



UNIVERSITY OF MINNESOTA
Women's Intercollegiate Athletics

Hometown News

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January 30, 1991
Indoor Track and Field Hometown #1

GOPHERS OPEN INDOOR SEASON STRONG

INDOOR SEASON BEGINS -- The University of Minnesota women's indoor track and field team opened its 1991 indoor season with three consecutive meets at the University Fieldhouse. After the annual intrasquad meet, the Gophers hosted several local schools in the Northwest Open Jan. 19 and won six events in the meet. Minnesota then hosted the annual Minnesota Invitational Jan. 26, with Division I foes UCLA, Virginia, Iowa State, Drake and Northern Iowa providing stiff competition. UCLA edged the Gophers 114-112 to take the title, scoring most of its points in the jumps and sprints.

ROWE, ROWE TO VICTORY -- Junior **CHRIS ROWE** (SIOUX FALLS, SD/O'GORMAN) has picked up where she left off in cross country season as Minnesota's top distance runner. **Rowe** has run in four races so far this indoor season and has been victorious in all four, each at a different distance. At the intrasquad meet, **Rowe** won the mile run in a time of 4:59.82, just 1.97 seconds off her personal-best indoors, which ranks ninth on the Gopher all-time list. **Rowe** doubled up at the Northwest Open, winning the 1500 meters in a time of 4:41.8 and the 800m in a time of 2:21.38. That 1500m time is tops so far this season in the Big Ten Conference. Her most impressive race may have been last Saturday in the Minnesota Invitational 3000-meter run. Running against stiff competition at a distance she had never tried indoors, **Rowe** sprinted ahead of the field and won wire-to-wire in a time of 9:50.45. **Rowe's** seven-second victory placed her fourth on the Minnesota 3000-meter indoor list.

BALINT SHINES AT 800 METERS -- Sophomore **MONIKA BALINT** (BUDAPEST, HUNGARY) was Minnesota's top middle distance threat last indoor season and continues in that role this season. **Balint** won the intrasquad 600 meters in a time of 1:35.82, just .79 seconds away from her top time last season, which ranks second on the all-time Gopher list. **Balint** holds the top time in Minnesota history in the 800 meters at 2:10.77 and came very close to resetting that mark at the Minnesota Invitational. Chased by top runners from UCLA and Virginia, **Balint** sprinted home with a winning time of 2:10.93. That time is the best performance in the Big Ten this season at 800 meters. With the NCAA automatic qualifying time for 800 meters at 2:07.50 and the provisional qualifying time at 2:10.00, **Balint** has a chance to make her presence felt at the conference and national levels.

LEWIS REMAINS CONSISTENT PERFORMER -- Senior shot putter **RACHEL LEWIS** (SIOUX CITY, IA/NORTH) has been a solid and consistent performer over the first three indoor meets of 1991. Unfortunately, she has not come up with the one big throw that will qualify her for the NCAA indoor championship meet. **Lewis**, who was second in the shot at the 1990 NCAA indoor meet, won the intrasquad meet with a toss of 49-7 3/4 and the Northwest Open with a throw of 49-9 1/4. Those two throws are the best in the Big Ten this year. She was the top collegian at the Minnesota Invitational, finishing second to Gopher volunteer coach Edie Boyer with a put of 49-5 3/4. All three marks easily qualify as NCAA provisional marks, but **Lewis** is still looking for the throw of 49-10 1/2 or better that would guarantee her a trip to Indianapolis. The solution may be in the form of a trip to Lincoln, Neb. **Lewis** did not throw 50 feet in a meet at the University Fieldhouse last season, but in her first road appearance at the

Husker Invitational, **Lewis** qualified for the NCAA meet with a school-record throw of 51-5. **Lewis** will head back to the Husker Invitational for her first road appearance of 1991 in search of that qualifying throw.

AGNEW ADDS DEPTH IN SHOT -- Senior **DECIA AGNEW** (BETHEL PARK, PA) is a two-time Big Ten champion in the javelin, but since you can not throw the spear indoors, **Agnew** has contributed to Minnesota's team success in the shot put. **Agnew's** best mark of the year came at the intrasquad meet, where she took second place with a throw of 44-9 1/2. That mark put **Agnew** tenth on the Minnesota all-time indoor list and leaves her just 2-9 1/4 away from the NCAA provisional mark of 47-6 3/4. With her speedy improvement, **Agnew** could be a factor at the Big Ten meet.

WALL RETURNS TO FORM -- Senior **SHELLY WALL** (WILSON, WI) is running as well as she has at any time in her collegiate career. Last Saturday at the Minnesota Invitational, **Wall** ran her fastest 800 in her career, indoors or outdoors, finishing fourth in a time of 2:15.09. That time boosted **Wall** from 10th to fourth on the Minnesota all-time indoor list and is second on this year's team to Balint. **Wall** also has the team's second-fastest time in the 600 meters at 1:38.67, which ranks sixth on the Gopher all-time indoor list. That time also gave **Wall** a win at the Northwest Open.

OTHER MARKS OF NOTE -- Freshman **SASCHA RAMSAY** (MIAMI, FL/KILLIAN) holds Minnesota's top times this season in the 55m (7.58) and the 400m (1:00.0). The former high school all-state performer at 400 meters is close to becoming the 10th person in school history to break 60 seconds indoors. **Ramsay** is also just .05 seconds from cracking the 55m all-time indoor list.

Sophomore **VAL OWEN** (McCOOK, NE) has been Minnesota's top jumper in 1991, holding Gopher season bests in the long jump (18-2 1/4) and the triple jump (34-11 1/4). Her long jump mark claimed the championship of the Northwest Open and improved her fourth-place spot on the all-time indoor list. **Owen's** top triple jump also came at the Northwest Open and moved her up to fifth position on the Gopher indoor list.

Sophomore **SARAH REDMAN** (WAVERLY, IA/OCONOMOWAC) has steadily whittled her time down in the 55-meter hurdles during the past month. **Redman** won the Northwest Open in a time of 8.63 seconds, and then took fifth place in a very strong field at the Minnesota Invitational in 8.51 seconds. That time puts her just .02 seconds away from her personal best in the event, which ranks seventh on the Gopher indoor list.

WHAT'S NEXT -- Minnesota will take the weekend of Feb. 2 off and resume competition on Feb. 9 in two locations. Approximately six athletes will travel to Lincoln, Neb. for the Husker Invitational, while the rest of the team will head for Ames, Ia. and the Iowa State Invitational. After hosting the Minnesota Open Feb. 16, the Gophers head to Iowa City and the Big Ten indoor meet Feb. 22-23.

1991 University of Minnesota Women's Indoor Track and Field Bests

55 meters (:06.86, :06.98) :07.20

Sascha Ramsey (a)	:07.58
Angie Mauldin (b)	:07.64
Shelly Wall (a)	:07.92

200 meters (:24.00, :24.60) :25.05

Angie Mauldin (c)	:27.30
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400 meters (:53.25, :55.10) :56.87

Sascha Ramsey (b)	1:00.0
Monika Balint (b)	1:00.57
Julie Paynter (b)	1:01.83

600 meters 1:30.41

Monika Balint (a)	1:35.82
Shelly Wall (b)	1:38.67
Julie Paynter (c)	1:40.82

800 meters (2:07.50, 2:10.00) 2:10.77

Monika Balint (c)	2:10.93
Shelly Wall (c)	2:15.09
Chris Rowe (b)	2:21.38

1500 meters 4:24.03

Chris Rowe (b)	4:41.8
Lynn Mishuk (b)	4:57.6

Mile (4:44.00, 4:50.00) 4:41.12

Chris Rowe (a)	4:59.82
Lynn Mishuk (a)	5:28.54
Laura Duffy (a)	5:31.80

3000 meters (9:24.00, 9:38.00) 9:32.0

Chris Rowe (c)	9:50.45
Shelly Ast (c)	10:28.82
Kara Parker (a)	10:30.43

5000 meters (16:18.00, 16:48.00) 16:39.65

Laura Duffy (b)	17:55.53
Kara Parker (b)	17:59.82
Lori Nesvold (b)	18:06.39

55-meter hurdles (:07.74, :07.96) :08.01

Sarah Redman (c)	:08.51
Kari Mower (a)	:08.82
Julie Paynter (b)	:09.00

High Jump (1.83m, 1.78m) 1.77m/5-9 3/4

Tracee Wolf (b)	1.67m/5-5 3/4
Lisa Larson (a)	1.54m/5-0 1/2
Kari Mower (a)	1.47m/4-9 3/4

Long Jump (6.31m, 6.10m) 5.70m/18- 8 1/2

Val Owen (b)	5.54m/18- 2 1/4
Stacy Klos (b)	5.17m/16-11 1/2
Lisa Larson (b)	5.08m/16- 8

Triple Jump (12.82m, 12.40m) 12.26m/40- 2 3/4

Val Owen (b)	10.65m/34-11 1/4
Stacy Klos (b)	10.63m/34-10 1/2
Tracee Wolf (c)	10.56m/34- 7 3/4

Shot Put (15.20m, 14.50m) 15.67m/51-5

Rachel Lewis (b)	15.17m/49-9 1/4
Decia Agnew (a)	13.65m/44-9 1/2
Steph Scholtes (c)	13.23m/43-5

Pentathlon 3,675

Kari Mower (c)	3,067
Lisa Larson (c)	2,889
Stacy Klos (c)	2,453

4x400-meter relay (3:39.25, 3:47.00) 3:49.98

Ramsay, Wall, Balint, Redman (c)	3:56.39
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4x800-meter relay (8:45.00, 8:57.00) 9:08.10

- (a) INTRASQUAD/ALUMNAE (1/12)
- (b) NORTHWEST OPEN (1/19)
- (c) MINNESOTA INVITATIONAL (1/25-26)
- (d) Iowa State Invitational, Ames, IA (2/9)
- (e) Nebraska Invitational, Lincoln, NE (2/9)
- (f) MINNESOTA OPEN (2/16)
- (g) Big Ten Championship, Iowa City, IA (2/22-23)
- (h) NCAA Championship, Indianapolis, IN (3/8-9)

HOME MEETS at University Fieldhouse
(NCAA Automatic, NCAA Provisional Marks)
followed by school indoor records in bold



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February 28, 1991
Indoor Track and Field Hometown #2

GOPHERS FINISH INDOOR SEASON, LEWIS REPEATS AT BIG TEN MEET

FEBRUARY RECAP -- The University of Minnesota women's indoor track and field team finished its 1991 season at the Big Ten indoor meet at Iowa with 21 points and a ninth-place finish. The Gophers scored 18 of their 21 points in two events. Minnesota spent the beginning of the month at the Frank Sevigne Husker Invitational in Lincoln, Neb. and the Iowa State Invitational in Ames, Iowa before hosting the Minnesota Open Feb. 16. The Gophers dominated their last home meet of the year, winning 10 events at the University Fieldhouse.

LEWIS REPEATS AS BIG TEN CHAMPION -- Senior **RACHEL LEWIS** (SIOUX CITY, IA/NORTH) has made a habit of winning Big Ten championships. At the Big Ten indoor meet, Lewis won her second consecutive indoor shot title with a throw of 51-7 1/4, winning the competition by over a foot. She now has six Big Ten championships on her resume, split evenly between the shot put and the discus. Lewis also shared athlete of the year honors for indoor track with Lisa Payne of Wisconsin. It marked the first time in the four-year history of the award that a non-runner has been so honored. Earlier in the month, Lewis set the Minnesota indoor shot put record twice and established a new University Fieldhouse shot put record as well. At the Frank Sevigne Husker Invitational Feb. 9, Lewis placed second with a mark of 52-1 1/2, breaking her old mark of 51-5 that was set at last year's Husker Invitational. The following week at the Minnesota Open, Lewis reset the mark with a heave of 52-10, her top throw of all-time. The one championship that has evaded Lewis is a national championship. She will get her opportunity in the shot put competition at the NCAA Indoor Track and Field Championships March 9-10 in Indianapolis.

BALINT IMPROVES FINISH IN 800 METERS -- Sophomore **MONIKA BALINT** finished second in the 800 meters at the Big Ten indoor meet with a time of 2:12.49. That place is one higher than the one she earned at last year's Big Ten meet at Wisconsin. Balint entered the month with a top time of 2:10.93 for the season and wanted to break the 2:10 barrier in order to provisionally qualify for the NCAA meet. Balint ran the 800 meters five times in three meets during the month of February and ran a 2:12 in each race. She will now turn her attentions toward the outdoor season where she is No. 3 on the all-time Minnesota outdoor list in the 1500 meters (4:27.49).

WALL SCORES IN 600 METERS -- Senior **SHELLY WALL** (WILSON, WI/SPRING VALLEY) scored the first Big Ten points of her career with a fifth-place finish in the 600 meters in a time of 1:36.99. Earlier in the meet, Wall lowered her personal best in the event to 1:35.48, moving her up to fourth place on the all-time Minnesota indoor list. Earlier in the month at the Iowa State Invitational, Wall lowered her personal record in the indoor 400 meters to :58.98, Minnesota's top time of the season. She is now No. 6 on that Minnesota all-time indoor list.

WOLF LEAPS BACK INTO COMPETITION -- Senior **TRACEE WOLF** (COLD SPRING, MN) scored for the third time in her career in the Big Ten high jump, finishing sixth with a leap of 5-5 3/4. Wolf was the 1988 Big Ten indoor high jump champion and finished third in the 1989 Big Ten indoor high jump. She also made her first attempt at the pentathlon in the meet

and was fifth after four events. However, a time of 2:39 in the 800 meters dropped her to 10th place overall. Her score of 3170 points was Minnesota's top mark of the year.

REDMAN LOWERS HURDLE TIME -- Sophomore **SARAH REDMAN** (WAVERLY, IA/OCONOMOWAC) consistently lowered her time in the 55-meter hurdles this season and nearly qualified for the Big Ten final in the event. **Redman's** time of 8.37 in the Big Ten trials improved her to sixth on the all-time Minnesota list and was .12 short of qualification in the finals. **Redman** will now move to the 100-meter hurdles in the outdoor season.

OTHER MARKS OF NOTE -- **STEPH SCHOLTES** (APPLE VALLEY, MN/ROSEMOUNT) finished seventh in the shot put at the Big Ten meet with a personal-best throw of 44-11 1/2. **VAL OWEN** (McCOOK, NE) became Minnesota's second-best indoor triple jumper of all-time with a leap of 36-10 1/2 at the Minnesota Open. **JULIA McGOUGH** (RED WING, MN/CENTRAL) ran an impressive 5:03.54 mile at the Iowa State Invitational, breaking her personal record by nine seconds. **CHRIS ROWE** (SIOUX FALLS, SD/O'GORMAN) lowered her indoor 3000-meter time to 9:39.14, just 1.14 off the NCAA provisional qualifying time, at the Iowa State Invitational.

WHAT'S NEXT -- Rachel Lewis will represent Minnesota in the shot put competition at the NCAA indoor meet March 9-10 in Indianapolis. The Gophers will open their outdoor season with a spring training trip to Tempe, Ariz. and competition in the Arizona State Invitational March 21-23.

1991 University of Minnesota Women's Indoor Track and Field Bests

55 meters (:06.86, :06.98) :07.20

Gily Dishon (e)	:07.40
Sascha Ramsey (a)	:07.58
Angie Mauldin (f)	:07.58

200 meters (:24.00, :24.60) :25.05

Angie Mauldin (f)	:26.8
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400 meters (:53.25, :55.10) :56.87

Shelly Wall (e)	:58.98
Monika Balint (f)	:59.6
Sascha Ramsey (b)	1:00.0

600 meters 1:30.41

Shelly Wall (g)	1:35.48
Monika Balint (a)	1:35.82
Julie Paynter (c)	1:40.82

800 meters (2:07.50, 2:10.00) 2:10.77

Monika Balint (c)	2:10.93
Shelly Wall (c)	2:15.09
Chris Rowe (f)	2:17.8

1500 meters 4:24.03

Chris Rowe (b)	4:41.8
Shelly Ast (f)	4:51.38
Lynn Mishuk (b)	4:57.6

Mile (4:44.00, 4:50.00) 4:41.12

Chris Rowe (a)	4:59.82
Julia McGough (e)	5:03.54
Ricki Van Amber (e)	5:19.54

3000 meters (9:24.00, 9:38.00) 9:32.0

Chris Rowe (e)	9:39.14
Julia McGough (f)	10:10.5
Kara Parker (f)	10:19.7

5000 meters (16:18.00, 16:48.00) 16:39.65

Kara Parker (e)	17:39.14
Laura Duffy (b)	17:55.53
Lori Nesvold (b)	18:06.39

55-meter hurdles (:07.74, :07.96) :08.01

Sarah Redman (g)	:08.37
Kari Mower (f)	:08.71
Tracee Wolf (f)	:08.79

High Jump (1.83m, 1.78m) 1.77m/5- 9 3/4

Tracee Wolf (f)	1.69m/5- 6 1/2
Lisa Larson (a)	1.54m/5- 0 1/2
Kari Mower (f)	1.49m/4-10 1/2

Long Jump (6.31m, 6.10m) 5.70m/18- 8 1/2

Val Owen (b)	5.54m/18- 2 1/4
Lisa Larson (c)*	5.20m/17- 0 1/2
Tracee Wolf (e)	5.19m/17- 0 1/4

Triple Jump (12.82m, 12.40m) 12.26m/40- 2 3/4

Val Owen (f)	11.24m/36-10 1/2
Tracee Wolf (f)	10.75m/35 3 1/4
Stacy Klos (b)	10.63m/34-10 1/2

Shot Put (15.20m, 14.50m) 16.10m/52-10

Rachel Lewis (f)	16.10m/52-10
Steph Scholtes (g)	13.70m/44-11 1/2
Decia Agnew (a)	13.65m/44- 9 1/2

Pentathlon 3,675

Tracee Wolf (g)	3,170
Kari Mower (c)	3,067
Lisa Larson (c)	2,889

4x400-meter relay (3:39.25, 3:47.00) 3:49.98

Wall, Balint, Redman, Ramsay (f)	3:56.02
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4x800-meter relay (8:45.00, 8:57.00) 9:08.10

- (a) INTRASQUAD/ALUMNAE (1/12)
- (b) NORTHWEST OPEN (1/19)
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- (e) Nebraska Invitational, Lincoln, NE (2/9)
- (f) MINNESOTA OPEN (2/16)
- (g) Big Ten Championship, Iowa City, IA (2/22-23)
- (h) NCAA Championship, Indianapolis, IN (3/8-9)

*Mark achieved during pentathlon competition
 HOME MEETS at University Fieldhouse
 (NCAA Automatic, NCAA Provisional Marks)
 followed by school indoor records in bold



Hometown News

(Special to the Sioux City Journal)

March 12, 1991

LEWIS WINS BIG TEN SHOT TITLE, FINISHES SIXTH AT NCAA MEET

University of Minnesota senior **Rachel Lewis** is beginning to make a habit of winning Big Ten championships. After winning the Big Ten indoor shot put Feb. 23 in Iowa City, Lewis now has six Big Ten championships to her name.

The senior from Sioux City North High School is not particular in what kind or type of Big Ten titles she wins. Lewis has won three discus titles and three shot put titles. Of her six titles, four have come outdoors and two have come indoors.

Lewis' big marks of the indoor season came in the two meets preceding the Big Ten meet. At the Frank Sevigne Husker Invitational Feb. 9, Lewis broke her Minnesota varsity record with a throw of 52-1 1/2, breaking the mark of 51-5 that she had set at last year's Husker Invitational. The following week at the Minnesota Open, Lewis bettered her mark again by throwing 52-10. That mark not only reset the varsity record but also established a new Minnesota Fieldhouse record.

With her new varsity record, Lewis traveled to Iowa City to defend her indoor shot put title. She had no problems in defending that title, throwing 51-7 1/2 to win the competition by over a foot. From there, it was off to the NCAA indoor meet in Indianapolis, where Lewis would try to improve on her second-place finish from 1990. Lewis' mark of 51-0 was the same distance she threw in 1990 to gain second place, but in 1991 it was only good for sixth place. However, the mark was good enough for Lewis' fifth all-American honor of her career.

Lewis will now embark on her final outdoor season with several records already in place. She is already qualified for the 1991 NCAA outdoor meet in Eugene with her mark of 52-10. She is the defending Big Ten champ in the shot put and owns the Minnesota varsity outdoor record in the shot put with a throw of 52-9 1/4. Lewis is also the three-time Big Ten champion in the discus and is Minnesota's No. 2 all-time performer in the event with a throw of 177-0 1/2.

Lewis was a two-time Iowa high school state champion in the discus at Sioux City North while being named a high school honorable mention all-American. She is a kinesiology major at Minnesota and the daughter of Al and Judy Lewis of Sioux City.

RACHEL LEWIS -- 1991 INDOOR SEASON

Date	Meet	Event	Distance	Place
1/13/91	Intrasquad	Shot Put	49-7 3/4	1st
1/20/91	Northwest Open	Shot Put	49-9 1/4	1st
1/27/91	Minnesota Invitational	Shot Put	49-5 3/4	2nd
2/9/91	Husker Invitational	Shot Put	52-1 1/2	2nd@#
2/16/91	Minnesota Open	Shot Put	52-10	1st@#\$
2/23/91	Big Ten Championship	Shot Put	51-7 1/4	1st
3/9/91	NCAA Championship	Shot Put	51-0	6th

@--NCAA qualifying standard
 #--Minnesota varsity record
 \$--Minnesota Fieldhouse record



UNIVERSITY OF MINNESOTA
Women's Intercollegiate Athletics

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OUTDOOR TRACK & FIELD HOMETOWN #1

April 25, 1991

MINNESOTA PREPARES FOR BIG TEN MEET -- The Minnesota women's track and field team will continue its preparations for the Big Ten meet May 18-19 in Columbus, Ohio by participating in three more invitational meets. The Gophers will make their annual trek to Des Moines, Iowa and the prestigious Drake Relays this weekend. Minnesota will return home to host Drake, Iowa State, Marquette, Oregon and Wisconsin in the Minnesota Invitational May 4. The meet will be Minnesota's first Division I team-scored meet of the season. The Gophers will host a last chance meet May 11 at the Bierman Track and Field Stadium before heading off to the Big Ten meet at Ohio State. The NCAA meet will be held May 29-June 1 at the University of Oregon in Eugene, OR.

LEWIS QUALIFIES TWICE FOR NCAA -- Senior thrower **RACHEL LEWIS** (SIOUX CITY, IA/NORTH) made sure there was no doubt about her return appearance to the NCAA meet by qualifying for her two events in the first two meets of the outdoor season. **Lewis** had already qualified in the shot put with a mark of 52-10 indoors, but she improved on that mark with a school-record 53-2 1/4 at Texas Relays in Austin April 6. The two-time Big Ten indoor and defending Big Ten outdoor shot put champion now owns Minnesota's all-time record in the shot put both indoors and outdoors. **Lewis** also qualified for the discus, throwing 174-6 at the Arizona State Invitational March 23. The three-time Big Ten discus champion owns a career-best of 177-0 1/2 in the event and is still chasing the school record of 181-6 set by Becky Fettig in 1984.

AGNEW THROWS A PROVISIONAL -- Senior thrower **DECIA AGNEW** (BETHEL PARK, PA) has qualified provisionally for the NCAA meet by throwing 160-0 at the Texas Relays April 6 in Austin, Texas. The two-time Big Ten champion has a personal-best of 161-10 in the event, set at last year's Big Ten championship. **Agnew** can guarantee a trip to Eugene with a throw of 173-11 or better. **Agnew** currently ranks second on the all-time Minnesota javelin list, trailing only Loreena Anderson's mark of 174-4 set in 1984.

BROWN IMPRESSIVE IN DEBUT -- The freshman who has made the most impact on the Gopher program this spring is high jumper **CORALEA BROWN** (ANDROSSAN, ALBERTA). **Brown** became the second high jumper in Minnesota history to jump 5-8 outdoors at the Texas Relays April 6. Minnesota's outdoor record was set by senior **TRACEE WOLF** (COLD SPRING, MN/ROCORI) when she was a freshman in 1988. **Brown**, who has a career best of 6-2 in the event, will be going after the NCAA qualifying marks of 5-10 (provisional) and 6-1 1/2 (automatic) in the weeks to come.

ROWE REMAINS TOPS AT A DISTANCE -- Junior **CHRIS ROWE** (SIOUX FALLS, SD/O'GORMAN) was Minnesota's top cross country runner in the fall and the top Gopher at 1500 and 3000 meters in the winter indoor season. Rowe has continued her success in the spring outdoor season as Minnesota's top performer at 1500, 3000 and 5000 meters. **Rowe** ran a career-best 1500-meter time of 4:27.63 at the Texas Relays April 6, placing her fourth on Minnesota's all-time outdoor list. That time is 4.63 seconds slower than the NCAA provisional qualifying time for 1500 meters. She also has Minnesota season bests of 9:51.7 in the 3000 meters and 17:14.49 in the 5000 meters. **Rowe** will be part of two relays at Drake this weekend and will be tested by top distance runners from Oregon, Iowa State and Wisconsin at the Minnesota Invitational May 4.

REDMAN CLIMBS HURDLE CHARTS -- Sophomore **SARAH REDMAN** (WAVERLY, IA/OCONOMOWAC) is quickly becoming a threat for Minnesota in the 100-meter hurdles and is slowly moving up Minnesota's all-time list. **Redman** has steadily improved her time every week, including last week's meet at the Hamline Invitational. **Redman** won the event in a career-best 14.76, Minnesota's fastest time in the event in nearly four years. She became Minnesota's fifth-best performer in the 100-meter hurdles with that mark. **Redman** is now just .42 seconds shy of the school record, set by Steph Stoltman in 1985.

OWEN DOUBLES IN THE JUMPS -- Sophomore **VAL OWEN** (McCOOK, NE) has been Minnesota's most consistent performer in the horizontal jumps during the outdoor season. At last weekend's Mt. Sac Relays, **Owen** increased her Minnesota outdoor personal-best to 17-11 3/4. Minnesota has only had four 18-foot jumpers outdoors, and none since 1986. **Owen** also became the fifth Gopher in history to jump 37 feet in the triple jump, leaping 37-0 at the Snowball Open April 6 in St. Paul. With those two marks, **Owen** is the only athlete on Minnesota's top five all-time list in both the long jump and the triple jump outdoors.

SCHULTZ SHINES IN THE CIRCLE -- Sophomore **JOYCE SCHULTZ** (WELLS, MN/WELLS-EASTON) has been Minnesota's second-best performer this season in both the shot put (42-1 1/2) and the discus (150-2). The discus mark makes **Schultz** Minnesota's seventh-best performer all-time in the event and she is just seven feet, four inches away from the NCAA provisional qualifying standard of 157-6. The May 4 Minnesota Invitational is also a WCCO Hometown Day for **Schultz** and the town of **Wells**.

WELLS MIRROR - May 2, 1991

U of M honors Joyce Schultz, Wells

by Chris Lary,
University of Minnesota

Joyce Schultz entered her freshman year at the University of Minnesota in the fall of 1989 with high expectations for herself athletically.

She had put a successful high school basketball career at Wells-Easton behind her and was even offered a scholarship to Cornell University after her senior year. But Schultz turned down that offer and decided to attempt to make the University of Minnesota women's basketball team as a walk-on.

"Basketball was my first love and I had that belief in myself that I could make the team," said Schultz.

Schultz went through the regular fall workouts with the Gopher basketball team. She pushed herself every day hoping to impress the coaching staff. However, on the last day of tryouts, she was cut from the squad. But this didn't discourage Schultz.

Lynne Anderson, head throwing coach for the Minnesota women's track and field team, met Schultz during the first month of basketball tryouts. At the time Anderson was serving as strength and conditioning coach for all of Minnesota's women athletes.

Schultz had mentioned to Anderson that she had thrown discus and shot put in high school. "When Coach Anderson heard that I was cut from the basketball team,

she gave me a call and asked if I wanted to throw again and gave me an opportunity to try out for the team," said Schultz.

Schultz decided to sit out her freshman campaign as a redshirt. This gave her an excellent chance to work on all the things that she would need to do to be competitive the following year. Anderson gave her a list of guidelines and expectations to follow for off-season workouts.

Weightlifting was a major part of the workout program. Other drills such as jump training and sprint work training aid in the development of explosive quickness which is vital to a thrower. Many hours of hard work were also given to improve the distances of Schultz's throws.

But Schultz doesn't mind the tasks that are put before her. She holds the highest respect for her coach's knowledge of throwing and the efforts needed to make improvements. "Coach Anderson is very creative in her coaching," said Schultz. "She is definitely willing to go to work with me as an individual to improve my techniques. She is probably the best coach that I have ever had."

The hard off-season work is helping Schultz to continually improve the distance of her throws. This season she threw the discus 150'2" in the Texas Relays on April 6. That throw was about

seven feet short of qualifying for the NCAA championships. "My main goal for this year has been to get lots of throwing experience," said Schultz. "I also wanted to be able to compete well in the meets."

Schultz has many goals that she would like to accomplish in the next three years at Minnesota. Obviously, she would like to become a Big Ten champion and an NCAA qualifier in the discus throw. She has great confidence in her abilities and a solid work ethic. "I want to go as far as my potential will take me," she said.

Aside from throwing, the most rewarding experiences for Schultz have been traveling with the team. "Trips have been a thrill for me," said Schultz. "Being on the team has given me the chance to see different places that I have never been to before. It's a lot of fun."

But Schultz will never regret living in Wells. Growing up there was a rewarding experience. "The town is like a big family," she says. "People there are interested in what you are doing and are very caring."

The University of Minnesota will be celebrating a WCCO-Radio "Hometown Day" Honoring Joyce Schultz on Saturday, May 4 at the Minnesota Invitational. Starting time for the meet will be 11 a.m. at the Bierman Track and Field Stadium.

7th & 8th grade teams in meets

The Wildcat Boys 7th and 8th grade track teams participated in a four team meet on Thursday, April 25.

The eighth grade team eeked out a win in a close meet. Darin Frank won the 100 meter low

Wildcat Relays Tuesday

The 1991 Wildcat Relays Track and Field Meet will be held Tuesday, May 7 at the Wells-Easton track.

Field events and preliminary running events will begin at 4:30 p.m. The evening session will begin at 6:15 p.m.

Schools participating in the relays are Wells-Easton - Alden-

Conger - Freeborn - South Central, Blue Earth Area Schools, Granada-Huntley-East Chain, Janesville/Waldorf-Pemberton, Maple River, Waseca and Waterville-Elysian-Morristown.

The Wildcat Relays are sponsored by the Wells Lions Club.

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Hometown News

OUTDOOR TRACK & FIELD HOMETOWN #2

May 31, 1991

MINNESOTA FINISHES SEVENTH AT BIG TEN MEET -- The Minnesota women's track and field team finished seventh at the 1991 Big Ten Track and Field Championship May 18-19 at Ohio State. The Gophers finished with 43 points, seven points short of fifth-place Michigan State and Minnesota's first top-five finish in school history. Minnesota had nine athletes score in nine events, with 27 of the 43 points coming in the three throwing events (shot put, discus, javelin).

1991 BIG TEN TRACK AND FIELD CHAMPIONSHIP -- Columbus, Ohio

Team Results

1. Wisconsin	127
2. Illinois	96
3. Indiana	89
4. Ohio State	85.5
5. Michigan State	50
6. Purdue	44
7. MINNESOTA	43
8. Iowa	31.5
9. Michigan	23

Individual Results

Athlete of the Championship

Lisa Payne, Wisconsin

Athlete of the Year

Lisa Payne, Wisconsin

Freshman of the Year

Susan Francis, Michigan State

Coach of the Year

Peter Tegen, Wisconsin

MINNESOTA'S BIG TEN SCORERS --

Athlete	Hometown/High School	Event	Mark	Place	Points
Decia Agnew	Bethel Park, PA/Bethel Park	Javelin	160-11	1st	10
Rachel Lewis	Sioux City, IA/North	Discus	165-5	2nd	8
Rachel Lewis	Sioux City, IA/North	Shot Put	47-2 1/4	3rd	6
Monika Balint	Budapest, HUNGARY	800 meters	2:10.70	4th	4
Chris Rowe	Sioux Falls, SD/O'Gorman	1500 meters	4:26.12	4th	4
Chris Rowe	Sioux Falls, SD/O'Gorman	3000 meters	9:49.52	4th	4
Val Owen	McCook, NE/McCook	Long Jump	19-4 3/4	5th	2
Sharon Geisler	Union City, PA/Union City	Javelin	134-8	5th	2
Chris Abbott	Winona, MN/Winona	5000 meters	17:17.45	6th	1
Sarah Redman	Waverly, IA/Oconomowac	100m hurdles	:14.82	6th	1
Joyce Schultz	Wells, MN/Wells-Easton	Discus	145-1	6th	1

Team Score

43

LEWIS COMPETES IN NCAA SHOT PUT, DISCUS -- Senior thrower **RACHEL LEWIS** (SIOUX CITY, IA/NORTH) will be throwing in two events this week at the NCAA track meet in Oregon. She was an automatic qualifier in both the shot put (53-2 1/4) and the discus (174-6) earlier this season. Lewis will try to add to her five all-American honors, including one from this year's indoor season in the shot put. Lewis scored more points (14) than any other Gopher at the Big Ten meet, but was unable to defend either of her two titles. Lewis finished second in the discus (165-5), failing to win the Big Ten title for the first time in four years. She also finished third in the shot put with a throw of 47-2 1/4. Lewis was named the most valuable player in track and field, the Minnesota Senior Athlete of the Year and the Big Ten Medal of Honor winner at the Patty Berg Awards Banquet May 28 in Minneapolis.

AGNEW WINS THIRD BIG TEN TITLE -- Senior thrower **DECIA AGNEW** (BETHEL PARK, PA) won her third Big Ten javelin title in Columbus. **Agnew** has consistently been over the 160 foot mark this season, and threw a mark of 160-11 to win the 1991 Big Ten title. **Agnew** improved her provisional qualifying mark in the javelin to 166-2 at the Minnesota Twilight meet May 22, her personal best. That mark was good enough to send **Agnew** to the NCAA meet in Eugene, Ore. this week.

BALINT COMES CLOSE -- Sophomore **MONIKA BALINT** (BUDAPEST, HUNGARY) came close to qualifying in two events for the NCAA meet. At the Mt. Sac Relays April 20, **Balint** ran a time of 2:08.59 for 800 meters, .59 from the NCAA provisional qualifying mark and .88 from the school record. In the May 22 Minnesota Twilight meet, **Balint** ran 4:23.97 for 1500 meters, missing the NCAA qualifying standard by .97 seconds. **Balint** now ranks second on the all-time Minnesota list at 800 meters and third at 1500 meters.

ROWE SCORES TWICE IN COLUMBUS -- Junior **CHRIS ROWE** (SIOUX FALLS, SD/O'GORMAN) joined Rachel Lewis as the only Gophers to score in more than one event at the Big Ten meet. **Rowe** finished fourth in both the 1500 meters and the 3000 meters, scoring eight points for Minnesota. **Rowe's** time of 4:26.12 in the 1500 meters was a personal best and ranks fourth on the all-time Minnesota list. She also set a personal best with her time of 9:49.52 at 3000 meters, Minnesota's top time for the season.

OWEN MOVES UP THE LIST -- Sophomore **VAL OWEN** (McCOOK, NE) slowly increased her personal best in the long jump during the outdoor season. **Owen** capped her season of improvement off by jumping a personal-best 19-4 3/4 at the Big Ten meet, good for fifth place. **Owen** now ranks second on the Minnesota all-time list, less than a foot away from the record of 20-2 1/2. **Owen** also ranks second on Minnesota's all-time triple jump list, jumping 37-0 at the April 6 Snowball Open.

REDMAN BARELY MISSES HURDLE MARK -- Sophomore **SARAH REDMAN** (WAVERLY, IA/OCONOMOWAC) was another Minnesota performer that steadily improved her personal best during the season. **Redman's** top performance came in the Minnesota Last Chance meet May 11, where she ran 14.36 in the 100 meter hurdles. That time was her best-ever in the event and just .02 away from the school record. **Redman** also scored her first-ever point in Big Ten competition with a sixth-place finish in the 100-meter hurdles at the Big Ten outdoor meet.

SCHULTZ HITS THE MARK -- Sophomore **JOYCE SCHULTZ** (WELLS, MN/WELLS-EASTON) became Minnesota's second provisional qualifier May 11 at the Minnesota Last Chance meet with a throw of 157-10 in the discus. The throw was a personal best for **Schultz** and places her fifth on the Minnesota all-time list. Unfortunately, the mark was not good enough for **Schultz** to make the trip to the NCAA meet with Rachel Lewis and Decia Agnew. However, **Schultz** did garner a sixth-place finish at the Big Ten meet with her throw of 145-1.

1991 University of Minnesota Women's Outdoor Track and Field Bests

100 meters (:11.43, :11.75) :11.79

Gily Dishon (k) :12.33

Val Owen (j) :12.82

Angie Mauldin (c) :12.7

200 meters (:23.28, :23.80) :23.44

Gily Dishon (j) :26.12

Angie Mauldin (c) :26.1

Shelly Wall (k) :26.34

400 meters (:52.80, :54.50) :54.4

Sascha Ramsay (j) :59.30

800 meters (2:05.50, 2:08.00) 2:07.71

Monika Balint (g) 2:08.59

Shelly Wall (l) 2:13.26

Chris Rowe (k) 2:14.67

1500 meters (4:18.00, 4:23.00) 4:15.59

Monika Balint (m) 4:23.97

Chris Rowe (l) 4:26.12

Jenny Alby (l) 4:32.36

3000 meters (9:19.00, 9:35.00) 9:07.46

Chris Rowe (l) 9:49.52

Chris Abbott (c) 10:00.9

Julia McGough (j) 10:04.32

5000 meters (16:16.00, 16:45.00) 16:10.50

Chris Abbott (j) 17:10.16

Chris Rowe (a) 17:14.49

Lori Nesvold (j) 18:24.12

10,000 meters (34:20.00, 35:15.00) 33:31.96

Lori Nesvold (e) 37:58.16

Sara Zimmermann (e) 38:54.94

100-meter hurdles (:13.35, :13.72) :14.34

Sarah Redman (k) :14.36

Kari Mower (k) :14.93

Tracee Wolf (c) :15.4

400-meter hurdles (:57.60, :59.80) :57.99

Sue Peterson (k) 1:05.27

Sarah Redman (e) 1:05.4

Kari Mower (j) 1:05.65

4x100 meter relay (:44.75, :45.90) :46.72

Owen, Redman, Mauldin, Ramsay (l) :47.83

4x400 meter relay (3:35.48, 3:39.80) 3:46.29

Mower, Peterson, Redman, Ramsay (h) 3:57.54

High Jump (1.87m, 1.78m) 1.78m/5-10

Coralea Brown (b) 1.73m/5- 8

Tracee Wolf (l) 1.63m/5- 4 1/4

Sue Peterson (h) 1.62m/5- 4

Long Jump (6.45m, 6.20m) 6.16m/20- 2 1/2

Val Owen (l) 5.91m/19- 4 3/4

Tracee Wolf (j) 5.22m/17- 1 1/2

Stacy Klos (a) 5.14m/16-10 1/4

Triple Jump (13.00m, 12.45m) 12.38m/40- 7 3/4

Val Owen (c) 11.28m/37- 0

Stacy Klos (c) 10.77m/35- 4

Tracee Wolf (j) 10.67m/35- 0 1/4

Shot Put (15.50m, 14.70m) 16.21m/53- 2 1/4

Rachel Lewis (b) 16.21m/53- 2 1/4

Steph Scholtes (d) 13.23m/43- 5

Joyce Schultz (d) 12.84m/42- 1 1/2

Discus (52.50m, 48.00m) 55.32m/181- 6

Rachel Lewis (a) 53.18m/174- 6

Joyce Schultz (k) 48.10m/157-10

Javelin (53.00m, 46.00m) 53.14m/174- 4

Decia Agnew (m) 50.66m/166- 2

Sharon Geisler (l) 41.04m/134- 8

Lisa Larson (d) 35.64m/116-11

Heptathlon (5,500, 5,100) 4,990

(a) Arizona State Multi-Events Invitational, Tempe, AZ (3/21-23)

(b) Texas Relays, Austin, TX (4/6)

(c) Snowball Open, St. Paul, MN (4/6)

(d) MINNESOTA OPEN (4/10)

(e) Jim Duncan Invitational, Des Moines, IA (4/13)

(f) Hamline Invitational, St. Paul, MN (4/20)

(g) Mt. SAC Relays, Walnut, CA (4/20)

(h) Drake Relays, Des Moines, IA (4/26-27)

(i) St. Thomas Open, St. Paul, MN (5/1)

(j) MINNESOTA INVITATIONAL (5/4)

(k) MINNESOTA OPEN-LAST CHANCE (5/11)

(l) Big Ten Championship, Columbus, OH (5/18-19)

(m) MINNESOTA TWILIGHT (5/22)

(n) NCAA Championship, Eugene, OR (5/29-6/1)

HOME MEETS at Bierman Track and Field Stadium
(NCAA Automatic, NCAA Provisional Marks)
followed by school indoor records in bold



Hometown News

(Special to the Pittsburgh Post-Gazette)

June 4, 1991

AGNEW WINS THIRD BIG TEN TITLE, FINISHES FOURTH AT NCAA MEET

University of Minnesota senior **Decia Agnew** finished her collegiate career in style with a fourth-place finish at last week's NCAA track and field meet in Eugene, Ore.

Agnew's mark of 168-9 was a personal best and earned her an all-American award, the first of her career. Agnew scored five points with her finish, helping Minnesota to an 18th-place finish in the team standings.

Earlier in the season, Agnew won her third Big Ten javelin title at the Big Ten outdoor meet in Columbus, OH. Agnew heaved the spear 160-11 to win the competition by over 10 feet. Agnew's throw of 168-9 at the NCAA meet was the top throw in the Big Ten this season. She now ranks second on the all-time Minnesota list in the javelin.

Agnew's fourth-place finish at the NCAA meet was her lowest finish in any meet this season. Agnew had four first-place finishes this season, including her win at the Big Ten championship. She surpassed her 1990 personal best of 161-10 three times this season and was over the 160-foot mark in six of 10 meets, including her last four competitions.

Agnew lettered in basketball, soccer, tennis and track at Bethel Park High School and was the Pennsylvania state runner-up in the javelin during her senior year. Agnew is a physiology major at Minnesota and is the daughter of William and Dorothy Agnew of Bethel Park.

DECIA AGNEW -- 1991 OUTDOOR SEASON

Date	Meet	Event	Distance	Place
3/23/91	Arizona State Invitational	Javelin	159-5	2nd@
4/6/91	Texas Relays	Javelin	160-0	3rd@
4/10/91	Minnesota Open	Javelin	148-1	1st
4/26/91	Drake Relays	Javelin	155-7	2nd
5/4/91	Minnesota Invitational	Javelin	165-6	3rd@
5/11/91	Minnesota Last Chance	Javelin	151-4	1st
5/18/91	Big Ten championship	Javelin	160-11	1st@
5/22/91	Minnesota Twilight	Javelin	166-2	1st@
5/30/91	NCAA championship	Javelin (Trials)	161-6	Qualifies
6/1/91		Javelin (Finals)	168-9	4th

@--NCAA provisional qualifying standard



Hometown News

(Special to the Sioux City Journal)

June 4, 1991

LEWIS FINISHES THIRD IN NCAA DISCUS, WINS SIXTH ALL-AMERICAN AWARD

University of Minnesota senior **Rachel Lewis** finished her illustrious Minnesota career last week at the NCAA track and field meet in Eugene, Ore. by placing third in the discus and winning her sixth all-American award at Minnesota.

Lewis threw a career-best 177-3 in the finals, finishing behind Anna Mosdall (183-10) of Brigham Young and Tracie Millett (179-0) of UCLA. It was Lewis' second-highest finish in a national meet and her best-ever finish in an NCAA outdoor meet. Lewis was second to Millett in the 1990 NCAA indoor shot put final. Lewis scored six of 11 points for Minnesota, which finished tied for 18th in the team standings. Lewis also finished 10th in the shot put at this year's NCAA outdoor meet, throwing 48-0.

Lewis was a big winner at the Patty Berg Banquet May 28 in Minneapolis. The Berg banquet recognizes the top Gopher women athletes of the year, and Lewis was a winner in most of the major categories. She was named the Senior Athlete of the Year and Minnesota's Big Ten Medal of Honor winner. Lewis was also named the most valuable player on the track and field squad for the third year in a row.

Lewis leaves Minnesota with an impressive array of records and performances. In addition to her six all-American awards, Lewis was a six-time Big Ten champion. During the 1991 season, She increased her records in the shot put, both indoors (52-10) and outdoors (53-2 1/4). She also increased her best in the discus (177-3) and ranks second on the all-time Minnesota list. Lewis also holds the Minnesota Fieldhouse record in the shot put (52-10).

Lewis was a two-time Iowa high school state champion in the discus at Sioux City North while being named a high school honorable mention all-American. She is a kinesiology major at Minnesota and the daughter of Al and Judy Lewis of Sioux City.

RACHEL LEWIS -- 1991 OUTDOOR SEASON

Date	Meet	Event	Distance	Place
3/23/91	Arizona State Invitational (Tempe, AZ)	Shot Put	51-6 1/4	1st@
		Discus	174-6	1st@
4/6/91	Texas Relays (Austin, TX)	Shot Put	53-2 1/4	2nd@#
		Discus	169-8	1st
4/10/91	Minnesota Open (Minneapolis, MN)	Shot Put	50-2	1st
		Discus	168-0	2nd
4/20/91	Mt. Sac Relays (Walnut, CA)	Discus	173-8	1st@
4/27/91	Drake Relays (Des Moines, IA)	Shot Put	50-2	1st
		Discus	171-0	2nd
5/4/91	Minnesota Invitational (Minneapolis, MN)	Shot Put	49-3 1/2	1st
		Discus	172-7	2nd@
5/18/91	Big Ten championship	Shot Put	47-2 1/4	3rd
5/19/91	(Columbus, OH)	Discus	165-5	2nd
5/22/91	Minnesota Twilight (Minneapolis, MN)	Shot Put	51-7 3/4	1st@
		Discus	169-7	3rd
5/28/91	NCAA championship	Discus (Trials)	165-7	Qualifies
5/29/91	(Eugene, OR)	Shot Put (Trials)	50-2	Qualifies
5/30/91		Discus (Finals)	177-3	3rd
6/1/91		Shot Put (Finals)	48-0	10th

@--NCAA automatic qualifying standard
 #--Minnesota varsity record