

## 2003 NSIC OUTDOOR CHAMPIONSHIPS

**Men:** 1. Minnesota-Duluth 296½; 2. Northern State 161½; 3. Bemidji State University 123½ 4. MSU Moorhead 121; 5. Wayne State 73½;  
6. Concordia-St. Paul 68; 7. Minnesota-Morris 9.

**Women:** 1. Minnesota-Duluth 213; 2. Northern State 151; 3. Winona State 131½; 4. Concordia-St. Paul 102; 5. MSU Moorhead 100;  
6. Bemidji State 80; 7. Wayne State 60½; 8. Minnesota-Morris 20.

### Men

100-	Micah Arnold	Northern State	10.68
200-	Micah Arnold	Northern State	21.58
400-	Greg Demain	Minnesota-Duluth	50.11
800-	Adam Gellerstedt	Minnesota-Duluth	1:55.61
1500-	Robb Winterfeld	Minnesota-Duluth	4:04.80
5000-	Robb Winterfeld	Minnesota-Duluth	15:22.09
10,000-	Ben Kimmes	Minnesota-Duluth	32:03.00
110-Hurdles-	Micha Arnold	Northern State	14.78
400-Hurdles-	Eric Longhenry	Northern State	54.66
Steeplechase-	Robb Winterfeld	Minnesota-Duluth	9:13.60
400 Relay-	Concordia-St. Paul	42.00	
1600 Relay-	Northern State	3:23.90	
3200 Relay-	Minnesota-Duluth	7:55.20	
High Jump-	Steve Schreiber	Bemidji State	6-6¾
Pole Vault-	Ryan Whilhelm	Northern State	14-6
Long Jump-	Eric Havranek	Wayne State	23-4
Triple Jump-	Darek Holus	Minnesota-Duluth	45-9
Shot Put-	Dan Soldner	Minnesota-Duluth	51-8½
Discus-	Garett Pfitzer	Northern State	150-2
Hammer-	Chris Nulle	MSU Moorhead	193-6
Javelin-	Adam Meier	Wayne State	185-0
Decathlon-	Eric Longhenry	Northern State	6,797

### Women

100-	Jamie Miller	Winona State	12.22
200-	Andrea Vake	Minnesota-Duluth	24.77
400-	Andrea Vake	Minnesota-Duluth	57.27
800-	Kelsey Dahlgren	Minnesota-Duluth	2:21.58
1500-	Kelsey Dahlgren	Minnesota-Duluth	5:04.23
5000-	Martha Miltich	Bemidji State	18:55.95
10,000-	Emily Shoop	Concordia-St. Paul	38:29.70
100 Hurdles-	April Hericks	Northern State	14.65
400 Hurdles-	Heather Hamilton	Minnesota-Duluth	1:04.76
Steeplechas-	Janet Brownawell	Concordia-St. Paul	11:11.20
400 Relay-	Winona State	49.20	
1600 Relay-	Minnesota-Duluth	4:05.90	
3200 Relay-	Concordia-St. Paul	9:37.20	
High Jump-	Tanya Salter	MSU Moorhead	5-7¼
Pole Vault-	Dalee Wilkinson	MSU Moorhead	12-2
Long Jump-	Adejoke Adedeji	Concordia-St. Paul	19-1
Triple Jump-	Keri Kreuzer	Winona State	36-7¾
Shot Put-	LeAnne Ehrich	Northern State	44-0
Discus-	Lindsey Stockwell	Wayne State	129-3
Hammer-	Belinda Eastlack	MSU Moorhead	183-2
Javelin-	Lindsey Stockwell	Wayne State	120-2
Heptathlon-	Caesare Stimson	Bemidji State	4,533