



UNIVERSITY OF MINNESOTA

Women's Intercollegiate Athletics

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TRACK HOMETOWN #1

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MINNESOTA FINISHES 10TH AT BIG TEN MEET—The University of Minnesota women's track and field team finished in 10th place at the 1993 Big Ten Indoor Track and Field Championships March 5-6 in Bloomington, Ind. Minnesota scored four points on each of the two days of the meet for a total of eight points.

Minnesota had four athletes and one relay that scored in the meet. Senior **VAL OWEN** (McCOOK, NE) finished fifth in the long jump with a leap of 19-1. The 4x880-yard relay team of senior **ALISON TITCOMB** (CRYSTAL, MN/ARMSTRONG), sophomore **ANDREA GROVE** (WINNIPEG, MANITOBA, CANADA), freshman **BRIDGET NEUTGENS** (OLIVIA, MN), and sophomore **HEATHER AMUNDSON** (NORTHWOOD, IA/NORTHWOOD-KENSETT) finished fifth with a time of 9:14.85, Minnesota's fastest time at that distance since 1985. Freshman **JOAN KARNES** (LONG PRAIRIE, MN) had her best meet of the year, placing fifth in the shot put with a throw of 45-2 1/2, followed by senior **JOYCE SCHULTZ** (WELLS, MN/WELLS-EASTON) in sixth with a put of 44-1 1/4. Freshman **LORI HARDRICK** (MILWAUKEE, WI/WISCONSIN LUTHERAN) was sixth in the triple jump with a mark of 36-3 1/2.

OWEN SETS SECOND SCHOOL RECORD AT MINNESOTA OPEN—Minnesota senior **Val Owen** set her second school record of the indoor season Feb. 22 at the Minnesota Open. Owen ran her 55-meter trial race in 7.18, breaking the existing mark of 7.20 set by Sam Caffey in 1990. Owen was Minnesota's lone double-winner in the meet, winning the 55-meter final in 7.19 and the long jump with a mark of 19-5 1/2.

Other winners for Minnesota at the Minnesota Open included junior **SASCHA RAMSAY** (MIAMI, FL/KILLIAN) in the 200 meters, junior **ANGIE MAULDIN** (COLUMBUS, WI) in the 400 meters, freshman **JENNIFER IMSANDE** (BRAINERD, MN) in the 600 meters, senior **SARAH REDMAN** (WAVERLY, IA/OCONOMOWAC) in the 55-meter hurdles, **Alison Titcomb** in the 800 meters and **Coralea Brown** in the high jump.

GOPHER MARKS IMPROVE AT IOWA STATE INVITE—Several Gophers improved personal bests and moved up on Minnesota's all-time indoor lists at the Iowa State Invitational Feb. 15 in Ames, Iowa. Junior **Sascha Ramsay** lowered her time in the 400 meters to 57.33 and became the third-fastest performer on the Gopher list. Ramsay is .46 seconds away from the school record. Sophomore **ANDREA GROVE** (WINNIPEG, MANITOBA, CANADA) finished third in the 1000 meters in 2:56.78, placing her sixth on the all-time Minnesota list. Sophomore **ANGIE ABBOTT** (WINONA, MN) and freshman **LORI TOWNSEND** (CLARKSBORO, NJ/KINGSWAY) both ran under the 10-minute barrier in the 3000 meters for the first time indoors. Abbott finished with a time of 9:56.82 and is seventh on Minnesota's all-time list, while Townsend finished in a time of 9:57.32 and is eighth on that same list. **Lori Hardrick** had Minnesota's best performance in the field Saturday, jumping 37-8 in the triple jump. Hardrick becomes the third Gopher in history to jump 37 feet indoors, joining former Gopher Leslie Revier and current Gopher **CINDY BETHANY** (ROSEVILLE, MN/MOUNDS VIEW).

MINNESOTA WINS NIKE INVITATIONAL—The Minnesota women's track and field team won the five-team Nike Invitational on Jan. 30 at the University Fieldhouse. The Gophers scored 192 5/6 points, followed by North Dakota State (154 1/2), Team Europe (84 1/3), Wisconsin-Eau Claire (28 1/3) and Mankato State (9).

Minnesota won six individual events en route to the team title. **Sascha Ramsay** won the 400 meters in 57.81, which is Minnesota's fastest 400 since 1990 and places Ramsay fifth on the Minnesota all-time list. **Coralea Brown** won the 600 meters in 1:42.65, while **Andrea Grove** won the 800 meters in 2:17.95.

In the distance races, **Angie Abbott** and junior **JESSICA LANGFORD** (WINNEBAGO, IL) set Minnesota season bests while winning their events. Abbott won the 3000 meters in 10:05.15, while Langford won the 5000 meters in 18:04.27.

Sarah Redman made her season debut in the 55-meter hurdles and won with a time of 8.39. Gopher senior **Val Owen** won her second consecutive long jump competition with a leap of 19-3 1/4. Owen also placed second in the 200 meters with a time of 25.08, which is the second-fastest time in Minnesota school history and just .03 off the school record. Owen currently is .02 away from the school record in the 55-meter dash. Freshman **DANIELLE PARKOS** (GRAND FORKS, ND/CENTRAL) finished second in the shot put and set a Minnesota freshman record with a throw of 47-1.

OWEN SETS LONG JUMP RECORD AT NORTHWEST OPEN—**Val Owen** reset her school record in the long jump Jan. 16 by winning the Northwest Open event with a leap of 19-8 3/4. That surpassed her record of 19-3 1/4 set at last year's Northwest Open. Owen remains the only Gopher in history to jump 19 feet both indoors and outdoors. She also took second in the 55 meters in a personal-best time of 7.22.

Minnesota had two other event winners at the Northwest Open. **Danielle Parkos** won the shot put with a throw of 45-8, while **Lori Hardrick** won the triple jump with a leap of 35-8. Junior **SUSIE PETERSON** (ASHLAND, WI/ONDOSSAGON) finished second in the high jump with a career-best leap of 5-5 1/4 and moved into seventh place on the high jump ledger.

OUTDOOR SEASON OPENS MARCH 26—Minnesota will start its 1993 outdoor season at the Rice Invitational March 26-27 in Houston, Tex.

Final 1993 University of Minnesota Women's Indoor Track and Field Bests

55 meters (:06.86, :06.96)	:07.18
Val Owen (d)	:07.18
Maya Andruskiewicz (d)	:07.48
Angie Mauldin (c)	:07.60

200 meters (:23.88, :24.50)	:25.05
Val Owen (b)	:25.08
Sascha Ramsay (d)	:25.42
Sarah Redman (d)	:26.36
Angie Mauldin (b)	:26.42

400 meters (:53.50, :55.10)	:56.87
Sascha Ramsay (e)	:57.14
Angie Mauldin (d)	:59.30
Coralea Brown (c)	1:00.16
Julie Paynter (a)	1:00.21

600 meters	1:30.41
Jennifer Imsande (d)	1:41.48
Coralea Brown (b)	1:42.65
Liz Sesser (b)	1:43.37

800 meters (2:07.10, 2:10.10)	2:08.56
Alison Titcomb (d)	2:14.49
Andrea Grove (b)	2:17.95
Madjet Neutgens (d)	2:19.02
Susie Peterson (b)	2:22.04

1000 meters	2:47.31
Andrea Grove (c)	2:56.78

Mile (4:43.00, 4:50.50)	4:41.12
Alison Titcomb (c)	5:02.57
Heather Amundson (c)	5:15.22
Meredith Schreader (b)	5:19.23
Kristen Bubolz (a)	5:19.77

3000 meters (9:23.00, 9:38.00)	9:32.0
Lori Townsend (e)	9:54.5
Angie Abbott (c)	9:56.82
Jessica Langford (d)	10:27.41
Julia McGough (d)	10:29.98

5000 meters (16:18.00, 16:48.00)	16:37.10
Jessica Langford (c)	17:56.82
Kristen Goelzer (b)	18:06.25
Julia McCune (c)	18:18.10
Jill Kohler (d)	18:38.7

55-meter hurdles (:07.68, :07.93)	:08.01
Sarah Redman (e)	:08.21
Jessica McNair (d)	:08.87
Susie Peterson (d)	:09.09
Stacy Klos (d)	:09.71

High Jump (1.87m, 1.79m)	1.77m/5-9 3/4
Coralea Brown (d)	1.68m/5-6
Kathianne Sellers (b)	1.67m/5- 5 3/4
Susie Peterson (a)	1.66m/5- 5 1/4
Stacy Klos (b*/d)	1.52m/4-11 3/4

Long Jump (6.38m, 6.10m)	6.01m/19-8 3/4
Val Owen (a)	6.01m/19-8 3/4
Cindy Bethany (d)	5.23m/17-2
Anna Marie Larson (a)	5.12m/16-9 3/4
Sue Peterson (d)	5.01m/16-5 1/4

Triple Jump (12.95m, 12.40m)	12.26m/40-2 3/4
Lori Hardrick (d)	11.52m/37- 9 1/2
Cindy Bethany (b)	11.23m/36-10 1/4
Nicky Johnson (d)	10.80m/35- 5 1/4

Shot Put (15.80m, 14.65m)	16.10m/52-10
Danielle Parkos (b)	14.35m/47-1
Joyce Schultz (b)	13.91m/45-7 3/4
Joan Karnes (e)	13.78m/45-2 1/2
Kristi Wavra (b)	13.54m/44-5 1/4

Pentathlon	3,675
Stacy Klos (b)	2,964
Sue Peterson (c)	2,536

4x400-meter relay (3:39.25, 3:45.00)	3:49.98
Larson, Mauldin, Brown, Sesser (d)	3:56.69

4x800-meter relay (8:44.00, 8:55.00)	9:08.10
Titcomb, Grove, Neutgens, Amundson (d)	9:14.85
(4x880-yard time)	

- (a) NORTHWEST OPEN (1/16)
- (b) MINNESOTA INVITATIONAL (1/30)
- (c) Iowa State Invitational, Ames, IA (2/13)
- (d) MINNESOTA OPEN (2/27)
- (e) Big Ten Indoor Meet, Bloomington, IN (3/5-6)

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