



News Release

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Palkie and Wetering Named Cross Country Athletes of the Week

Liz Palkie of Minnesota Duluth and Tyler Wetering of South Dakota have been named the North Central Conference Cross Country Athletes of the Week by the conference office.

Palkie, a sophomore from Carlton, Minn., was the top NCC finisher at the Roy Griak Invitational when she posted an 6K time of 23:17 to finish 10th among the 278 runners. UMD had one of its top finishes at the large meet as they finished 8th out of 29 teams.

Wetering, a senior from Sioux Falls, S.D., finished fifth at the Griak meet with an 8K time of 26:08. He led USD to a 10th place finish at the meet and he was the top Division II runner by nearly five seconds.

Others nominated: *Male*: Eric Atkinson, Minnesota Duluth; James Krajsa, Minnesota State; Lee DeKrey, North Dakota. *Female*: Jenny Hoese, Minnesota State; Kelsie Maloney, South Dakota; Kristy Keithley, North Dakota.

#NCC#

2006 Male Cross Country Honor Roll

Sept. 6 - Tyler Wetering, South Dakota
Sept. 12 - Tyler Wetering, South Dakota
Sept. 19 - James Krajsa, Minnesota State
Sept. 26 - Tyler Wetering, South Dakota

2006 Female Cross Country Honor Roll

Sept. 6 - Tianna Hurtado, South Dakota
Sept. 12 - Tianna Hurtado, South Dakota
Sept. 19 - Kelli Mertes, Nebraska-Omaha
Sept. 26 - Liz Palkie, Minnesota Duluth