



UMD Women's Track Team Finishes Indoor Season Strong

Nick Jones

Two weeks ago, the University of Minnesota Duluth Women's Track and Field team competed for the NCAA Division II Indoor National Championships in Birmingham, Alabama. The relay team of Breana Colbenson, Paige Du Bois, Elizabeth Kyes, and NSIC Indoor Athlete of the Year Emi Trost finished runner up to Adams State University. This was the second consecutive year the distance relay team took second place at nationals.

Even though the team finished runner up to Adams State University, there was plenty to be proud of. The foursome set a relay school record with a time of 11:16.90. This beat the previous school record set by last year's team at nationals by nearly 10 seconds.

In addition to being the final leg of the relay team, Emi Trost competed in the mile run at the NCAA Division II Indoor National Championships for the second consecutive year. And for the second consecutive year, she finished runner-up.

Trost finished the mile run with a time of 4:40.96, only 3.54 seconds behind winner Alicja Konieczek of Western State.

The indoor season may be over, but there is plenty to look forward to. It will be a quick turn around as the team looks forward to the Hamline Invitational, which will be their first outdoor meet of the season in St. Paul on April 1.



Nick Jones

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