

## 2006 NSIC OUTDOOR CHAMPIONSHIPS

**Men:** 1. Wayne State 225; 2. Bemidji State 170; 3. Northern State 157½; 4. MSU-Moorhead 66½; 5. Concordia-St. Paul 58.

**Women:** 1. MSU-Moorhead 181; 2. Winona State 171; 3. Wayne State 150; 4. Northern State 73; 5. Bemidji State 64; 6. Concordia-St. Paul 43.

### Men

100-	Jonathon Hawks	Bemidji State	10.57
200-	Jonathon Hawks	Bemidji State	22.11
400-	Ben Jansen	Wayne State	49.30
800-	Ben Jansen	Wayne State	1:56.40
1500-	Dane Moreland	MSU-Moorhead	4:15.01
5000-	Jeremy VanVeen	Northern State	15:39.97
10000-	Jeremy VanVeen	Northern State	33:29.05
110 Hurdles-	Jake Hamik	Northern State	14.52
400 Hurdles-	Jake Hamik	Northern State	56.70
Steeplechase-	Matt Schneider	Wayne State	9:52.43
400 Relay-	Bemidji State	42.77	
1600 Relay-	Concordia-St. Paul	3:20.89	
3200 Relay-	Wayne State	8:02.56	
High Jump-	Jon Clemons	Bemidji State	6-6¾
Pole Vault-	Derick Brugger	MSU-Moorhead	15-5½
Long Jump-	Tim Pilakowski	Wayne State	23-4
Triple Jump-	JJ Washington	Wayne State	45-9½
Shot Put-	Joe Remitz	Bemidji State	55-3¾
Discus-	Justin Cox	Bemidji State	154-4
Hammer-	Adam Wilson	Bemidji State	157-2
Javelin-	Eric Schwan	Northern State	186-0
Decathlon-	Jesse Heinz	Northern State	5,711

### Women

100-	Samantha Lisowski	Winona State	12.38
200-	Jennifer Hensel	MSU-Moorhead	25.94
400-	Nicole Friend	Bemidji State	59.72
800-	Deidra Faber	Winona State	2:22.21
1500-	Amanda Mueller	Concordia-St. Paul	5:00.70
5000-	Haley Reeves	Wayne State	19:20.65
10000-	Nicole McCoy	Wayne State	41:41.61
100 Hurdles-	Rachel Roebke	Wayne State	14.74
400 Hurdles-	Deidra Faber	Winona State	1:02.94
Steeplechase-	Sarah Thome	MSU-Moorhead	11:48.36
400 Relay-	Winona State	48.98	
1600 Relay-	Winona State	4:01.76	
3200 Relay-	Winona State	9:50.72	
High Jump-	Tanna Walford	Wayne State	5-4¼
Pole Vault-	Jennifer Hensel	MSU-Moorhead	12-5½
Long Jump-	Jessica Trautwein	MSU-Moorhead	18-2
Triple Jump-	Jessica Trautwein	MSU-Moorhead	38-7
Shot Put-	Sheena Devine	Bemidji State	48-4
Discus-	Lindsey Stockwell	Wayne State	147-1
Hammer-	Nicki Lonning	Winona State	166-11
Javelin-	Miranda Boepple	Northern State	137-0
Heptathlon-	Deidra Faber	Winona State	4,414