS)
Matt Doggett	Sophomore	Pole Vault	Burwell, Neb. (Burwell HS)
Garrett Flamig	Sophomore	Hurdles / Multis	Humphrey, Neb. (Humphrey HS)
Benjamin Jansen	Sophomore	Middle Distance	Omaha, Neb. (Bryan HS)
Joe Pickenpaugh	Sophomore	Pole Vault	Elwood, Neb. (Elwood HS)
Peter Ray	Sophomore	Sprints	Spalding, Neb. (Spalding HS)
John Sloup	Sophomore	Throws	Staplehurst, Neb. (Seward HS)
Brett Suckstorf	Sophomore	Throws	Pierce, Neb. (Pierce HS)
Ryan Williams	Sophomore	Middle Distance	Sioux City, Iowa (North HS)
Andrew Bachman	Freshman	Middle Distance	Creston, Neb. (Leigh HS)
Jacob Davis	Freshman	Sprints	Bellevue, Neb. (Midland Lutheran)
Jimmie Doherty	Freshman	Distance	Valley, Neb. (Mead HS)
Sam Haase	Freshman	Jumps	Norfolk, Neb. (Norfolk Catholic HS)
Jacob Mathiesen	Freshman	Throws	Neligh, Neb. (Neligh-Oakdale HS)
Jared Poskochil	Freshman	Throws	Wahoo, Neb. (Neumann HS)
Jo'Van Randolph-McNeill	Freshman	Sprints	Tampa, Florida (Hillsborough HS)
Jeff Pickenpaugh	Freshman	Pole Vault	Elwood, Neb. (Elwood HS)
Anthony Schulenberg	Freshman	Throws	Scribner, Neb. (Scribner-Snyder HS)
Ricky Trevino	Freshman	Distance	Bayard, Neb. (Bayard HS)
Mike Tarin	RS-Freshman	Distance	Mitchell, Neb. (Scottsbluff HS)
Jesse Wassenaar	RS-Freshman	Distance	Sheldon, Iowa (Sheldon Community HS)

### **2006-07 Wayne State College Women's Track and Field Preview**

The Wayne State College women's indoor track and field team should be very competitive and motivated to do even better than they did last year, placing second in the NSIC Indoor Championships and just 10 points behind first place Winona State. The roster of 17 boasts three seniors, three juniors, three sophomores and eight freshmen. The women's team had three provisional national qualifying marks at the USD Derek Miles Open on December 7<sup>th</sup>, led by junior All-American Katie Wilson in the shot put (45'11 1/2"). Another junior, Rachel Roebke, reached a provisional national qualifying mark and set a new school record in the 60-meter hurdles (8.99 seconds) and senior high jumper Tanna Walford cleared 5'6" in the high jump to reach a provisional national qualifying standard.

Pierce freshman Kylie Herian had a strong first meet in a Wildcat uniform, setting a new school record in the 60 meter dash with a time of 7.99 seconds. She also took second in the 60 meter hurdles (9.01), fourth in the 60 meter dash and fourth in the 200 meter dash.

"We will have a good team that is pretty balanced all around," commented Coach Brink. "We are still lacking in depth, but we make up for that with quality athletes scoring big points with a lot of them placing very high in their events. We have a number of athletes who will be contending for a chance to compete in the NCAA Indoor National Meet. Those athletes are: Tanna Walford (high jump), Katie Wilson (shot put), Rachel Roebke and Kylie Herian (55 meter hurdles), Megan Zavorka and Melissa Schmit (one mile/5,000 meter run) and Erin Oswald (800 meters)."

### **Sprints (55m/200m/400m/4 x 400 Relay)**

The sprints will be covered by several young sprinters looking to make their mark on the WSC team. Freshmen Jean Pieper and Kylie Herian had outstanding high school careers and will contribute immediately in the short sprints (55 meters and 200 meters). Senior Erin Oswald will add great talent and experience in the 400 meter dash and 4 x 400 meter relays.

### **Hurdles (55m)**

The hurdles will be a very strong event for the Wildcats. 2006 NSIC 100 meter hurdle champ Rachel Roebke will challenge for the NSIC title. Freshman Kylie Herian brings outstanding credentials from her high school success and should also be in the running for a shot at the title. Sophomore Jade Lippman will also contend for a place in the 55 meter hurdles.

### **Middle Distance (600m/800m/1000m/Mile/Distance Medley Relay)**

The middle distance squad is very young, but also appear to be very talented based on the fact that they won the NSIC Cross Country Championship this fall. Four-time NSIC Champion senior Erin Oswald will lead the crew. Oswald is the defending champion in the 600 meter and 1000 meter run. She also helped the distance medley team to the title last year as well. Sophomore Megan Zavorka, the NSIC XC runner-up, will be looked upon to run several of the distances, but could potentially have the most success in the mile. Freshman Melissa Schmit will also be looked to for a strong showing in the mile and distance medley relay. Freshmen Molly Gibson, Meghan Costello and Megan Knudson will also give the Wildcats strength in the middle distances.

### **Distance (5000m)**

The distance events will miss the top three finishers in the 5,000 meter run last year in Nicole McCoy, Erin Norenberg and Haley Reeves, who all graduated. However, senior Ashley Smith, freshman Sarah Thomsen (NSIC XC All-Conference), sophomore Megan Zavorka and freshman Melissa Schmit will look to pick up where last years distance crew left off.

### **Jumps (Long Jump/Triple Jump/Pole Vault/High Jump)**

The jumping events will be led by three-time NSIC Champion Tanna Walford in the high jump. Walford has won the last two indoor championships and also was the outdoor champion last year. She has also qualified for the NCAA Indoor National Meet three years in a row. Walford also holds the school record of 5' 7 1/4" set last year. Also competing for the Wildcats is sophomore Jade Lippman who placed sixth last year and freshman Megan Knudson.

### **Throws (Shot Put/20 pound weight Throw)**

Junior All-American Katie Wilson will lead the Wildcats throwing squad. Wilson was fifth at the NCAA National Indoor Meet last year. She also set a new NSIC Meet Record/WSC school record while winning the event for the second year in a row with a throw of 48' 1 3/4". She also placed third in the NSIC Meet in the 20 pound weight throw. Junior Lacey Jensen will also be looking to score in the 20 pound weight throw after just missing a scoring place last year.

### **2007 Wayne State College women's indoor track and field roster**

Erin Oswald	Senior	Middle Distance	Aurora, Neb. (Aurora HS)
Ashley Smith	Senior	Middle Distance	Thurston, Neb. (Pender HS)
Tanna Walford	Senior	High Jump	York, Neb. (York HS)
Lacey Jensen	Junior	Throws	Central City, Neb. (Central City HS)
Rachel Roebke	Junior	Hurdles/Sprints	Seward, Neb. (Seward HS)
Katie Wilson	Junior	Throws	Glenwood, Iowa (Glenwood HS)
Trisha Buss	Sophomore	Sprints	Plainview, Neb. (Plainview HS)
Jadrienne Lippman	Sophomore	High Jump/Hurdles	Pierce, Neb. (Pierce HS)
Megan Zavorka	Sophomore	Distance	Torrington, Wyo. (Chadron State)
Ashley Cochran	Freshman	Distance	Garland, Neb. (Seward HS)
Megan Costello	Freshman	Middle Distance	Grand Island, Neb. (Northwest HS)
Molly Gibson	Freshman	Middle Distance	Grand Island, Neb. (Northwest HS)
Kylie Herian	Freshman	Hurdles/Sprints	Pierce, Neb. (Pierce HS)
Megan Knudson	Freshman	Middle Distance	Norfolk, Neb. (Norfolk Catholic HS)
Jean Pieper	Freshman	Sprints	Wayne, Neb. (Wayne HS)
Melissa Schmit	Freshman	Middle Distance	Randolph, Neb. (Randolph HS)
Sarah Thomsen	Freshman	Distance	Wahoo, Neb. (Wahoo HS)

### 2007 Wayne State College Indoor Track and Field Schedule

Jan. 12-13	Univ. of Nebraska-Lincoln Holiday Inn Invitational	Lincoln, Neb.
Jan. 19-20	Iowa State Open	Ames, Iowa
Jan. 27	South Dakota Bill Hillenbrand Open	Vermillion, S.D.
Feb. 3	Minnesota State Open	Mankato, Minn.
Feb. 9	Iowa State Classic	Ames, Iowa
<b>Feb. 10</b>	<b>Wildcat Open</b>	<b>Wayne, Neb.</b>
Feb. 11-12	NSIC Multi-Event	Aberdeen, S.D.
Feb. 15	South Dakota Open	Vermillion, S.D.
Feb. 16	Prairie Wolf Open	Lincoln, Neb.
Feb. 23-24	NSIC Championships	Bemidji, Minn.
March 9-10	NCAA Division II Indoor Nationals	Boston, Mass.