

## 2002 NSIC OUTDOOR CHAMPIONSHIPS

**Men:** 1. Minnesota-Duluth 274; 2. Northern State 176; 3. Bemidji State 159; 4. Wayne State 94; 5. MSU Moorhead 89; 6. Concordia-St. Paul 35; 7. Minnesota-Morris 9.

**Women:** 1. Minnesota-Duluth 227; 2. Northern State 180; 3. Winona State 127; 4. MSU Moorhead 92; 5. Bemidji State 89; 6. Wayne State 69; 7. Concordia-St. Paul 53; 8. Minnesota-Morris 16.

### Men

100-	Micah Arnold	Northern State	10.92
200-	Micah Arnold	Northern State	21.96
400-	Dan Cinnamon	Minnesota-Duluth	49.10
800-	Adam Gellerstedt	Minnesota-Duluth	1:52.45
1500-	Brett Carroll	Minnesota-Duluth	3:53.75
5000-	Brett Carroll	Minnesota-Duluth	15:21.08
10,000-	Steve Leuer	Bemidji State	33:27.29
110 Hurdles-	Eric Longhenry	Northern State	14.85
400 Hurdles-	Soliman Sayedi	Minnesota-Duluth	52.98
Steeplechase-	Brett Carroll	Minnesota-Duluth	9:42.97
400 Relay-	Bemidji State	41.90	
1600 Relay-	Minnesota-Duluth	3:18.98	
3200 Relay-	Minnesota-Duluth	8:04.49	
Shot Put-	Dan Soldner	Minnesota-Duluth	50-7½
Discus-	Dan Soldner	Minnesota-Duluth	156-3
Javelin-	Jeff Spotts	Bemidji State	168-7
Hammer-	Chris Nulle	MSU Moorhead	179-0
Pole Vault-	Dan Madden	Minnesota-Duluth	14-8¾
Long Jump-	Josh Martin	Northern State	23-2¼
Triple Jump-	Eric Havranek	Wayne State	45-9
High Jump-	Nate Swenson	Minnesota-Duluth	6-4¼
Decathlon-	Eric Longhenry	Northern State	6,634

### Women

100-	Mary Richardson	MSU Moorhead	12.31
200-	Mary Richardson	MSU Moorhead	25.39
400-	Andrea Vake	Minnesota-Duluth	57.49
800-	Kayla Garry	Northern State	2:21.88
1500-	Amanda Dietrich	Northern State	4:54.15
5000-	Darr Nickerson	Wayne State	19:01.12
10,000-	Martha Miltich	Bemidji State	39:14.51
100 Hurdles-	Heather Hamilton	Minnesota-Duluth	15.39
400 Hurdles-	Heather Hamilton	Minnesota-Duluth	1:02.77
Steeplechase-	Kristin Peterson	Northern State	11:55.93
400 Relay-	Winona State	49.95	
1600 Relay-	Minnesota-Duluth	3:57.33	
3200 Relay-	Northern State	9:52.23	
Shot Put-	Megan Salic	MSU Moorhead	43-11¼
Discus-	Alysa Haugen	Northern State	132-8
Javelin-	Kim Heny	Northern State	118-0
Hammer-	LeAnne Ehrich	Northern State	160-6
Pole Vault-	Erin Buecksler	Concordia-St. Paul	10-2½
Long Jump-	Adejoke Adedeji	Concordia-St. Paul	18-2½
Triple Jump-	Shiah Damyanovich	Minnesota-Duluth	36-10½
High Jump-	Wendy Roberts	Minnesota-Duluth	5-6½
Heptathlon-	Caesare Stimson	Bemidji State	4,103