



News Release

Ramkota Hotel, 3200 W. Maple St., Sioux Falls, S.D. 57107
Phone: 605.338.2037 Fax: 605.338.1889
Jon J. Martin, Assistant Commissioner
Web: www.northcentralconference.org
E-mail: info@northcentralconference.org

For Immediate Release: February 20, 2007

Palkie, Lehmann, Rains and Dilling Earn Track and Field Honors

Liz Palkie of Minnesota Duluth and Pat Lehmann of Minnesota State have been named the North Central Conference Indoor Track Athletes of the Week while Katelin Rains and Jim Dilling of Minnesota State have been named the North Central Conference Indoor Field Athletes of the Week.

Palkie, a sophomore from Carleton, Minn., won the 800-meter run at the Parents Day Open in Minneapolis with a clocking of 2:11.63, which is an automatic qualifying mark for the NCAA Division II Indoor Track & Field Championships and is the third best time in Division II competition this season. Palkie also ran a :57.90 split in leading the 4x400 relay squad to school record and provisional qualifying time of 3:56.08.

Lehmann, a senior from Plainview, Minn., improved his provisional qualifying time by posting at time of 1:53.48 to finish second at the Snowshoe Open in Minneapolis.

Rains, a sophomore from Spring Lake Park, Minn., set a NCAA Division II, fieldhouse and school record with a 13-6 1/2 winning pole vault at the Parents Day Open in Minneapolis. She cleared the mark on her first attempt and won the event by nine inches.

Dilling, a senior from Fond du Lac, Wis., cleared 7-2 1/4 at the Snowshoe Open, winning the high jump by four inches. Dilling defeated 20 competitors to earn his fifth win of the season. He has cleared at least 7-1, the Division II automatic qualifying mark, in all six of the meets he has competed in this season.

Others nominated: *Track Male*: Forest Randall, Minnesota Duluth; Brian Werner, Augustana. *Track Female*: Brittany Henderson, Minnesota State; LaVerne Monger, Nebraska-Omaha; Jessica Pape, Augustana. *Field Male*: Bryan Prairie, Augustana. *Field Female*: Michelle Burgard, North Dakota; Lindsey Schultz, Augustana.

#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
Feb. 13 - Tyler Wetering, South Dakota
Feb. 20 - Pat Lehmann, Minnesota State

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
Feb. 13 - Jim Dilling, Minnesota State
Feb. 20 - 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
Feb. 13 - Rachel Stangler, Augustana
Feb. 20 - Liz Palkie, Minnesota Duluth

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
Feb. 13 - LaCheryl Prince, Nebraska-Omaha
Feb. 20 - Katelin Rains, Minnesota State