



News Release

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Kavan, Liggins, Mokaya, Brown, Kunkel and Beutz Earn Track and Field Honors

Ramsey Kavan & Terry Liggins of South Dakota and Denise Mokaya of Minnesota State have been named the North Central Conference Indoor Track Athletes of the Week while Shana Brown of Nebraska-Omaha, Amanda Kunkel of St. Cloud State and Jason Beutz of Minnesota Duluth have been named the North Central Conference Indoor Field Athletes of the Week.

Kavan, a sophomore from Yankton, S.D., was part of two school record-breaking performances at the Iowa State Open. She smashed the school mark in the 3000-meter run with a time of 9:45.35 (old record: 9:55.97) and was part of the school-record distance medley relay squad that finished second behind Michigan State with a 11:41.51 clocking. Kavan had a 1600-meter split of 4:49.

Liggins, a senior from Omaha, Neb., broke his own DakotaDome record in winning the 60-meter hurdles in a time of :07.98 at the John Dalton meet. The time is an automatic qualifying performance for the NCAA Division II Indoor Track & Field Championships.

Mokaya, a sophomore from Angong, Kenya, motored to a NCAA automatic-qualifying time of 4:07.26 in the mile run at the Iowa State Open. He finished seventh out of 45 competitors.

Brown, a freshman from Carson, Calif., won the long jump with a leap of 5.65 meters at the John Dalton meet. It is the second longest jump in NCC competition this year.

Kunkel, a senior from Eden Prairie, Minn., won both the shot put (45-0 1/2) and weight throw (49-0) at the SCSU Open. The shot put mark is a provisional-qualifying mark.

Beutz, a sophomore from Foley, Minn., won the Lake Superior Challenge with a personal-best height of 15-6 1/4 in the pole vault. The mark is also a provisional-qualifying performance.

Others nominated: *Track Male*: Gabe Udia, St. Cloud State; Jared Clementson, Minnesota Duluth; Corey Hehling, North Dakota. *Track Female*: Alissa Kurke, Minnesota State; Molly Belling, Nebraska-Omaha; Liz Palkie, Minnesota Duluth; Jessica Butler, North Dakota. *Field Male*: Nick Wilson, Minnesota State; Ben Walters, South Dakota; Creighton Schroyer, North Dakota. *Field Female*: Sarah Fegley, North Dakota; Annaliese Pepin, Augustana.

#NCC#

2007-08 Male Indoor Track Honor Roll

Dec. 11 - Terry Liggins, South Dakota
Jan. 15 - James Krajsa, Minnesota State
Jan. 22 - Dominic Artis, South Dakota
Jan. 29 - Eric Atkinson, Minnesota Duluth
Feb. 5 - Terry Liggins, South Dakota
Feb. 12 - Terry Liggins, South Dakota
Feb. 19 - Terry Liggins, South Dakota
Denise Mokaya, Minnesota State

2007-08 Male Indoor Field Honor Roll

Dec. 11 - Ben Walters, South Dakota
Jan. 15 - Josh Robertson, Minnesota State
Jan. 22 - Jay Schroeder, North Dakota
Jan. 29 - Josh Robertson, Minnesota State
Feb. 5 - Nick Wilson, Minnesota State
Feb. 12 - Nick Wilson, Minnesota State
Feb. 19 - Jason Beutz, Minnesota Duluth

2007-08 Female Indoor Track Honor Roll

Dec. 11 - Emma Erickson, South Dakota
Jan. 15 - Brittany Henderson, Minnesota State
Jan. 22 - Pinar Saka, Nebraska-Omaha
Jan. 29 - Emma Erickson, South Dakota
Pinar Saka, Nebraska-Omaha
Feb. 5 - Emma Erickson, South Dakota
Pinar Saka, Nebraska-Omaha
Feb. 12 - Ramsey Kavan, South Dakota
Feb. 19 - Ramsey Kavan, South Dakota

2007-08 Female Indoor Field Honor Roll

Dec. 11 - Katelin Rains, Minnesota State
Jan. 15 - Katelin Rains, Minnesota State
Jan. 22 - Katelin Rains, Minnesota State
Jan. 29 - Becky Schulz, Augustana
Feb. 5 - Lauren Stelten, Minnesota State
Feb. 12 - Katelin Rains, Minnesota State
Feb. 19 - Shana Brown, Nebraska-Omaha
Amanda Kunkel, St. Cloud State