

2004 NSIC OUTDOOR CHAMPIONSHIPS

Men: 1. Minnesota Duluth 296½; 2. Concordia-St. Paul 143; 3. Wayne State 135½; 4. Northern State 130½; 5. Bemidji State 107; 6. MSU Moorhead 71.

Women: 1. Minnesota Duluth 207; 2. Winona State 195; 3. Northern State 123; 4. MSU Moorhead 108; 5. Wayne State 79; 6. Bemidji State 70; 6. Concordia-St. Paul 70.

Men

100-	Micah Arnold	Northern State	10.61
200-	Micah Arnold	Northern State	21.42
400-	Greg DeMain	Minnesota Duluth	48.28
800-	Korey Kriz	Wayne State	1:53.39
1500-	Nate Beerling	Minnesota Duluth	3:53.55
5000-	Nate Beerling	Minnesota Duluth	15:20.10
10K-	Brian Polski	Minnesota Duluth	32:28.41
110 Hurdles-	Micah Arnold	Northern State	14.63
400 Hurdles-	Andy Wenger	Minnesota Duluth	53.46
Steeplechase-	Robb Winterfeld	Minnesota Duluth	9:20.70
400Relay-	Concordia-St. Paul	41.88	
1600 Relay-	Concordia-St. Paul	3:16.00	
3200 Relay-	Wayne State	8:11.79	
High Jump-	Steve Schreiber	Bemidji State	6-7
Pole Vault-	Matt Jahnke	MSU Moorhead	14-5½
Long Jump-	Eric Havranek	Wayne State	22-8
Triple Jump-	David Dooley	Wayne State	45-2½
Shot Put-	Dan Soldner	Minnesota Duluth	58-5¾
Discus-	Dan Soldner	Minnesota Duluth	166-2
Hammer-	Dan Soldner	Minnesota Duluth	180-8
Javelin-	Justin Kortuem	Concordia-St. Paul	170-10
Decathlon-	Reed Tietz	Concordia-St. Paul	5,845

Women

100-	Jenny Cuculi	Winona State	12.18
200-	Jenny Cuculi	Winona State	25.31
400-	Andrea Vake	Minnesota Duluth	55.43
800-	Abby Demulling	Minnesota Duluth	2:16.78
1500-	Emily Shoop	Concordia-St. Paul	4:41.44
5000-	Sara Frederickson	Minnesota Duluth	17:36.60
10K-	Erin Foss	Minnesota Duluth	38:07.57
100 Hurdles-	Katie Anderson	Northern State	15.05
400 Hurdles-	Heather Hamilton	Minnesota Duluth	1:01.35
Steeplechase-	Kristen Peterson	Northern State	11:45.66
400 Relay-	Winona State	48.57	
1600 Relay-	Minnesota Duluth	4:52.46	
3200 Relay-	Concordia-St. Paul	9:56.21	
High Jump-	Jessica Trautwein	MSU Moorhead	5-5¼
Pole Vault-	Brooke Wehri	MSU Moorhead	10-6¾
Long Jump-	Jessica Trautwein	MSU Moorhead	17-4¾
Triple Jump-	Jessica Trautwein	MSU Moorhead	38-4
Shot Put-	Jocelyn Dockendorf	Northern State	43-10¾
Discus-	Kari Torgerson	Wayne State	135-0
Hammer-	Jenny Klatt	Winona State	153-11
Javelin-	Miranda Boepple	Northern State	128-10
Heptathlon-	Caesar Stimson	Bemidji State	4,387