



News Release

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Monger, Hargens, Rains and Dilling Earn Track and Field Honors

LaVerne Monger of Nebraska-Omaha and Scott Hargens of South Dakota have been named the North Central Conference Indoor Track Athletes of the Week while Jim Dilling and Katelin Rains of Minnesota State have been named the North Central Conference Indoor Field Athletes of the Week.

Monger, a senior from Omaha, Neb. set a school record in the prelims in the 200-meter dash with a time of :24.41 at the Frank Sevigne Invitational. She then placed fifth in the final with a time of :24.47 and also finished four in the 60-meter dash with :07.67.

Hargens, a junior from Sioux Falls, S.D., had a indoor-personal best of 1:52.29 in the men's 800-meter run at the Frank Sevigne Invitational. The clocking ranks second in Division II this indoor season and is a provisional mark to nationals.

Rains, a sophomore from Spring Lake Park, Minn., won the pole vault (12-8 3/4) and placed second in the triple jump (38-0 3/4) Saturday at the MSU Open & Pentathlon. Both marks qualified her for the NCAA Division II Championships.

Dilling, a senior from Fond du Lac, Wis., won the high jump Saturday at the MSU Open & Pentathlon, clearing 7-4 1/2 to break his own facility record in Myers Field House. He defeated 19 other competitors with his mark, winning the event by almost 11 inches.

Others nominated: *Track Male*: Pat Lehmann, Minnesota State. *Track Female*: Jenny Goesch, Minnesota State; Liz Palkie, Minnesota Duluth; Rachel Stangler, Augustana. *Field Male*: James Martinsen, Minnesota Duluth. *Field Female*: Tracy Pottinger, Minnesota Duluth.

#NCC#

2007 Male Indoor Track Honor Roll

Jan. 16 - None
Jan. 23 - Terry Liggins, South Dakota
Jan. 30 - Tyler Wetering, South Dakota
Jesse Merkel, Minnesota State
Feb. 6 - Scott Hargens, South Dakota

2007 Male Indoor Field Honor Roll

Jan. 16 - Jim Dilling, Minnesota State
Jan. 23 - Jim Dilling, Minnesota State
Jan. 30 - Jim Dilling, Minnesota State
Feb. 6 - Jim Dilling, Minnesota State

2007 Female Indoor Track Honor Roll

Jan. 16 - None
Jan. 23 - Tahnee Tuenge, Nebraska-Omaha
Jan. 30 - Pinar Saka, Nebraska-Omaha
Feb. 6 - LaVerne Monger, Nebraska-Omaha

2007 Female Indoor Field Honor Roll

Jan. 16 - Amanda Kunkel, St. Cloud State
Katelin Rains, Minnesota State
Jan. 23 - Katelin Rains, Minnesota State
Jan. 30 - Katelin Rains, Minnesota State
Feb. 6 - Katelin Rains, Minnesota State