



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 GKS^W via e-mail send your e-mail address to don.augustine@snc.edu

Men's Track & Field



Hayden Hoffmann

Men's Track & Field
Junior
Kimberly, WI
Kimberly High School

MILWAUKEE - St. Norbert College finished in second place at the Wisconsin Private Colleges Championship hosted by Wisconsin Lutheran College at Raabe Stadium.

The Green Knights totaled 186 points to narrowly finish behind Carthage College, which finished with 211.5 points. Ripon College was in third place with 128.5 points.

Hayden Hoffmann won the 3,000-meter steeplechase with a time of 10:01.50, while Mike Linzmeier was second in 10:22.31.

Brady Bemis won the 10,000-meter run with a time of 35:11.26. Sam Holt was second in 35:26.13, and Luke Frommelt was third in 36:35.94.

Randy Hill won a pair of field events, taking first place in the high jump and triple jump. Hill cleared the high jump at 6 feet 2 3/4 inches, and recorded a distance of 44-6 in the triple jump. Hill was second in the long jump at 20-11 3/4 to teammate Kevin Schlichter, who won the event at 21-3 1/4. Brad Boockmeier won the javelin throw with a distance of 156-8.

The 4x400-meter relay of Jack Feuerstein, Jake Schneider, Dan Sisler and Jordan Baker was second with a time of 3:30.53.

Baker was second in the high jump at 5-8 3/4, and was third in the 110-meter hurdles in 16.83 seconds. Daniel Reigh was second in the 5,000-meter run with a time of 16:24.16.

Schneider was third in the 800-meter run with a time of 1:58.90.

Women's Track & Field



Alyssa Price

Women's Track & Field
Freshman
Rhineland, WI.
Rhineland High School

MILWAUKEE - St. Norbert College recorded a second-place finish at the Wisconsin Private Colleges Championship hosted by Wisconsin Lutheran College at Raabe Stadium.

The Green Knights finished with 165.5 points to finish behind Carthage College, which finished with 190.33 points. Ripon College was in third with 135.33 points.

Alyssa Price won the 5,000-meter run with a time of 19:10.97, while Charlotte Walsh was second in 19:20.63. Erin Artz was second overall and first among attached runners in the 10,000-meter run with a time of 43:28.16, while Paulina Puskala was one spot behind at 44:23.68.

The 4x100-meter relay of Taylor Wenzel, Angel Hon, Amanda Yenter and Kaitlyn Hintz was second in 52.94 seconds. The 4x400-meter relay of Brianna Alexander, Hintz, Haley Joosten and Amber Becker was second in 4:24.16.

Wenzel was second in the 100-meter hurdles with a time of 16.54 seconds. Steph Hietpas was second in the 3,000-meter steeplechase in 13:03.71.

Hannah Andrekus was third in the 1,500-meter run in 5:20.79, while Hon was third in the 200-meter dash in 27.48 seconds.

Grace Mickelson placed third in the pole vault, clearing a height of 9 feet 5 3/4 inches. Kalee Luedtke was third in the long jump at 16-4 1/2, while Megan Crandell was third in the javelin throw at 97-0.

Gina Relays Update



The St. Norbert Track and Field team send 25 athletes to Hillsdale College to compete in the 49th annual "Gina Relays". Solid competition from Division I, II and III schools awaited the Green Knights and the athletes on the trip did not disappoint. Evan Broyles got the weekend started with over a one meter PR in the Hammer throw. He was not to overshadow his female counterpart, though, as Kate Schabach also threw PR's in both

the Hammer and Discus.

On the Track, Taylor Pasterski (pictured above) sprinted to a new season PR in the 400m dash clocking a 48.59. Pasterski's time is currently the 20th fastest in NCAA Division III. Pasterski also ran a 22.17 in the 200m dash which has him ranked 1st in the MWC standings.

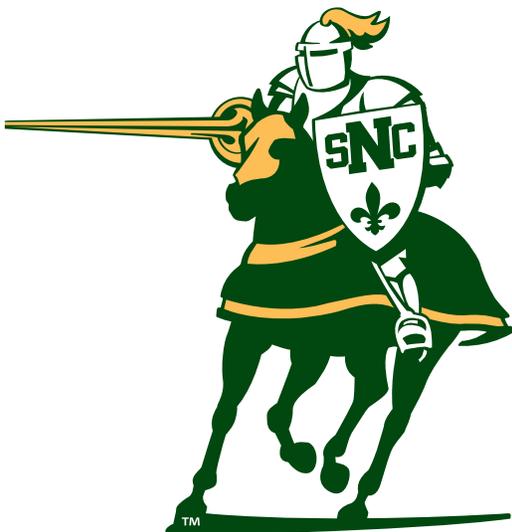
Austin Livingston also had a standout performance for the Green Knights running the 800 meters in a time of 1:55.30. Pasterski is currently ranked 1st in the Midwest Conference rankings.

Pasterski and Livingston teamed up with Akeem Edmonds and Tyler Lewis to clock a 3:22.06 in the 4x400m relay, which is the second fastest time in the MWC this season.

On the womens side, Liz LeCaptain and Mara Aparnieks both ran season best times in the 100m dash. LeCaptain finished with a time of 12.52 while Aparnieks clocked a time of 12.75.

Freshman Brittany Kozlowski turned in a lifetime best in the 800m run, finishing with a time of 2:16.41 and is currently ranked 2nd in the MWC standings.

Taylor Miller had a pair of PR performances for the SNC women as she recorded times of 5:04.30 in the 1500m run and 2:26.47 in the 800m run!



10 Questions For...



Andrew Hull

Senior Andrew Hull (Algonquin, IL./Marion Catholic Central H.S.) is a two-year letter-winner on the Green Knight Track & Field team specializing in the the long sprints and hurdles. Hull is a double major in communication and philosophy.

1

Q: Why did you choose St. Norbert?

A: I chose St. Norbert for the small yet beautiful campus and for the overall close family feeling I felt on my visit here.

2

Q: Who is your favorite professional athlete?

A: Giovanni Van Bronckhorst

3

Q: What was your favorite class(es) taken at St. Norbert College?

A: *Intro to photography or The Mind*

4

Q: Who was your favorite childhood cartoon character?

A: *Tommy Pickles*

5

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

A: *Shawshank Redemption*

6

Q: What's your fondest memory as an SNC athlete?

A: Being thrown into the 400 hurdles sophomore year, three days before conference with never jumping a hurdle before and ending up posting the 6th fastest time in conference

7

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

A: A picture of a sunset on the beach that I took on vacation

8

Q: What is your favorite breakfast cereal?

A: Lucky Charms

9

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

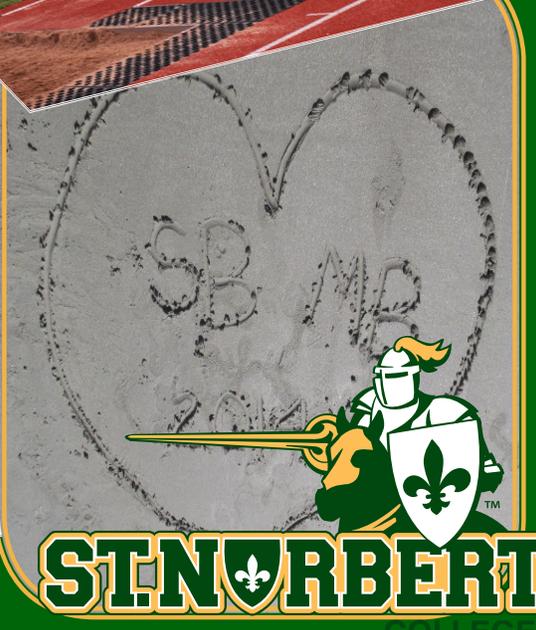
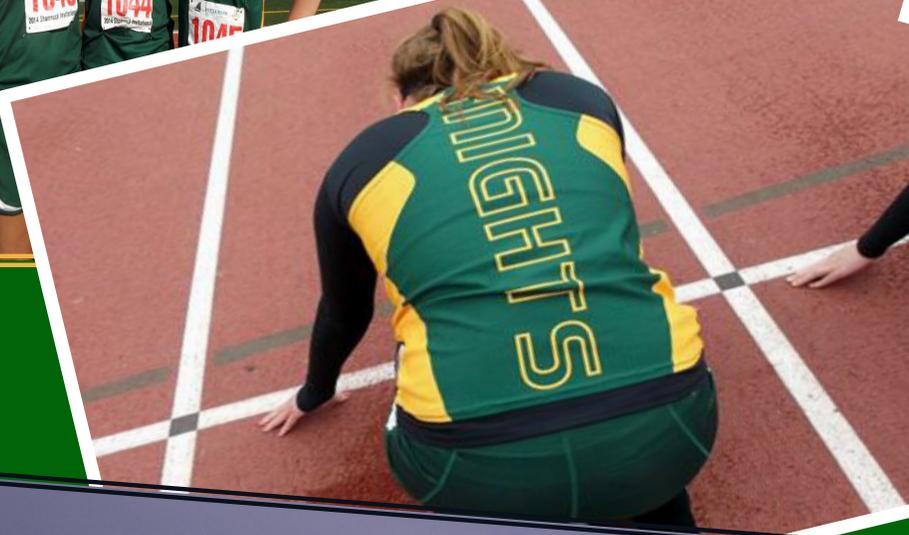
A: Intramural Sand/Floor Volleyball

10

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

A: Family

Private College Championships Wauwatosa, WI



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