



(for immediate release)

June 7, 1995

HOMETOWN RELEASE #3

TRACK AND FIELD FINISHES 23RD IN NATION AT NCAA'S--

GOPHER REWIND--

THE NCAA CHAMPIONSHIPS: BERLIN AND TOWNSEND ALL-AMERICANS--
Gopher senior **HEATHER BERLIN** (LIBERAL, KS) placed second in the javelin at the 1995 NCAA Championships in Knoxville, Tenn., while **LORI TOWNSEND** (CLARKSBORO, NJ/KINGSWAY) was sixth in the 5,000 meters and junior **DANI PARKOS** (GRAND FORKS, ND/CENTRAL) was 12th in the discus.

Berlin finished with a toss of 183-2 placing behind Vallerie Tulloch of Rice, who won her third NCAA javelin title. Berlin's toss was a new Minnesota record and the longest in her collegiate career by over six feet. The second-place finish for Berlin tied her for the highest placing by a Minnesota athlete in the NCAA Track and Field Championships with Rachel Lewis, who was second in the indoor shot put and outdoor discus in 1990.

The senior was named an all-American for the third time in her career, twice at Minnesota and once at the University of Kansas. She becomes only the second athlete in Minnesota history (with Lewis) to earn outdoor all-American honors more than once in her career.

Townsend also earned all-American honors for her sixth-place finish in the 5,000 meters. It was the third time in her career she earned all-American honors, but the first time she was honored in an outdoor event. Townsend finished the race in 16:34.67, her second fastest time this season. She had set the Minnesota varsity record earlier this season in the event when she ran a 16:17.67 at the Penn Relays in April.

Parkos, who was the last athlete in any event invited to participate in the Championships, beat eight people seeded ahead of her to place 12th in the discus. The 1995 Big Ten discus champion had a toss of 164-10 at the NCAA meet.

As a team, Minnesota finished with 13 points, good for 23rd place in the team competition.

GOPHERS FINISH THIRD AT BIG TEN'S--The Gopher track and field team placed third with 85.5 points at the 1995 Big Ten Track and Field Championships, their best finish ever at a Big Ten championship. Illinois won the Big Ten title with 163 points, followed by Wisconsin, Minnesota, Purdue and Michigan.

Individually, Minnesota had two champions. Berlin won the javelin with a toss of 168-4 (51.30) defeating the second place finisher by almost 20 feet. It was the second Big Ten title for Berlin in the javelin. Parkos was also a winner in the discus with a personal best toss of 166-4, defeating Sami Jo Williamson of Purdue by over eight feet. It was the first Big Ten championship for Parkos. She also placed third in the shot with a toss of 46-9 1/2.

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Other outstanding performances for the Gophers included the 4x100 relay team of LORI HARDRICK (MILWAUKEE, WI/WISCONSIN LUTHERAN), KIM MARTIN (PITTSBURGH, PA/SCHOENLEY), KIM HOFNER (BURLINGTON, IA) and KATHIANNE SELLERS (LANCASTER, PA/MANHEIM TOWNSHIP), who set a Minnesota varsity record in placing third. The team finished the race in 46.21, breaking the old record of 46.72 set in 1990. Also, CINDY BETHANY (ROSEVILLE, MN/MOUNDS VIEW) was third in the triple jump with a career best leap of 40-4 1/4. Bethany's jump is the second longest jump in Gopher history.

Martin placed fifth in the 100 meters and sixth in the 200 meters, while Townsend was second in the 5,000 meters and third in the 3,000 meters. Frosh ANDREA LENTZ (WILLMAR, MN) was 11th in the 1,500 meters, JENNIFER IMSANDE (BRAINERD, MN) was fifth in the 400 hurdles, JANEL MCKOWEN (PRIOR LAKE, MN) was seventh in the 400 hurdles, JOAN KARNES (LONG PRAIRIE, MN) was eighth in the shot put, SUSIE PETERSON (ASHLAND, WI/ONDOSSAAGON) was fourth in the heptathlon with a career best score of 4,556 points and GLENDA WHIPPLE (ETNA, CA/UNION) was eighth in the heptathlon.

MINNESOTA OPEN-- Minnesota concluded its regular season by hosting the Minnesota Open. The Gophers received an outstanding performance from Parkos with a throw of 164-7.

Bethany won two events as she jumped her way to victory in the long and triple jump. Other event winners for the Gophers included MEGAN NOLAN (MANKATO, MN/LOYOLA) in the 400 meters, ANNE MARSHALL (SCHOLFIELD, WI/C EVEREST) in the 1,500 meters, Karnes in the shot put and LISA BEACHY (NORCROSS, GA) in the pole vault. Beachy set a new Minnesota record in the pole vault with a leap of 8-6, breaking her old record of 7-0. This is the first season pole vaulting has been an event for women, but still remains an exhibition event.

NIKE INVITATIONAL-- Martin set a Minnesota record in the 100 meters and won three events for the Gophers at the Nike Invitational at the Bierman Track and Field Stadium. Martin finished the 100 meters in a time of 11.68 seconds, breaking the old record of 11.79 set by Sam Caffey in 1989. Martin also won the 200 meters in a time of 24.46 and was a member of the 4x100 relay team with Hardrick, Hofner, and Sellers,

Parkos continued her domination this spring as she won the shot put with a toss of 46-7 1/2. She also was second in the discus with a toss of 161-0.

Other winners for the Gophers included Berlin, Bethany in the long jump (18-3 3/4) and the triple jump (39-4 1/2), ANGIE ABBOTT (WINONA, MN) in the 3,000 meters (9:59.31) and Sellers in the high jump (5-7 3/4).

In the team competition, Minnesota was edged out by North Dakota State 166-159, but the Gophers did win in dual meet competition against Northern Iowa to improve their record to 4-1 on the season.

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PENN RELAYS/DRAKE RELAYS--Minnesota split its squad again over the weekend as nine athletes traveled to Pennsylvania for the Penn Relays and 11 others went to Des Moines, Ia., for the Drake Relays.

At the Penn Relays, Townsend ran an NCAA automatic qualifying time of 16:17.67 to set a Minnesota varsity record in the 5,000 meters. Townsend, who placed fourth in the race, bested her previous Minnesota record by over four seconds. Her previous best was 16:21.96 run at last year's Penn Relays.

Berlin continued her winning ways by placing first in the javelin at the Penn Relays with a throw of 179-10 (54.80m).

Other Gopher results from the Penn Relays included Hardrick with a sixth place in the triple jump and Bethany who was seventh. Martin was eighth in the 100 meters with a time of 12.09.

At the Drake Relays, Parkos was fifth in the discus with a throw of 146-09. Other good results included a ninth place-finish by the 4x800 relay team of BRIDGET NEUTGENS (OLIVIA, MN), KAREN KLEINDL (GRACEVILLE, MN/GRACEVILLE-CLINTON), HEATHER AMUNDSON (NORTHWOOD, IA/NORTHWOOD-KENSETT) and Imsande. The team finished with a time of 9:10.17.

ST. OLAF INVITE--Minnesota finished third as selected athletes traveled to the St. Olaf Invitational in Northfield, Minn., The Gophers finished with 89.5 points. St. Thomas won the meet with 175.0, followed by Mankato State, Minnesota, Wisconsin-River Falls and Carleton to round out the top five.

Minnesota had four event winners and many other good performances at the Invitational including frosh ANDREA SWANSBY (PEWAUKEE, WI/KETTLE MORaine) who won the 10,000 meters for the first victory of her college career. Swansby finished the race in a time of 39:42.44. Other winners for the Gophers included SUSIE PETERSON (ASHLAND, WI/ONDOSSAGON) in the high jump, Karnes in the shot put and KRISTI WAVRA (EAST GRAND FORKS, MN/SACRED HEART) in the discus.

Other good performance for the Gophers included Hofner who was third in the 100 and 200 meter dash. Hofner's time of 12.51 in the 100 meters is the seventh best performance in Minnesota history and a career-best for the sophomore. In the 1,500 meters, Minnesota had three top five finishers as Lentz was second, Kleindl was third, and Amundson was fifth.

McKowen was second in the 400 meter hurdles with a time of 64.81 and JANET HOWE (SIREN, WI) was fourth in the 5,000 meters.

PURDUE QUAD/MINNESOTA INVITE--Berlin threw a Rankin Field record as she won the javelin at the Purdue Quad in West Lafayette, Ind. Berlin had a toss of 164-04 to win the event for Minnesota.

Other highlights at the Purdue Quad for the Gophers included Parkos winning the in the shot put with a throw of 47-9 1/4, and Bethany placing first in the triple jump with a leap of 39-0 1/2, the longest effort by a Gopher athlete this spring.

Parkos also finished second in the discus with a throw of 164-05. Martin was second in the 200m with a time of 24.97, Neutgens was second in the 800m with a time of 2:16.78, Townsend was second in the 3,000m with a time of 9:48.80, Peterson was

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second in the high jump with a leap of 5-6, Hardrick was second in the triple jump and Karnes was third in the shot put.

In the team competition, Minnesota placed third overall with a total of 150 points. Purdue was first with 160.5, followed by Eastern Michigan, the Gophers and Michigan State.

The rest of the team competed at the Minnesota Invitational as JENNY ELLIOTT (REGINA, SASKATCHEWAN, CANADA) and Hofner finished in the top three of their events at the Bierman Track and Field Stadium. Elliott finished the 5,000 meters in a time of 18:33.63 and finished second to Karen Walczak of Minnesota-Duluth.

Hofner placed third in the 100 meters with a time of 12.99, while sophomore Beachy was fourth with a time of 13.02 in the 100 meters, fourth in the 200 meters at 27.24, and second in the pole vault with a jump of seven feet. Beachy made history for the Gophers as she was the first Minnesota athlete to ever compete in the pole vault, a new event in women's track and field introduced this season.

TEXAS RELAYS/NEBRASKA 5-WAY--Minnesota split its squad this weekend, sending nine athletes to the Texas Relays in Austin, Tex., and the rest of the team to the Nebraska 5-way in Lincoln, Neb.

In Austin, Parkos won the discus with a NCAA Provisional Qualifying toss of 161-0. Berlin also had a good meet placing third in the javelin. Berlin's toss of 173-7 was an automatic qualifying throw for the all-American. Also, the 4x100 relay team placed 18th with a time of :47.41.

At the Nebraska 5-way, Minnesota finished fourth with 11 points. Nebraska won the meet with 111.5, followed by Colorado State with 64.5 points, Iowa State with 52 points, Minnesota and Wichita State with four points. Minnesota all-American Townsend was the only event winner for the Gophers as she finished with a time of 9:51.41. Whipple was second in the javelin with a toss of 130-6, while Neutgens was third in the 800 meters. ANDREA GROVE (WINNIPEG, MANITOBA, CANADA/TUXEDO SHAFTESBURY) was fifth in both the 800 and the 1,500 meters.

MINNESOTA DOES WELL AT ALABAMA RELAYS-- Minnesota posted four first-place finishes at the Alabama Relays in Tuscaloosa, Ala.

On Saturday, Berlin, competing in her first meet since taking a medical redshirt last year, won the javelin with an NCAA automatic qualifying throw of 176-0. Parkos won the shot put with an NCAA provisional qualifying mark of 48-6. Parkos also finished second in the discus with a NCAA provisional qualifying throw of 159-4. Sellers qualified provisionally in the high jump with a career-best 5-9 1/4 in winning the event. Sellers' jump was the second best in school history and just missed the Minnesota varsity record of 5-10 held by Tracee Wolf. Townsend also won the 5,000 meters with a time of 16:58.87, while Abbott was third in the race.

Other good performances included Bethany who placed fourth in the long jump with a career-best leap of 19-2 3/4, the third longest jump in Minnesota history. Bethany also placed fifth in the triple jump. Karnes was third in the shot with a toss of 46-0 3/4 and Hardrick was fourth in the triple jump.

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MARTIN BREAKS SEVENTH MINNESOTA RECORD--Martin set her seventh Minnesota varsity record at the Big Ten Championships in May. Martin ran the second leg of the 4x100 relay team that set a new record of 46.21. Only two weeks before that, Martin ran a blazing time of 11.68 in the 100m dash at the Nike Invitational, breaking the old record of 11.79 set by Sam Caffey in 1989. Martin also holds Minnesota records in the indoor 55 meters (twice), indoor 200 meters (twice) and was a member of the indoor 4x200 meter relay team.

HONORS AND AWARDS--Parkos and Townsend earned MVP honors at the 1995 Track and Field Banquet in May. Other awards went to Martin, Newcomer of the Year; Kleindl, Tough As Nails Award; Bethany, Most Improved; Lentz, Blue Collar Award; and McKowen, Coaches Award.

TOWNSEND EARNS ACADEMIC ALL-DISTRICT HONORS-- Townsend has been named to the 1995 GTE Academic All-District 5 At-Large Team. She will now be one of 80 athletes to advance to the national ballot which will be voted on June 1-13 by members of the College Sports Information Directors of America (CoSIDA), and announced Thursday, June 22.

Academically, Townsend has a 3.76 GPA in graphics communications and is a six-time academic all-Big Ten selection and cross country academic all-American. This is the first time Townsend has won the CoSIDA award.

THREE GOPHER ATHLETES RECEIVE THE "TOP FIVE" AWARD--The Minnesota track and field athletes received the Minnesota "Top Five" award, given to the five athletes with the highest GPA. Senior KRISTEN GOELZER (JANESVILLE, WI)/JOSEPH A. CRAIG), senior LISA MCCUNE (HARTFORD, WI) and junior Imsande are this year's winners. Goelzer has a 3.89 GPA in honors biology/pre-med, while McCune has a 3.91 GPA in Spanish/pre-physical therapy and Imsande has a 3.92 in honors history.

GOPHERS SIGN FOUR RECRUITS--Head coach Gary Wilson announced the signing of Sylvia Kamau of Aurora, Colo., Yvette White of Washington, DC, Apasha Blocker of Brockport, NY, and Carrie Cocca of Fairport, NY, to national track and field letters of intent. All athletes will join the Gophers in the fall.

Kamau was the 6A Colorado state champion in the 100-meter dash while at Overland High School in Aurora. She has career-best times of 11.90 in the 100m and :55.70 in the 400m. Both times would rank her second on the Minnesota career performances list.

White, of Woodrow Wilson High School in Washington, DC, has career times of 62.40 in the 400m hurdles and :57.0 in the 400 meters.

Blocker is one of the nation's best high school heptathletes and pentathletes. Blocker, who ranks third in the nation in the heptathlon, was the 1995 National Scholastic Indoor Champion in the pentathlon and finished third in 1994. She also won the 1993 Empire State Games in the heptathlon and was second in the pentathlon at the NYSPH Outdoor Track and Field Championships. Blocker was voted the Most Valuable Athlete for Brockport High School and has career-bests of 3,501 points in the

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pentathlon and 4,509 in the heptathlon, which would rank her in the top five in University of Minnesota history in the events if she were participating this season.

Cocca placed ninth in the New York state cross country meet last season and has competed in the state meet since eighth grade. She has also won the Section V Championship for the state of New York the past two seasons.

1995 Outdoor All Marks

100 meter dash

Kim Martin	Nike Invitational	5/6	11.68	#1 all-time, Minnesota record Frosh record
Kim Martin	Big Ten's (finals)	5/20	:11.94	
Kim Martin	Big Ten's (trials)	5/21	:11.97	
Kim Martin	Texas Relays	4/7	:12.05	
Kim Martin	Penn Relays	4/28	:12.09	
Kim Martin	Alabama Relays	3/23	:12.14	
Kim Hofner	Big Ten's (trials)	5/20	:12.38	#7 all-time
Kim Hofner	Nike Invitational	5/6	:12.45	
Kim Hofner	St. Olaf Invite (finals)	4/22	:12.51	
Lori Hardrick	Alabama Relays	3/23	:12.64	
Kim Hofner	Minnesota Open	5/12	:12.67	
Kim Hofner	St. Olaf Invite	4/22	:12.81	
Kim Hofner	Nebraska 5-way	4/8	:12.93	
Cindy Bethany	Purdue Quad	4/15	:12.99	
Kim Hofner	Minnesota Invite	4/15	:12.99	
Lisa Beachy	Minnesota Invite	4/15	:13.02	
Lisa Beachy	Nike Invitational	5/6	:13.02	
Megan Nolan	Purdue Quad	4/15	:13.03	

200 meter dash

Kim Martin	Big Ten (trials)	5/20	:24.15	#2 all-time
Kim Martin	Big Ten's (finals)	5/21	:24.19	
Kim Martin	Alabama Relays	3/23	:24.40	
Kim Martin	Nike Invitational	5/6	:24.49	
Kim Martin	Purdue Quad	4/15	:24.97	
Janel McKowen	Nike Invitational	5/6	:26.11	
Kim Hofner	Nike Invitational	5/6	:26.28	
Kim Hofner	St. Olaf Invite	4/22	:26.38	
Lisa Beachy	Minnesota Open	5/12	:26.71	
Jennifer Imsande	Nike Invitational	5/6	:26.86	
Lisa Beachy	Minnesota Invite	4/15	:27.24	
Kathianne Sellers	Purdue Quad	4/15	:27.31	
Kim Hofner	Nebraska 5-way	4/8	:27.39	
Kim Hofner	Minnesota Invite	4/15	:27.41	
Glenda Whipple	Nebraska 5-way	4/8	:27.52	
Susie Peterson	Nebraska 5-way	4/8	:28.20	

400 meters

Megan Nolan	Nike Invitational	5/6	59.47	
Jennifer Imsande	Nike Invitational	5/6	59.49	
Megan Nolan	Nebraska 5-way	4/8	1:00.67	
Megan Nolan	Big Ten's (trials)	5/20	1:00.76	
Megan Nolan	Minnesota Open	5/12	1:01.29	
Megan Nolan	St. Olaf Invite	4/22	1:01.37	
Andrea Lentz	Purdue Quad	4/15	1:01.37	
Shellie Braggs	Purdue Quad	4/15	1:02.70	

800 meters

Bridget Neutgens	Big Ten's (trials)	5/20	2:15.88
Andrea Lentz	Nike Invitational	5/6	2:15.92
Bridget Neutgens	Nebraska 5-way	4/8	2:16.37
Andrea Grove	Alabama Relays	3/23	2:16.66
Bridget Neutgens	Purdue quad	4/15	2:16.78
Andrea Grove	Nebraska 5-way	4/8	2:17.14
Bridget Neutgens	Alabama Relays	3/23	2:18.76
Karen Kleindl	Nike Invitational	5/6	2:19.06
Karen Kleindl	Purdue Quad	4/15	2:24.59
Danielle Zerbe	Minnesota Invite	4/15	2:25.38
Danielle Zerbe	St. Olaf Invite	4/22	2:25.41
Danielle Zerbe	Minnesota Open	5/12	2:28.42
Danielle Zerbe	Nike Invitational	5/6	2:33.49
Anne Marshall	Minnesota Invite	4/15	2:34.34

1,500 meters

Andrea Grove	Nebraska 5-way	4/8	4:39.35
Andrea Lentz	Big Ten's (finals)	5/21	4:40.49
Heather Amundson	Nike Invitational	5/6	4:41.78
Andrea Lentz	St. Olaf Invite	4/22	4:42.45
Karen Kleindl	St. Olaf Invite	4/22	4:42.94
Andrea Lentz	Nebraska 5-way	4/8	4:43.35
Karen Kleindl	Alabama Relays	3/23	4:45.18
Andrea Lentz	Big Ten's (Trials)	5/20	4:45.57
Andrea Lentz	Purdue Quad	4/15	4:45.70
Heather Amundson	Purdue Quad	4/15	4:46.07
Karen Kleindl	Purdue Quad	4/15	4:46.30
Heather Amundson	Nebraska 5-way	4/8	4:46.58
Karen Kleindl	Big Ten's (trials)	5/20	4:46.79
Heather Amundson	St. Olaf Invite	4/22	4:47.57
Andrea Lentz	Alabama Relays	3/23	4:47.70
Anne Marshall	Nike Invitational	5/6	4:48.04
Anne Marshall	Minnesota Open	5/12	4:50.70
Heather Amundson	Big Ten's (trials)	5/20	4:51.02
Bridget Neutgens	Nike Invitational	5/6	4:56.10
Anne Marshall	Macalester Invite	4/28	4:57.02
Anne Marshall	Big Ten's (trials)	5/20	4:57.44
Anne Marshall	Nebraska 5-way	4/8	5:03.02
Lisa Dauffenbach	St. Olaf Invite	4/22	5:04.76
Anne Marshall	Minnesota Invite	4/15	5:06.36
Lisa Dauffenbach	Minnesota Open	5/12	5:09.11
Sarah Kneece	Nike Invitational	5/6	5:19.74
Lisa Dauffenbach	Minnesota Invite	4/15	5:22.98

3,000 meters

Lori Townsend	Big Ten's	5/21	9:44.31	#9 all-time
Lori Townsend	Purdue Quad	4/15	9:48.80	
Lori Townsend	Nebraska 5-way	4/8	9:51.41	
Angie Abbott	Nike Invitational	5/6	9:59.31	
Karen Kleindl	Big Ten's	5/21	10:20.33	
Ricki Larson	Nike Invitational	5/6	10:43.69	
Ricki Larson	Purdue Quad	4/15	10:45.90	
Christie Heikes	Minnesota Open	5/12	11:05.51	
Janet Howe	Minnesota Invite	4/15	11:07.12	
Kari Thompson	Minnesota Invite	4/15	11:09.55	
Christie Heikes	Minnesota Invite	4/15	11:13.09	
Janet Howe	Nebraska 5-way	4/8	11:13.71	
Danielle Zerbe	St. Olaf Invite	4/22	12:25.44	

5,000 meters

Lori Townsend	Penn Relays	4/27	16:17.67	#1 all-time Minnesota Record
Lori Townsend	NCAA's (finals)	6/3	16:34.67	
Lori Townsend	NCAA's (trials)	6/1	16:42.10	
Lori Townsend	Big Ten's	5/21	16:55.71	
Lori Townsend	Alabama Relays	3/23	16:58.87	
Angie Abbott	Purdue Quad	4/15	17:22.70	
Angie Abbott	Alabama Relays	3/23	17:35.87	
Angie Abbott	Drake Relays	4/29	17:58.04	
Jenny Elliott	Minnesota Invite	4/15	18:33.63	
Janet Howe	St. Olaf Invite	4/22	18:39.05	
Kristen Goelzer	Purdue Quad	4/15	18:40.40	
Kristen Goelzer	Nebraska 5-way	4/8	18:44.20	
Ricki Larsen	Nebraska 5-way	4/8	18:50.17	
Jenny Elliott	Nebraska 5-way	4/8	18:56.08	
Kari Thompson	St. Olaf Invite	4/22	19:01.67	
Andrea Swansby	Minnesota Invite	4/15	19:05.46	
Janet Howe	Nike Invitational	5/6	19:17.43	
Kari Thompson	Nike Invitational	5/6	19:18.12	
Christie Heikes	Nebraska 5-way	4/8	19:41.52	
Andrea Swansby	Minnesota Open	5/12	20:02.00	
Christie Heikes	Nike Invitational	5/6	20:10.54	

10,000 meters

Ricki Larsen	Drake Relays	4/28	37:48.47	
Jenny Elliott	Macalester Invite	4/28	38:15.96	
Kristen Goelzer	Macalester Invite	4/28	38:33.68	
Ricki Larsen	Big Ten's	5/20	38:48.96	
Kristen Goelzer	Big Ten's	5/20	38:50.27	
Angie Abbott	Big Ten's	5/20	39:21.35	
Jenny Elliott	Big Ten's	5/20	39:35.65	
Andrea Swansby	St. Olaf Invite	4/22	39:42.44	
Christie Heikes	St. Olaf Invite	4/22	42:24.29	

100 hurdles

Glenda Whipple	Purdue Quad	4/15	15:90	
Glenda Whipple	Nebraska 5-way	4/8	15.91	
Susie Peterson	Nike Invitational	5/6	16:40	
Susie Peterson	Nebraska 5-way	4/8	16:43	
Susie Peterson	St. Olaf Invite	4/22	16.91	
Susie Peterson	Purdue Quad	4/15	18:57	

400 hurdles

Jennifer Imsande	Big Ten's (trials)	5/20	1:02.60	
Jennifer Imsande	Big Ten's (finals)	5/21	1:02.79	
Jennifer Imsande	Drake Relays	4/28	1:02.97	
Jennifer Imsande	Alabama Relays	3/23	1:03.05	
Janel McKowen	Nike Invitational	5/6	1:03.05	
Janel McKowen	Big Ten's (trials)	5/20	1:03.51	
Jennifer Imsande	Purdue Quad	4/15	1:03.72	
Jennifer Imsande	Texas Relays	4/7	1:03.93	
Janel McKowen	Nig Ten's (finals)	5/21	1:04.40	
Janel McKowen	Nebraska 5-way	4/8	1:04.68	
Janel McKowen	St. Olaf Invite	4/22	1:04.81	
Janel McKowen	Purdue Quad	4/15	1:05.99	
Janel McKowen	Alabama Relays	3/23	1:06.39	

4x100 meter relay

Hardrick, Martin	Big Ten's	5/21	46.21	#1 all-time
Hofner, Sellers				
Hardrick, Martin,	Nike Invitational	5/6	:47.05	
Hofner, Sellers				
Minnesota A	Texas Relays	4/7	:47.41	#3 All-time
Minnesota A	Alabama Relays	3/23	:47.46	
Minnesota	Purdue Quad	4/15	:47.57	
Minnesota	Penn Relays	4/28	:48.09	

4x400 meter relay

Martin, Neutgens	Big Ten's	5/21	3:51.20	
Imsande, McKowen				
Minnesota	Purdue Quad	4/15	3:59.24	
Minnesota	Nike Invitational	5/6	4:08.32	

4x800 meter relay

Neutgens, Kleindl,	Drake Relays	4/28	9:10.47	
Amundson, Imsande				

Distance Medley Relay

Kleindl, McKowen	Drake Relays	4/28	12:07.56	
Neutgens, Lentz				

High Jump

Kathianne Sellers	Alabama Relays	3/23	5-9 1/4 (1.76m)	#2 all-time NCAA Prov. qual.
Kathianne Sellers	Nike Invitational	5/6	5-7 3/4 (1.72m)	
Kathianne Sellers	Big Ten's	5/20	5-7 3/4 (1.72m)	
Kathianne Sellers	Texas Relays	4/7	5-7 1/4 (1.71m)	
Susie Peterson	Purdue Quad	4/15	5-6 (1.67m)	#7 all-time
Kathianne Sellers	Penn Relays	4/28	5-6 (1.67m)	
Susie Peterson	Nike Invitational	5/6	5-5 3/4 (1.66)	
Kathianne Sellers	Purdue Quad	4/15	5-5 (1.65m)	
Susie Peterson	St. Olaf Invite	4/22	5-5 (1.65m)	

Long Jump

Cindy Bethany	Alabama Relays	3/23	19-2 3/4 (5.86m) #3 all-time
Cindy Bethany	Minnesota Open	5/12	18-9 1/4 (5.72)
Cindy Bethany	Penn Relays	4/28	18-3 3/4 (5.58 m)
Cindy Bethany	Nike Invitational	5/6	18-3 3/2 (5.58)
Cindy Bethany	Big Ten's	5/20	17-7 (5.36m)
Cindy Bethany	Purdue Quad	4/15	16-10 3/4 (5.15)
Glenda Whipple	Nebraska 5-way	4/8	16-2 (4.93)
Susie Peterson	Nebraska 5-way	4/8	15-11 (4.85)
Susie Peterson	Purdue Quad	4/15	15-4 1/4 (4.68)

Triple Jump

Cindy Bethany	Big Ten's	5/21	40-4 1/4 (12.30) #2 all-time
Lori Hardrick	Big Ten's	5/21	40-0 (12.19)
Lori Hardrick	Penn Relays	4/28	39-7 3/4 (12.08m)
Cindy Bethany	Minnesota Open	5/12	39-7 1/4 (12.08m)
Cindy Bethany	Penn Relays	4/28	39-7 (12.05m)
Cindy Bethany	Nike Invitational	5/6	39-4 1/2 (12.00m)
Cindy Bethany	Purdue Quad	4/15	39-0 1/2 (11.90)
Lori Hardrick	Texas Relays	4/7	38-9 3/4 (11.83m)
Lori Hardrick	Alabama Relays	3/23	38-8 1/4 (11.79m)
Lori Hardrick	Purdue Quad	4/15	38-3 1/4 (11.66)
Cindy Bethany	Alabama Relays	3/23	37-6 3/4 (11.45m)
Lori Hardrick	Nike Invitational	5/6	37-2 1/2 (11.34m)

Shot Put

Dani Parkos	Alabama Relays	3/23	48-6 3/4 (14.64m) #4 all-time NCAA Provisional Qualifier
Dani Parkos	Purdue Quad	4/15	47-9 3/4 (14.56)
Dani Parkos	Big Ten's	5/20	46-9 1/2 (14.26m)
Dani Parkos	Nike Invitational	5/6	46-7 1/2 (14.21m)
Joan Karnes	Alabama Relays	3/23	46-0 3/4 (14.04m)
Joan Karnes	Minnesota Open	5/12	45-9 (13.94m)
Joan Karnes	St. Olaf Invite	4/22	45-2 1/2 (13.78m)
Joan Karnes	Texas Relays	4/7	45-1 3/4 (13.76m)
Dani Parkos	Texas Relays	4/7	44-10 3/4 (13.68m)
Joan Karnes	Nike Invitational	5/6	44-3 1/2 (13.50)
Joan Karnes	Purdue Quad	4/15	44-2 3/4 (13.48)
Joan Karnes	Big Ten's	5/20	43-8 1/2 (13.32m)
Joan Karnes	Drake Relays	4/28	42-9 1/2 (13.04m)
Susie Peterson	Nike Invitational	5/6	35-8 1/2 (10.88)

Discus

Dani Parkos	Big Ten's	5/21	166-4 (50.70)	#4 all-time
Dani Parkos	NCAA's	6/4	164-10	
Dani Parkos	Minnesota Open	5/12	164-7 (50.18m)	
Dani Parkos	Purdue Quad	4/15	164-5 (50.12)	
Dani Parkos	Nike Invitational	5/6	161-0 (49.08m)	
Dani Parkos	Alabama Relays	3/23	159-4 (48.56m)	
Dani Parkos	Texas Relays	4/8	155-11 (47.52m)	
Dani Parkos	Drake Relays	4/28	146-9 (44.72m)	
Kristi Wavra	Alabama Relays	3/23	144-7 (44.06m)	
Kristi Wavra	Purdue Quad	4/15	143-10 (43.84)	
Kristi Wavra	Nebraska 5-way	4/8	143-04 (43.68)	
Kristi Wavra	Nike Invitational	5/6	143-4 (43.86)	
Kristi Wavra	Minnesota Open	5/12	142-8 (43.48)	
Kristi Wavra	St. Olaf Invite	4/22	141-10 (43.22)	
Kristi Wavra	Big Ten's	5/21	138-0 (42.06)	
Shiloh Oelkers	Purdue Quad	4/15	136-10 (41.72)	
Shiloh Oelkers	Minnesota Open	5/12	135-10 (41.40m)	
Shiloh Oelkers	Big Ten's	5/21	134-4 (40.96)	
Shiloh Oelkers	Macalester Invite	4/28	133-2 (40.60)	
Shiloh Oelkers	Nike Invitational	5/6	129-9 (39.56)	
Shiloh Oelkers	Nebraska 5-way	4/8	128-8 (39.02)	
Kristi Wavra	Drake Relays	4/28	126-5 (38.54m)	

Javelin

Heather Berlin	NCAA's	5/31	183-2	#1 all-time Minnesota Record
Heather Berlin	Penn Relays	4/28	179-9 (54.80m)	
Heather Berlin	Alabama Relays	3/23	176-0 (53.46m)	
Heather Berlin	Texas Relays	4/7	173-7 (52.90m)	
Heather Berlin	Nike Invitational	5/6	171-6 (52.28)	
Heather Berlin	Big Ten's	5/20	168-4 (51.30)	
Heather Berlin	Purdue Quad	4/15	164-4 (50.08)	
Glenda Whipple	Purdue Quad	4/15	132-9 (40.46)	
Glenda Whipple	Nebraska 5-way	4/8	130-6 (39.78)	
Glenda Whipple	Nike Invitational	5/6	129-6 (39.46)	
Glenda Whipple	Big Ten's	5/20	126-10 (38.66)	
Glenda Whipple	Minnesota Open	5/12	113-8 (34.64)	
Susie Peterson	Nebraska 5-way	4/8	101-7 (30.96)	
Susie Peterson	Minnesota Open	5/12	96-4 (29.36m)	

Pole Vault

Lisa Beachy	Minnesota Open	5/12	8-6 (2.59)	
Lisa Beachy	Minnesota Invite	4/15	7-0	

Heptathlon

Susie Peterson	Big Ten's	5/21	4,556 points	#4 all-time
Glenda Whipple	Alabama Relays	3/23	4,350 points	
Susie Peterson	Alabama Relays	3/23	4,307 points	
Glenda Whipple	Big Ten's	5/21	4,163 points	



UNIVERSITY OF MINNESOTA

Women's Intercollegiate Athletics

Sports Information Office
Contact: Dianne Boyer
(612) 624-3335 Fax 624-8018

220 Bierman Field Athletic Building
516 15th Avenue S.E.
Minneapolis, Minnesota 55455

(for immediate release)

March 15, 1995

HOMETOWN RELEASE #2

TRACK AND FIELD TEAM COMPLETES INDOOR SEASON--

TOWNSEND NAMED ALL-AMERICAN--Gopher junior **LORI TOWNSEND** (CLARKSBORO, NJ/KINGSWAY) set a Minnesota school record by four seconds and was named a NCAA Indoor Track and Field all-American after finishing sixth in the 3,000 meters at the NCAA Indoor Track and Field Championships in Indianapolis. Townsend finished the race in a time of 9:28.43 bettering the school record of 9:32.24 set by Jodi Eder in 1986. It marked the second time in Townsend's career she was named an all-American. Last year, she was an all-American in the indoor 5,000 meters.

GROVE ALSO COMPETES AT NATIONALS-- Senior **ANDREA GROVE** (WINNIPEG, MANITOBA, CANADA/TUXEDO SHAFTESBURY) missed qualifying for the finals in the mile race at the Championships. Grove ran a time of 4:53.34 and finished 13th out of 18 runners. The top ten runners qualified for the finals.

GOPHERS FINISH 40TH AT NATIONALS--The Gophers finished 40th in the team standings at the 1995 Indoor Track and Field Championships. Louisiana State won the team title, followed by UCLA and Texas.

BIG TEN CHAMPIONSHIPS--GOPHERS FINISH SEVENTH --The Gophers finished a disappointing seventh at the Big Ten Championships in Ann Arbor, Mich., Feb. 24-25. Minnesota ended in a three-way tie for seventh with Iowa and Michigan State at 28 points. Illinois won the meet with 132 points, followed by Wisconsin, Michigan, Purdue, Indiana and Ohio State.

The Gophers did not have any individual winners at the meet, but did get a third place-finish from **DANI PARKOS** (GRAND FORKS, ND/CENTRAL) in the shot put with a throw of 47-6 1/2 feet. Junior **JOAN KARNES** (LONG PRARIE, MN) finished fourth in the shot with a toss of 46-6 3/4.

Other good performances included **KIM MARTIN** (PITTSBURGH, PA/SCHENELY) who finished fifth in the 200 meters and sixth in the 55 meters. Martin set school records in both events, breaking her own marks set earlier this season. She broke the 55m record with a time of 7.01 and the 200m mark of :24.68.

Townsend, who has the fastest Gopher time in the 3,000 and 5,000 meter races, finished fourth in the 3,000m in a time of 9:52.97. Townsend then fell ill and could not compete in her speciality, the 5,000 meters, in which she was an indoor all-American last year.

Grove placed fourth in the mile with a time of 4:53.59. **KATHIANNE SELLERS** (LANCASTER, PA/MANHEIM CENTRAL) was fifth in the high jump with a leap of 5-7 1/4. **BRIDGET NEUTGENS** (OLIVIA, MN), who was not seeded in the 800

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meters, was fifth. SUSIE PETERSON (ASHLAND, WI/ONDOSSAGON) and GLENDA WHIPPLE (ETNA, CA/UNION) placed seventh and eighth, respectively, in the pentathlon. CINDY BETHANY (ROSEVILLE, MN/MOUNDS VIEW) was fifth in the triple jump and eighth in the long jump with a leap of 18-9, the second longest jump in Minnesota history, and LORI HARDRICK (MILWAUKEE, WI/WISCONSIN LUTHERAN) placed sixth in the triple jump.

MINNESOTA OPEN--Minnesota had four event winners at the Minnesota Open held in the University Fieldhouse February 17. KIM HOFNER (BURLINGTON, WI) was a double event winner, placing first in the 55m and the 300m races. Hofner had a season-best time of 7.36 in the 55m. Other event winners included Parkos in the shot put (47-3) and Martin in the 400 meters with a time of :59.63.

IOWA STATE INVITATIONAL--Minnesota did not have any event winners, but had four athletes finish second at the Iowa State Invitational in Ames, Iowa, February 12. Townsend was second in the 5,000 meters with a time of 16:55.70, as she just missed the provisional qualifying standards for the NCAA meet. Bethany was second in the triple jump with a leap of 38-9 1/4, Sellers was second in the high jump with a jump of 5-7 1/4 and Parkos was second in the shot put with a throw of 47-7 1/4. JENNIFER IMSANDE (BRAINERD, MN) also ran the fifth fastest 800 time in Minnesota history, running a 2:14.68.

MINNESOTA RANKED--The Golden Gophers were ranked #24 in the latest Track and Field News dual meet rankings.

FOUR VARSITY RECORDS FALL DURING SEASON--Martin was a part of three varsity records that fell during the indoor season. Martin set the Minnesota mark in the 55m and the 200m and was a member of the record-setting 4x200 relay team. Martin's fastest 55m time was 7.01 set at the Big Ten Championships, while she ran a :24.68 in the 200m at the same meet. The 4x200 record fell at the Cargill Games in Winnipeg, Manitoba.

Townsend claimed the other Minnesota record this spring as she broke the 3,000 meters record with a time of 9:28.43 at the NCAA Indoor Track and Field Championships.

GOPHERS WIN ALL-ACADEMIC TEAM AWARD--The University of Minnesota women's cross country team was named a winner of the Women's Intercollegiate Cross Country Coaches Association all-academic team award. The award is given to programs whose entire team GPA is 3.0 or higher.

TOWNSEND NAMED ALL-ACADEMIC--Townsend was named to the United States Cross Country Coaches Association and Women's Intercollegiate Cross Country Coaches Association all-academic squad. Townsend has a 3.75 GPA in design communications.

HOMETOWN RELEASE #2...3...3...3

1995 OUTDOOR PREVIEW--

Minnesota finished the 1994 season with 58.5 points at the Big Ten meet, only 10 points out of third place. The Gophers should be in contention for one of the top spots in the conference at season's end. All-American javelin thrower HEATHER BERLIN (LIBERAL, KS), Big Ten outdoor shot put champion Karnes and eight other athletes who scored points at the Big Ten meet are returning for Minnesota. Included in the eight are Parkos (shot put, discus), Whipple (heptathlon), Hardrick (long and triple jump), Sellers (high jump), Bethany (long and triple jump), Imsande (400m hurdles), KRISTI WAVRA (EAST GRAND FORKS, MN/SACRED HEART) in the discus, Grove (1,500m) and Townsend (5,000m).

The schedule will be a difficult one for the Gophers as they host the 1995 Big Ten Championships, the Minnesota Invitational, the Nike Invitational and the Minnesota Open. They also have an extremely tough road schedule making appearances at the Texas Relays, the Nebraska Quad, the Purdue Quad, the Kansas Relays, the St. Olaf Invitational, Drake Relays and the Penn Relays

1995 University of Minnesota Women's Indoor Track and Field Bests

55 Meters (:6.85, :6.98)

1. Kim Martin (h)	:07.01 (school record)
2. Kim Martin (h)	:07.04
3. Kim Martin (h)	:07.06

200 meters (:23.88, :24.45)

1. Kim Martin (h)	:24.68(school record)
2. Kim Martin (h)	:24.68
3. Kim Martin (c)	:24.76

400 meters (:53.60, :55.30)

1. Jennifer Imsande (b)	:58.66
2. Janel McKowen (f)	:59.18
3. Kim Martin (g)	:59.63

600 meters (1:30.41, 1:39.14)

1. Jennifer Imsande (c)	1:34.72
2. Bridget Neutgens (a)	1:41.86
3.	

800 meters (2:07.05, 2:10.40)

1. Jennifer Imsande (f)	2:14.68
2. Bridget Neutgens (f)	2:15.56
3. Bridget Neutgens (h)	2:15.99

Mile (4:44.00, 4:51.00)

1. Andrea Grove (c)	4:45.21*
2. Andrea Grove (b)	4:50.00*
3. Andrea Grove (h)	4:53.34

3000 meters (9:24.00, 9:45.00)

1. Lori Townsend (h)	9:28.43
2. Lori Townsend (h)	9:37.21
3. Lori Townsend (b)	9:41.56*

5000 meters (16:18.00, 16:55.00)

1. Lori Townsend (f)	16:55.70
2. Lori Townsend (c)	17:07.56
3. Jenny Elliott (c)	18:31.95

4x400 Meter Relay (3:40.35, 3:46.10)

1. Minnesota (b)	3:59.79
2. Minnesota (h)	4:00.35
3. Minnesota (c)	4:03.48

Distance Medley Relay (11:22.00, 11:40.00)

1. Minnesota A(h)	12:11.98
2. Minnesota A (f)	12:28.83
3. Minnesota B (f)	12:37.80

High Jump (1.86m, 1.76m)

1. Kathianne Sellers (a)	5-8 (1.73m)
2. Kathianne Sellers (f)	5-7 1/4 (1.71m)
Kathianne Sellers (h)	5-7 1/4 (1.71m)

Long Jump (6.33m, 6.07m)

1. Cindy Bethany (h)	18-9 (5.71m)
2. Cindy Bethany (b)	18-2 1/4 (5.54)
3. Cindy Bethany (f)	17-9 3/4 (5.43)

Triple Jump (12.90m, 12.40m)

1. Lori Hardrick (c)	39-5 3/4 (12.03)
2. Cindy Bethany (h)	39-4 1/2 (12.00m)
3. Lori Hardrick (b)	39-2 1/2 (11.95)

Shot Put (16.00m, 14.55m)

1. Dani Parkos (c)	49-9 3/4 (15.18)*
2. Joan Karnes (d)	(14.53)
3. Dani Parkos (b)	47-9 (14.45)

Pentathlon (4,675, 2,964)

1. Susie Peterson	3320*
2. Glenda Whipple (c)	3279*
3. Susie Peterson (c)	3262*

- (a) Northwest Open, Minneapolis, MN (1/14)
- (b) Wisconsin Triangular, Madison, WI (1/21)
- (c) Nike Invitational, Minneapolis, MN (1/28)
- (d) Cargill Games, Winnepeg, MB (2/4)
- (e) World Cross Country Championships
- (f) Iowa State Invitational, Ames, IA (2/11)
- (g) Minnesota Open, Minneapolis, MN (2/18)
- (h) Big Ten Championships, Ann Arbor, MI
- (i) USATF State Championships (2/25)
- (g) Iowa State Open, Ames, IA (3/4)
- (h) NCAA Championships, Indianapolis, IN (3/11)



UNIVERSITY OF MINNESOTA

Women's Intercollegiate Athletics

Sports Information Office

Contact: Dianne Boyer

(612) 624-3335 Fax 624-8018

220 Bierman Field Athletic Building

516 15th Avenue S.E.

Minneapolis, Minnesota 55455

(for immediate release)

February 2, 1995

HOMETOWN RELEASE #1

TRACK TEAM OFF AND RUNNING IN 1995--

MARTIN NAMED MINNESOTA FEMALE ATHLETE OF THE MONTH FOR JANUARY--Frosh KIM MARTIN (PITTSBURGH, PA/SCHENLEY) has been named Minnesota Women's Athletics Athlete of the Month for January. Martin tied the Minnesota varsity record in the 55m dash in her first competition as a Gopher, winning the Minnesota Invitational in a time of :07.18. The next week, Martin broke the 55m record, running a :07.16 in placing third at the Badger Track Classic. At the Nike Invitational last weekend, Martin claimed her second Minnesota record when she ran a :24.95 in the 200m dash. She became the first Gopher athlete to break the 24 second mark. She also holds the six fastest times in the 55m and the top two times in the 200m this season for the Gophers.

WINDCHILL...IS NOT A FACTOR FOR THE 1995 TEAM-- "Windchill is not a factor" is the theme for the 1995 Minnesota track and field team. But this year, a chill is in the air as the University of Minnesota women's track and field team looks to breeze by the opposition this season in its quest for a Big Ten championship.

Coming off its best indoor season ever, where Minnesota finished fourth with 41 points and finished the year eighth in the country in dual meet rankings, head coach Gary Wilson and the Gophers are looking to move up even higher this season. With indoor track and field all-American LORI TOWNSEND (CLARKSBORO, NJ/KINGSWAY), Big Ten indoor shot put champion JOAN KARNES (LONG PRARIE, MN) and every other Big Ten point-getter returning to the squad this season, the Gophers have a solid base in which to build upon and advance further north up the standings. Townsend was an all-American in the indoor 5,000 meter race, finishing 10th at last year's NCAA meet and setting a new Minnesota varsity record in the event, while Karnes won the Big Ten championship with a throw of 47-11 3/4 feet.

Minnesota continued its success during the outdoor season in 1994. The Gophers finished with 58.5 points at the outdoor Big Ten meet last season, only 10 points out of third place. The Gophers should continue to provide a chill for the opponents as all-American javelin thrower HEATHER BERLIN (LIBERAL, KS), outdoor shot put champion Karnes and nine other athletes who scored points at the Big Ten meet are returning for Minnesota.

THE SCHEDULE-- The Gophers face one of the toughest schedules in the country both home and away in 1995. During the indoor season, Minnesota hosts the Northwest Open, the Nike Ivitiational and the Minnesota Open, while traveling to the Wisconsin Triangular, the Cargill Games in Winnipeg, Canada, and the Iowa State

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Invitational. The Gophers will then head to Ann Arbor, Mich., for the 1995 Big Ten Indoor Championships and the 1995 NCAA Championships in Indianapolis.

The schedule does not get any easier in the spring as Minnesota hosts the Minnesota Invitational, the Nike Invitational and the Minnesota Open. The Gophers have an extremely tough road schedule making appearances at the Texas Relays in Austin, Texas, the Nebraska Quad, the Purdue Quad, the Kansas Relays, the St. Olaf Invitational, the Drake Relays and the Penn Relays, before hosting the 1995 Big Ten Outdoor Championships May 20-21.

GOPHER REWIND--The Minnesota track and field team is off to a fast start in 1995 as two varsity records have fallen in the first three meets and two other athletes have qualified provisionally for the NCAA Championship. Here's a run down of the first three meets this season.

GOPHERS SHINE AT NORTHWEST OPEN-- Head coach Gary Wilson's team won four events at the Northwest Open, hosted by the University of Minnesota. Martin tied a school record in her first meet as a Gopher runner, in the 55 meters. Martin tied Val Owen's record set in 1993. Martin was one of the top sprinters on the East coast last year and won the Pennsylvania state championship in the 200m and was a runner-up in the 100 meters.

Townsend continued her winning ways by taking first in the mile in 5:00.20. Senior ANDREA GROVE (WINNIPEG, MANITOBA/TUXEDO SHAFTESBURY) ran the seventh-best performance in Minnesota history in the 3,000-meters, winning in a time of 9:50.46 and Karnes continued her domination of the shot put event with a toss of 47-5 1/4. Gopher junior KATHIANNE SELLERS (LANCASTER, PA/MANHEIM TOWNSHIP) finished second in the high jump with a mark of 5-8 feet. Her mark tied a career-high and ranks third in Gopher history. Junior DANI PARKOS (GRAND FORKS, ND/CENTRAL) finished second in the shot put with a throw of 46-0.

MARTIN TAKES BITE OUT OF THE FIELD AT BADGER TRACK CLASSIC-- Martin broke the Minnesota varsity record in the 55m for the second week in a row at the Badger Track Classic in Madsion, Wis. Martin's time of :07.16 broke the mark of :07.18 set by Martin and Val Owen. Martin also won the 200m in a time of :25.64, ranking her seventh on the Minnesota all-time list.

Townsend recorded a provisional qualifying time of 9:41.56 in the 3,000 meters in finishing third. Grove ran a provisional qualifying time of 4:50.00 in the mile, the third fastest time in Minnesota history.

Other event winners included Parkos in the shot put (47-9) and LORI HARDRICK (MILWAUKEE, WI/WISCONSIN LUTHERAN) in the triple jump with a mark of 39-2 1/2.

NIKE INVITATIONAL--Martin continued her record-setting ways for the University of Minnesota, setting a new varsity record in the 200 meter dash with a time of :24.95 at the Nike Invitational at the University Fieldhouse. Martin's time breaks Heather Van Norman's mark of :25.05, set in 1989, and becomes the first Gopher to ever break the 24 second mark. Martin also won the 55 meters in a time of :07.21, the third fastest time in Minnesota history.

HOMETOWN RELEASE #1...3...3...3

Other Gopher winners include Parkos in the shot put with a personal best of 49-9 3/4 (15.18m), besting her previous career-high by over two feet. Townsend won the 5,000 meters in a time of 17:07.56. Sellers won the high jump with a leap of 5-4 (1.63m) and senior GLENDA WHIPPLE (ETNA, CA/UNION) won the pentathlon with a NCAA provisional qualifying score of 3,279.

In the team competition, Minnesota just edged the Badgers. Going into the final event, the triple jump, Minnesota and Wisconsin were tied at 84 points apiece. Minnesota's Hardrick finished first and the Gophers won the meet 98-92.

ALL-TIME TOP TEN PERFORMERS--In addition to Martin, JENNIFER IMSANDE (BRAINERD, MN), Hardrick, Grove and Parkos all had marks at the Nike Invitational to put them in the Minnesota Top Ten Performers list. Grove ran an NCAA provisional time in the mile with a 4:45.21, the third fastest-time in Minnesota history. Parkos' toss in the shot put ranks third in Gopher history. Hardrick's leap in the triple jump puts her second in history and Imsande's time of 1:34.72 is second in Minnesota history in the 600 meters.

1995 Minnesota Indoor Marks

55 meter dash

1. Kim Martin	Badger Track Classic (finals)	1/21	:07.16	#1 all-time, Minnesota varsity record, all-time frosh record
2. Kim Martin	Northwest Open (final)	1/14	:07.18	
3. Kim Martin	Nike Invitational (final)	1/28	:07.21	
4. Kim Martin	Nike Invitational (trial)	1/28	:07.23	
5. Kim Martin	Badger Track Classic (trials)	1/21	:07.25	
6. Kim Martin	Northwest Open (trials)	1/14	:07.32	
7. Kim Hofner	Nike Invitational (trials)	1/28	:07.38	
8. Kim Hofner	Nike Invitational (finals)	1/28	:07.43	
9. Lori Hardrick	Northwest Open (trials)	1/14	:07.44	
10. Lori Hardrick	Northwest Open (finals)	1/14	:07.45	
11. Kim Hofner	Badger Track Classic (trials)	1/21	:07.50	
12. Kim Hofner	Badger Track Classic (finals)	1/21	:07.57	
13. Lisa Beachy	Nike Invitational (finals)	1/28	:07.59	
14. Lisa Beachy	Nike Invitational (trials)	1/28	:07.61	
15. Kim Hofner	Northwest Open (finals)	1/14	:07.63	
16. Kim Hofner	Northwest Open (trials)	1/14	:07.64	
17. Megan Nolan	Nike Invitational (trials)	1/28	:07.69	

200 meters

1. Kim Martin	Nike Invitational	1/28	:24.95	#1 all-time Minnesota varsity and frosh record
2. Kim Martin	Badger Track Classic	1/21	:25.64	
3. Kathianne Sellers	Nike Invitational	1/28	:25.82	
4. Kathianne Sellers	Badger Track Classic	1/21	:26.33	
5. Kim Hofner	Nike Invitational	1/28	:26.78	
6. Lisa Beachy	Mike Invitational	1/28	:26.96	
7. Kim Hofner	Badger Track Classic	1/21	:27.34	

400 meters

1. Jennifer Imsande	Badger Track Classic	1/21	:58.66	#7 all-time
2. Janel McKowen	Badger Track Classic	1/21	:59.87	
3. Janel McKowen	Nike Invitational	1/28	:60.70	
4. Janel McKowen	Northwest Open	1/14	:60.78	
5. Megan Nolan	Nike Invitational	1/28	:61.89	
6. Megan Nolan	Northwest Open	1/14	61.97	
7. Megan Nolan	Badger Track Classic	1/21	:62.57	

600 meters

1. Jennifer Imsande	Nike Invitational	1/28	1:34.72	#2 all-time
2. Bridget Neutgens	Northwest Open	1/14	1:41.86	

800 meters

1. Bridget Neutgens	Nike Invitational	1/28	2:16.29	
2. Bridget Neutgens	Badger Track Classic	1/21	2:18.00	
3. Andrea Lentz	Nike Invitational	1/28	2:21.95	
4. Anne Marie Marshall	Badger Track Classic	1/21	2:24.81	
5. Anne Marie Marshall	Northwest Open	1/14	2:25.13	
6. Danielle Zerbe	Badger Track Classic	1/21	2:26.39	
7. Keri Zweig	Northwest Open	1/14	2:29.24	

1000 meters

1500 meters

Mile

1. Andrea Grove	Nike Invitational	1/28	4:45.21	#3 all-time Provisional Qualifier
2. Andrea Grove	Badger Track Classic	1/21	4:50.00	
3. Lori Townsend	Northwest Open	1/14	5:00.20	
4. Angie Abbott	Northwest Open	1/14	5:11.56	
5. Anne Marie Marshall	Nike Invitational	1/28	5:14.13	
6. Karen Kleindl	Nike Invitational	1/28	5:14.15	
7. Karen Kleindl	Northwest Open	1/14	5:14.75	
8. Angie Abbott	Badger Track Classic	1/21	5:15.14	
9. Karen Kleindl	Badger Track Classic	1/21	5:19.28	
10. Andrea Lentz	Northwest Open	1/14	5:21.28	
11. Heather Amundson	Badger Track Classic	1/21	5:21.66	
12. Andrea Lentz	Badger Track Classic	1/21	5:21.98	
13. Heather Amundson	Nike Invitational	1/28	5:23.04	
14. Keri Zweig	Badger Track Classic	1/21	5:25.46	
15. Lisa Aro	Badger Track Classic	1/21	5:26.15	
16. Lisa Aro	Northwest Open	1/14	5:27.84	
17. Danielle Zerbe	Northwest Open	1/14	5:31.19	
18. Sarah Kneece	Northwest Open	1/14	5:39.00	
19. Sarah Kneece	Badger Track Classic	1/21	5:42.78	

3000 meters

1. Lori Townsend	Badger Classic Classic	1/21	9:41.56	# Provisional Qualifier
2. Andrea Grove	Northwest Open	1/14	9:50.46	#7 all-time
3. Angie Abbott	Nike Invitational	1/28	10:24.78	
4. Lisa McCune	Northwest Open	1/14	10:38.63	
5. Lisa McCune	Badger Track Classic	1/21	10:46.21	
6. Lisa McCune	Nike Invitational	1/28	10:46.49	
7. Ricki Larson	Northwest Open	1/14	10:46.88	
8. Kari Thompson	Northwest Open	1/14	10:47.73	
9. Kristen Goelzer	Northwest Open	1/14	10:48.08	
10. Kristen Goelzer	Badger Track Classic	1/21	10:49.15	
11. Lisa Aro	Nike Invitational	1/28	10:50.62	
12. Keri Zweig	Nike Invitational	1/28	10:52.13	
13. Kari Thompson	Nike Invitational	1/28	10:54.90	
14. Jenny Elliott	Badger Track Classic	1/21	10:55.66	
15. Jenny Elliott	Northwest Open	1/14	10:56.59	
16. Christie Heikes	Northwest Open	1/14	10:59.08	
17. Kari Thompson	Badger Track Classic	1/21	11:08.87	
18. Janet Howe	Northwest Open	1/14	11:13.40	
19. Janet Howe	Nike Invitational	1/28	11:18.58	
20. Christie Heikes	Badger Track Classic	1/21	11:20.13	
21. Danielle Zerbe	Nike Invitational	1/28	11:24.70	
22. Andrea Swansby	Northwest Open	1/14	11:37.42	

5000 meters

1. Lori Townsend	Nike Invitational	1/28	17:07.56	
2. Jenny Elliott	Nike Invitational	1/28	18:31.95	
3. Kristen Goelzer	Nike Invitational	1/28	18:32.93	
4. Ricki Larson	Nike Invitational	1/28	18:42.38	

4x400 meter relay				
1. Minnesota A	Badger Track Classic	1/21	3:59.72	
2. Minnesota	Nike Invitational	1/28	4:03.48	
3. Minnesota B	Northwest Open	1/14	4:12.05	
Distance Medley Relay				
1. Minnesota	Nike Invitational	1/28	12:38.42	
55 meter hurdles				
1. Glenda Whipple	Northwest Open	1/14	:09.05	
2. Susie Peterson	Northwest Open	1/14	:09.62	
High Jump				
1. Kathianne Sellers	Northwest Open	1/14	5-8 (1.73)	#2 all-time
2. Kathianne Sellers	Badger Track Classic	1/21	5-6 (1.68)	
3. Kathianne Sellers	Nike Invitational	1/28	5-4 (1.63)	
4. Glenda Whipple	Northwest Open	1/14	5-2 (1.57)	
5. Susie Peterson	Northwest Open	1/14	5-2 (1.57)	
Long Jump				
1. Cindy Bethany	Badger Track Classic	1/21	18-2 1/2 (5.54)	#5 all-time
2. Lori Hardrick	Nike Invitational	1/28	17-8 1/4 (5.39)	
Cindy Bethany	Nike Invitational	1/28	17-8 1/4 (5.39)	
4. Cindy Bethany	Northwest Open	1/14	17-3 1/2 (5.27)	
5. Glenda Whipple	Northwest Open	1/14	15-10 1/2 (4.84)	
6. Susie Peterson	Northwest Open	1/14	15-7 (4.75)	
7. Lisa Beachy	Northwest Open	1/14	15-4 1/4 (4.68)	
Triple Jump				
1. Lori Hardrick	Nike Invitational	1/28	39-5 3/4 (12.03)	#2 all-time
2. Lori Hardrick	Badger Track Classic	1/21	39-2 1/2 (11.95)	
3. Cindy Bethany	Nike Invitational	1/28	36-8 1/4 (11.18)	
Shot Put				
1. Dani Parkos	Nike Invitational	1/28	49-9 3/4 (15.18)	#3 all-time
2. Dani Parkos	Badger Track Classic	1/21	47-9 (14.45)	
3. Joan Karnes	Nike Invitational	1/28	47-6 1/4 (14.48)	
4. Joan Karnes	Northwest Open	1/14	47-5 1/4 (14.46)	
5. Dani Parkos	Northwest Open	1/14	46-0 (14.02)	
6. Joan Karnes	Badger Track Classic	1/21	45-10 (13.97)	
7. Dani Parkos	Northwest Open	1/14	44-4 3/4 (13.53)	
8. Glenda Whipple	Northwest Open	1/14	37-4 1/2 (11.39)	
9. Susie Peterson	Northwest Open	1/14	34-2 (10.41)	
Pentathlon				
1. Glenda Whipple	Nike Invitational	1/28	3,279 points	
2. Susie Peterson	Nike Invitational	1/28	3,262 points	