



Track & Field • Cross Country

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Green Knight Sports Weekly is an online newsletter recapping the current Cross Country and Track & Field news at St. Norbert College. To learn more about both programs please visit the web site at www.snc.edu/athletics. To receive GKSU via e-mail send your e-mail address to donaugustine@snc.edu

Men's Track & Field



Taylor Pasterski
Men's Track & Field
Junior
Green Bay, WI.
Preble High School

SOMERS - St. Norbert College finished first at the UW-Parkside Classic Open held at Frank Petretti Fieldhouse.

The Green Knights won their first indoor meet since 2003 when they won the UW-Stout Invitational on Feb. 7, 2003. St.

Norbert totaled 165 points to outdistance host Parkside by 40 points.

Akeem Edmonds claimed first place in the 400-meter dash in 50.92 seconds, and added a fifth-place showing in the 200-meter dash in 23.43 seconds.

Taylor Pasterski won the 200-meter dash with a time of 22.92 seconds. Benny Swift won the 1-mile run with a time of 4:24.62.

Randy Hill won the long jump with a distance of 21 feet. Kevin Schlichter was second at 20-8 1/2, while Andrew Jacobson was third at 19-9. In the triple jump, Hill was second with a distance of 41-1 1/4. Ryan Grandlic was fourth at 40-1 1/2.

In the 4x400-meter relay, Edmonds, Pasterski, Austin Livingston and Tyler Lewis won with a time of 3:28.96. In the distance medley, Hayden Hoffmann, Luke Frommelt, Nathan Heppe and Mike Linzmeier were second with a time of 11:17.82.

Brennan Beachler was second in the pole vault by clearing a height of 12-6. Jack Feuerstein was third in the 55-meter hurdles in 8.41 seconds. Livingston was second in the 400 with a time of 50.98 seconds. Jake Schneider was third in the 800-meter run with a time of 1:59.69, while Tommy Zakowski was fourth in 2:01.09.

Schlichter placed fourth in the 55-meter dash in 6.68 seconds, while Linzmeier was fourth in the 1-mile run at 4:31.61. Evan Broyles took a pair of fifth-place finishes. He had a heave of 43-3 3/4 in the shot put and had a distance of 45-9 3/4 in the weight throw.

Women's Track & Field



Nicole Vanderlin
Women's Track & Field
Sophomore
Vulcan, MI.
Norway H.S.

WHITEWATER - St. Norbert College had three strong finishes by relays to lead the Green Knights to a sixth-place finish at the UW-Whitewater Invitational.

The Green Knights totaled 62 points for their sixth-place finish, 10 points behind Monmouth College for fifth place.

St. Norbert finished second in the 4x200-meter relay, the 4x400-meter relay and the distance medley relay. Jaclyn Kerner, Erin Lang, Mara Aparnieks and Liz LeCaptain was second in the 4x200 with a time of 1:45.77.

Kerner, Brittany Kozlowski, Clarissa Jauregui and Jolene Kerner were second in the 4x400 with a time of 4:04.48. Kozlowski, Brianna Alexander, Kaitlyn Hintz and Charlotte Walsh were second in the distance medley with a time of 13:00.71.

Individually, Nicole Vanderlin claimed the Green Knights' lone event win with a first-place showing in the high jump, clearing a height of 1.63 meters. Samantha Morateck and Karissa Kaiser tied for sixth with a height of 1.53 meters. Jauregui was fourth in the 800-meter run with a time of 2:23.18.

Walsh placed sixth in the 1-mile run at 5:31.26, while Taylor Miller was eighth in 5:32.38. Alyssa Price was sixth in the 3,000-meter run in 11:15.06, while Elvia Martinez was seventh in 11:20.00. Erin Artz placed seventh in the 5,000-meter run in 20:07.33.

Jolene Kerner finished seventh in the 400-meter dash with a time of 1:02.37. Taylor Wenzel was seventh in the 60-meter hurdles in 9.84 seconds, while Amanda Yenter was eighth in 10.24 seconds.

Lang placed eighth in the long jump with a distance of 4.83 meters.

Midwest Conference

Each week during the Fall and Spring semesters the Midwest Conference honors the top athletes from each sport as the *Player of the Week*.

During the indoor season, St. Norbert athletes have been honored 4 times so far this season. Last season St. Norbert athletes garnered the award 4 times in indoor track & field and there are still two weekends left to challenge that mark.

This past weekend Brad Boockmeier earned the weekly honor for the men's team for his performance at the *Stevens Point Multi's event*. This is the first MWC award for Boockmeier in Track & Field.

Boockmeier was chosen after scoring 4542 points in the heptathlon. His mark is currently the 29th best in NCAA Division III.

Last weekend, Nicole Vanderlin earned her first MWC honor as she won the HJ championship at the UW Whitewater invitational.

Dan Sisler captured the MWC weekly honor when he competed at the Gladstein Invitational in Indiana the last weekend in January. Sisler is currently ranked 28th in the country in the heptathlon.

Liz LeCaptain, who was a MWC Performer of the week winner last outdoor season, was honored the week of January 20th for her performance at the UW Stevens Point opener.

2014 Player of the Week Awards

Jan. 21.....LIZ LECAPTAIN(Women's Track)

Jan. 28.....DAN SISLER(Men's Track)

Feb. 4NICOLE VANDERLIN(Women's Field)

Feb. 11.....BRAD BOOCKMEIER(Men's Field)



10 Questions For...



Karissa Kaiser

Senior **Karissa Kaiser (Stratford, WI./Stratford H.S.)** is a three-year letter winner on the Green Knight track & field team specializing in the long sprints and high jump. Kaiser is majoring in English with a certification in Secondary Education.

1

Q: Why did you choose St. Norbert?

A: I remember touring the SNC campus for the first time and just knowing immediately it was where I wanted to spend my college career. I think a lot of it had to do with the size, location, and just the atmosphere around the campus.

2

Q: Who is your favorite professional athlete?

A: I don't think I really have a favorite. The athletes I have looked forward to watching the most have been Kerri Walsh and Misty-May Treanor in Olympics. I have no background in volleyball, but they are two amazing women to watch compete. How more awesome can you be after winning three gold medals in a row?!

3

Q: What was your favorite class taken at St. Norbert?

A: Student teaching was a great experience that I finished in January. It was really good to get some real experience in the field I will be pursuing.

4

Q: Who was your favorite childhood cartoon character?

A: Eeyore

5

Q: What's the one movie you must have in your movie collection?

A: *How the Grinch Stole Christmas*---the Jim Carrey version.

6

Q: What's your fondest memory as a St. Norbert athlete?

A: Just being around the whole track and field team has been such a blessing. I would say any Conference meet has always been awesome because everyone is at their peak of the season. Personally, my most rewarding moment was winning the Sprint Medley Relay at Indoor Conference 2013 with Jaclyn Kerner, Erin McShea, and Calli Nonnemacher. Working hard the whole season and then winning together was so rewarding.

7

Q: What's currently hanging from your dorm room/apartment wall?

A: I have tons of photos, inspirations quotes, a Tangled poster, door decks Jenne Wiedemeier makes me, and also my spare car keys on a hook so I can finally stop having to call a locksmith.

8

Q: What is your favorite breakfast cereal?

A: Cocoa Puffs

9

Q: Other than your sporting event, what is your favorite campus activity?

A: Filling up half the caf with track and field members.

10

Q: What's the one word that best describes your team?

A: Family

SNC TRACK & FIELD



The 2014 Track & Field Season is underway with the teams sights set on the first ever men's MWC title and the first for the women since the 1991 season!

Green Knight Scoreboard Indoor Track & Field Schedule

Jan. 18	UW Stevens Point Quadrangular	Feb. 15	Fighting Scot Invite @ Monmouth, IL
Jan. 24	North Central College Invitational	Feb. 14/15	Grand Valley State University(Individuals Only)
Jan. 24/25	Indiana University Invitational (Individuals Only)	Feb. 22	UW Stevens Point Invitational
Feb. 1	UW Whitewater Invitational(WOMEN ONLY)	Mar. 1	MWC Championships @ Mt. Vernon, IA
Feb. 8	UW Parkside Invitational(MEN ONLY)	Mar. 8	Last Chance Meet @ T.B.A.
		Mar. 14/15	NCAA Championships @ Lincoln, NE