SNC MEN TOP THE 100 POINT BARRIER FOR THE FIRST TIME SINCE 2005

JACKSONVILLE, Ill. - St. Norbert College improved one place from a year ago to finish fourth at the Midwest Conference Outdoor Men’s Track and Field Championships at Illinois College. The Green Knights finished with a total of 102 points and were about 20 points away from 2nd place overall.

Perhaps the most outstanding performance of the meet was in the two longest distance races. Senior Aaron Roden made the most of his last MWC Championships experience, winning his first Conference championship ever - the 10,000-meter run with a time of 32:44.94 seconds. Roden also finished as the runner-up in the 5,000-meter run, finishing in a time of 15:32.17.

St. Norbert distance runners grabbed the top two spots in the 3,000-meter steeplechase as well. Red-shirt junior Mackenzie Laska won the championship handily with a new school record time of 9:30.33. While junior Alex DeVillers followed in second with a time of 9:44.52.

Dann Schneider provisionally qualified for the NCAA Division III Outdoor Championship in two events - the 400-meter run and the long jump. Schneider finished second in the 400 with a time of 47.61 seconds, and also placed second in the long jump at 23’03.25”.

Jordan Gobert finished third in the pole vault, clearing a height of 13’11.25” to round out the Green Knights’ top-three individual finishes.

In the throwing events, SNC scored as many points at this meet as they had at the previous 3 Outdoor Championships combined. Leading the way was Senior Tony Dionne who had a phenomenal two days for the throws group. Dionne PR’ed in all three events he was entered in and had his highest Conference finish ever, fourth, in 2 different events. Dionne threw 134 feet in the Discus and 46 feet in the Shot Put. Adding to the scoring for SNC was Freshman Byron Betts who finished 7th in the Discus.

St. Norbert had one relay finish in the top three - with the 4x400-meter relay of David Mason, Schneider, Stephen Schumacher and Ryan Ascher, placing third in a time of 3:24.30.
SNC WOMEN SCORE OVER 100 POINTS FOR THE 3rd STRAIGHT YEAR

JACKSONVILLE, Ill. - St. Norbert College placed third at the Midwest Conference Outdoor Women's Track and Field Championships held at Illinois College. The Green Knights totaled 117 points to finish comfortably in third place and only 10 points out of the runner-up spot.

Emily Schudrowitz and Jenny Scherer were named among the meet’s Outstanding Performers as voted on by the MWC Coaches.

Schudrowitz won both the 800-meter and 1,500-meter runs, provisionally qualifying for the NCAA Division III Outdoor Championship in the 1,500. Schudrowitz ran a time of 4:37.97 in the 1,500, and posted a time of 2:15.18 in the 800.

Scherer won the 3,000-meter steeplechase with a time of 11 minutes 4.66 seconds, a time that provisionally qualified her for the NCAA Division III Outdoor Championship and also set a St. Norbert record. She also claimed the championship in the 10,000-meter run with a time of 37:31.57. This is the third year in a row that Scherer has won the 10,000m Run!

Also getting to the podium twice in individual events was freshman Amanda Whipple. Whipple placed second in the 5,000-meter run with a time of 18:35.47, and she also placed runner-up in the 10K with a time of 39:59.84.

Megan Domnick was third in the 800-meter run with a time of 2:21.40. Domnick was also 3rd during the indoor season as well. In field events, Lindsay Wiebe was third in the high jump at 1.60 meters, and Danielle Krause was third in the pole vault at 2.95 meters.

The St. Norbert 4x100-meter relay of Anne Mueller, Krause, Calli Nonnmenacher and Schudrowitz finished second with a time of 50.50 seconds. While the 4x400-meter relay comprised of Nonnemacher, Domnick, Nikki Swanson and Schudrowitz was third with a time of 4:07.45.
The Last Chance Meet

NAPERVILLE, Ill. - The St. Norbert track & field team traveled to the outskirts of Chicago, IL to partake in a Last chance meet this past Thursday and Friday. Nine members of the team were trying to set NCAA provisional marks, or improve upon their season best performances.

Leading the way for the Green Knights was Jordan Gobert. Gobert was competing in the decathlon for the third time in his career and had a tremendous performance. Gobert improved his previous best score by nearly 200 points and moved into 19th place in the Nation. He will find out on Sunday if he is selected to compete at the NCAA Championships in Cleveland, OH next week.

Aaron Roden and Mackenzie Laska attempted to get on the national list in the 5,000m run and the 3,000m Steeplechase. Both athletes went after their goals with avengance, but unfortunately came up a little bit short. Roden was able to set a PR in his event and will end his college career with an amazing final two meets. Laska will be back for his 5th year in 2011 to take another shot at getting to the National meet.

Freshman Amanda Whipple took another shot at the 5,000m run and ran another very good race. After failing to break the 20 minute barrier in cross country in the fall, Whipple was able to lower her time all the way into the 18:30’s this outdoor season. She has a very bright future ahead of her!

Lindsay Wiebe jumped at a National qualifying height and just missed on her 3rd attempt. She did end up tied for 2nd in the event with a leap of 5'04.25". That mark is an outdoor best for Wiebe this season and she will have 3 more years to attempt to get to the NCAA Meet.

Megan Domnick just missed her goal of breaking the 2:20 barrier in the 800 meter run. Domnick finished strong in her heat and crossed the line in 2:20.31. She will look to break that barrier next indoor season.

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. St. Norbert dominated the weekly award this Indoor season winning 8 honors total! Here is the list of the SNC athletes that took home the weekly honors. For a more complete description of the award winners accomplishments- visit the following link:

http://www.midwestconference.org/

2010 Player of the Week Awards

Jan. 19.............MEGAN DOMNICK(Women’s Track)
Feb. 2 ...........EMILY SCHUDROWITZ(Women’s Track)
Feb. 9.............DANN SCHNEIDER(Men’s Track)
Feb. 16 ..........EMILY SCHUDROWITZ(Women’s Track)
Feb. 23.........DANN SCHNEIDER(Men’s Track)
Feb. 23.....MARISA TRAKANOVICH(Women’s Track)
Feb. 23..............LINDSAY WIEBE(Women’s Field)
Mar. 31..........JENNY SCHERER(Women’s Track)
Apr. 14.........DANIELLE ALLEN(Women’s Track)

Record Board Update

The 2010 Midwest Conference Championship meet was a very successful one for the St. Norbert Track & Field team. In addition to a number of athletes getting on the podium, several school records were set as well.

On the Men’s side, Mackenzie Laska crushed his school record in the 3,000m Steeplechase by nearly 15 seconds. Laska won the event in a time of 9:30.33 re-setting the record for the 4th time in his career.

Dann Schneider set a new mark in the Long Jump when he leaped 23'03.25”, breaking the oldest record in the books. Norm Jarock held the previous record of 23’01.50” since 1957!

For the women, Jenny Scherer once again reset a SNC school record as she lowered her previous best time in the 3,000m Steeplechase. Scherer, like Laska, also won the event at the Conference meet and her new school record time is 11:04.66

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The SCH crew(Schneider, Schudrowitz and Scherer) were tuning up for the National meet this weekend. Schneider is currently ranked 5th in the Nation in the 400m run. While Scherer and Schudrowitz have automatically qualified for Nationals in the 10K and 800m run respectively. The championship field will be announced sometime this Sunday. With the heat sheets to be posted on Monday. Please go to the following web site later this week to get live results of the NCAA Championships:

http://www.bw.edu/athletics/10tracknationals/
GREEN KNIGHTS ON THE PODIUM

Aaron Roden
10,000m Run - Champion
5,000m Run - Silver Medal

Mackenzie Laska
3,000m Steeplechase - Champion

Alex DeVillers
3,000m Steeplechase - Silver Medal

Dann Schneider
400m Run - Silver Medal

Jordan Gobert
Pole Vault - Bronze Medal

2010 Seniors
GREEN KNIGHTS ON THE PODIUM

Dann Schneider • Steve Schumacher • David Mason • Ryan Ascher
4x400m Relay- Bronze Medal

Mackenzie Laska & Alex DeVillers finish 1-2 in the Steeplechase
GREEN KNIGHTS ON THE PODIUM

Emily Schudrowitz
800m Run- Champion
1500m Run- Champion

Jenny Scherer
10,000m Run- Champion
3,000m Steeple Chase- Champion

Amanda Whipple
10,000m Run- Silver Medal
5,000m Run- Silver Medal

Megan Domnick
800m Run- Bronze Medal
GREEN KNIGHTS ON THE PODIUM

Danielle Krause
Pole Vault- Bronze Medal

Lindsay Wiebe
High Jump- Bronze Medal

Jenny Scherer and Amanda Whipple finish 1-2 in the 10,000m Run
GREEN KNIGHTS ON THE PODIUM

Anne Mueller • Emily Schudrowitz • Danielle Krause • Calli Nonnemacher
4x100m Relay - Silver Medal

Calli Nonnemacher • Emily Schudrowitz • Nikki Swanson • Megan Domnick
4x400m Relay - Bronze Medal