



News Release

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For Immediate Release: December 11, 2007

Erickson, Liggins, Rains and Walters Earn Track and Field Honors

Emma Erickson and Terry Liggins of South Dakota have been named the North Central Conference Indoor Track Athletes of the Week while Katelin Rains of Minnesota State and Ben Walters of South Dakota have been named the North Central Conference Indoor Field Athletes of the Week.

Erickson, a freshman from Gayville, S.D. was part of two winning efforts at the Derek Miles Open. She won the 800-meter run with a time of 2:15.12 and was part of the winning 4x400-meter relay.

Liggins, a senior from Omaha, Neb., set a DakotaDome record with an automatic qualifying time of :08.00 in the 60-meter hurdles in the preliminaries of the Derek Miles Open. He won the event with :08.01-clocking in the finals.

Rains, a junior from Spring Lake Park, Minn., set a new NCAA Division II and school record with a 14-0 1/2 winning pole vault at the MSU Pre-Season Open.

Walters, a senior from Lennox, S.D., won the shot put (49-6 1/2) and the weight throw (54-4 1/2) at the Derek Miles Open.

Others nominated: *Track Male*: None. *Track Female*: Amanda Dettman, Minnesota State. *Field Male*: None. *Field Female*: Shana Brown, Nebraska-Omaha; Becky Schulz, Augustana.

#NCC#

2008 Male Indoor Track Honor Roll

Dec. 11 - Terry Liggins, South Dakota

2008 Male Indoor Field Honor Roll

Dec. 11 - Ben Walters, South Dakota

2008 Female Indoor Track Honor Roll

Dec. 11 - Emma Erickson, South Dakota

2008 Female Indoor Field Honor Roll

Dec. 11 - Katelin Rains, Minnesota State