

2005 NSIC OUTDOOR CHAMPIONSHIPS

Men: 1. Bemidji State 228; 2. Northern State 203; 3. MSU Moorhead 83; 4. Wayne State 82; 5. Concordia-St. Paul 81.

Women: 1. Winona State 177; 2. Wayne State 142; 3. MSU Moorhead 134; 4. Wayne State 117; 5. Bemidji State 94;
6. Concordia-St. Paul 17.

Men

100	Jonathan Hawks	Bemidji State	11.11
200	Jonathan Hawks	Bemidji State	21.60
400	Darrion Branscomb	Concordia-St. Paul	48.57
800	Steve Solum	MSU Moorhead	1:55.81
1500	Dane Moreland	MSU Moorhead	3:59.75
5000	Matt Scott	Northern State	15:50.40
10,000	Matt Scott	Northern State	33:07.20
110 Hurdles	Ozzy Williams	Bemidji State	16.02
400 Hurdles	Jake Hamik	Northern State	54.81
Steeplechase	Matt Schneider	Wayne State	9:36.90
400 Relay	Bemidji State	42.43	
1600 Relay	Concordia-St. Paul	3:21.52	
3200 Relay	MSU Moorhead	7:55.02	
High Jump	Steve Schreiber	Bemidji State	6-6¾
Pole Vault	Tommy Crummy	Bemidji State	14-6¾
Long Jump	James McNear	Concordia-St. Paul	22-0
Triple Jump	Rodney Williams	Bemidji State	45-0
Shot Put	Justin Cox	Bemidji State	50-7¼
Discus	Grant Pfitzer	Northern State	163-7
Hammer	Troy Brock	Northern State	154-9
Javelin	Nick Hruska	Bemidji State	178-8
Decathlon	Eric Schwan	Northern State	5,675

Women

100	Jessica Devine	Winona State	13.04
200	Megan Konechne	Northern State	25.91
400	Deidra Faber	Winona State	59.04
800	Amanda Mueller	Concordia-St. Paul	2:23.64
1500	Christa Pribula	Bemidji State	5:02.83
5000	Amelia Soto	Winona State	19:44.0
10,000	Amelia Soto	Winona State	38:45.18
100 Hurdles	Jessica Devine	Winona State	15.46
400 Hurdles	Deidra Faber	Winona State	1:04.52
Steeplechase	Christa Pribula	Bemidji State	11:48.10
400 Relay	Winona State	49.85	
1600 Relay	Bemidji State	4:00.27	
3200 Relay	Bemidji State	9:41.18	
High Jump	Ashley Spolarich	Bemidji State	5-7¾
Pole Vault	Brooke Wehri	MSU Moorhead	12-4
Long Jump	Jessica Trautwein	MSU Moorhead	17-1
Triple Jump	Jessica Trautwein	MSU Moorhead	39-0
Shot Put	Katie Wilson	Wayne State	43-1½
Discus	Lindsey Stockwell	Wayne State	152-3
Hammer	Gena Meier	Northern State	156-3
Javelin	Miranda Boepple	Northern State	128-7