

Carleton College

WOMEN'S
**TRACK
& FIELD**

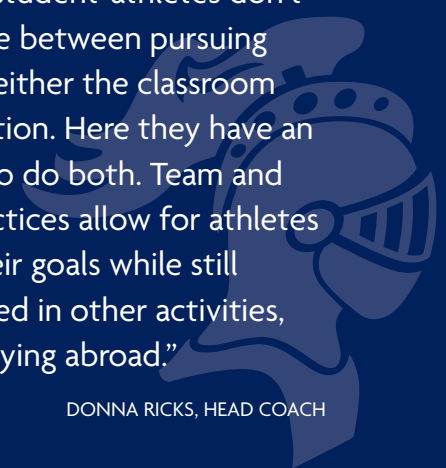




Carleton competes in the Minnesota Intercollegiate Athletic Conference (MIAC) and at the NCAA Division III level. Women's track and field in the MIAC is very competitive, with a large number of conference athletes qualifying each year for the NCAA Championships. In the past 15 years, head coach Donna Ricks has guided the Knights to strong MIAC finishes, and coached two national champions and numerous All-Americans. Aminah Ricks '94 captured the 100-meter national title in 1994 and Sandra Helquist '00 raced to victory in the 400 hurdles at the 1999 NCAA Division III Championships.

“At Carleton, student-athletes don't have to decide between pursuing excellence in either the classroom or in competition. Here they have an opportunity to do both. Team and individual practices allow for athletes to achieve their goals while still getting involved in other activities, including studying abroad.”

DONNA RICKS, HEAD COACH



MEET THE COACH

Donna Ricks has guided the Carleton women's cross country and track & field programs since 1993. A three-time MIAC



Coach of the Year in cross country, Ricks led Carleton to the 2004 and 2005 MIAC Championship titles.

A Carleton professor of physical education, athletics and recreation, Ricks came to Northfield after six years as cross country and track & field coach at her alma mater, Minnesota State–Mankato.

As a student at Mankato, Ricks was a cross-country and track & field All-American performer while earning a BS degree and an MA in athletic administration. In honor of her accomplishments, Mankato State inducted her into its Hall of Fame and named her the fifth-greatest female athlete to attend the school in the past century. In 1996 Ricks served as the U.S. National Women's Heptathlon Coach.

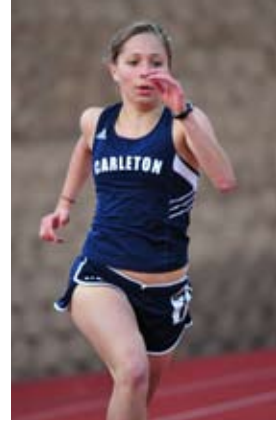
THE SEASON

The track & field season starts in January with base and strength building. By February the indoor portion of the competition season has begun. Carleton hosts a number of meets, which frees up time in student-athletes' schedules for academics and to be involved in other activities. The MIAC holds its championships the first week of March, with the NCAA Championships a week later.

The indoor season is spent focusing on the technical aspects of each event, while preparing oneself mentally and physically for the upcoming outdoor season. This approach plays a key role in the team's success.

To jumpstart the outdoor season, the team often trains and competes in Southern California during spring break. The squad's multi-event athletes—sprinters, jumpers, and throwers—benefit from spending this extra time in technical instruction with their coaches.

The outdoor season culminates in the competitive and exciting MIAC Championships during the second week of May, with the NCAA Championships following two weeks later.



A TYPICAL WEEK

Training at Carleton consists of a variety of workouts, which are attentive both to the needs of the team and to each student-athlete. Quality workout days alternate with one-on-one time working with the coaching staff on technical aspects of the student-athlete's events. This individual attention promotes success for the student-athletes and the team.

MONDAY: Quality workout

TUESDAY: Strength training, one-on-one technical work with coaching staff

WEDNESDAY: Quality workout

THURSDAY: Strength training, one-on-one technical work with coaching staff

FRIDAY: Pre Meet

SATURDAY: Meet

SUNDAY: Off day



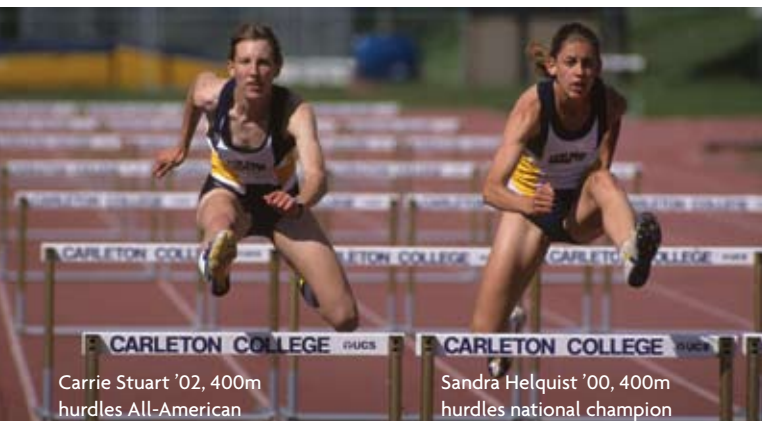
Aminah Ricks '94,
100m national champion



Laura
Bloedorn '03,
10,000m
All-American



Michelle Eisenreich '96,
discus All-American



Carrie Stuart '02, 400m
hurdles All-American

Sandra Helquist '00, 400m
hurdles national champion

SCHOOL RECORDS

Indoor Track & Field

55m	Aminah Ricks	1994	7.27
55m Hurdles	Busola Akinwale	'96 & '98	8.45
200m	Aminah Ricks	1994	26.12
200m Hurdles	Kim Davis	2000	30.1
400m	Sandy Helquist	2000	59.33
600m	Claire Shapleigh	2003	1:38.79
800m	Kate Ainsworth	1996	2:16.03
1000m	Katherine Wingert	2008	2:57.02
Mile Run	Katherine Wingert	2008	5:03.54
3000m	Anna Prineas	1989	9:39.86
5000m	Laura Bloedorn	2003	17:36.74
800m Relay	Tan, Thayer	2000	1:47.46
	Davis, Helquist		
1600m Relay	Stuart, Quinn	1999	4:02.84
	Paul, Helquist		
Distance Medley Relay	Lee, Paul	2002	12:28.9
	Stuart, Bloedorn		
Shot Put	Michelle Eisenreich	1995	12.80m
Weight Throw	Lyz Durham	2005	14.89m
Long Jump	Busola Akinwale	1997	5.67m
Triple Jump	Busola Akinwale	1996	10.61m
High Jump	Lisa Kelly	1988	1.66m
Pole Vault	Sarah Margoles	2004	3.08m
Pentathlon	Jennifer Streefland	1990	3357

Outdoor Track & Field

100m	Aminah Ricks	1994	12.21
100m Hurdles	Carrie Stuart	2000	14.55
200m	Aminah Ricks	1994	24.54
400m	Sandy Helquist	1999	56.55
400m Hurdles	Sandy Helquist	1999	61.05
800m	Heidi Sickler	1997	2:14.66
1500m	Laura Bloedorn	2003	4:37.49
Steeplechase	Kelsey Barale	2007	10:53.34
5000m	Anna Prineas	1989	16:50.74
10,000m	Anna Prineas	1989	34:17.92
4x100m Relay	Hawkinson, Hamilton	1984	49.04
	Opubor, Shah		
4x400m Relay	Hanson, Barton	1991	4:00.92
	Pennel, Streefland		
4x800m Relay	Nietmann, Forzley, Roach, Luderowski	2007	9:28.57
Distance Medley Relay	Keeley, Beitz	1996	12:34.66
	Ainsworth, Sickler		
Shot Put	Michelle Eisenreich	1995	13.00m
Discus	Michelle Eisenreich	1996	43.86m
Hammer Throw	Lyz Durham	2004	45.71m
Javelin	Kristi Colbenson	2003	40.78m
Long Jump	Busola Akinwale	1997	5.63m
Triple Jump	Busola Akinwale	1995	10.93m
High Jump	Lisa Kelly	1986	1.68m
Pole Vault	Tamra Thayer	2002	3.16m
Heptathlon	Jennifer Streefland	2005	4715



Laird Stadium



Recreation Center



Cowling Arboretum

FACILITIES

Laird Stadium's eight-lane 400-meter outdoor track has been the site for the NCAA Division III National Championships three times. New runways and throw areas were added in advance of Carleton hosting the 2009 MIAC Outdoor Track & Field Championships. The stadium holds weight facilities, training room accommodations, and locker rooms.

The 80,000-square-foot **Recreation Center** houses an indoor 200-meter track around four multi-purpose courts. It contains a 6,000-square-foot fitness center with more than 80 exercise stations, a climbing wall, racquetball courts, an aerobic/dance studio, batting cages, and other support facilities. The MIAC Indoor Track and Field Championships were held in this facility in both 2002 and 2006, and returns in 2010.

Carleton's **Cowling Arboretum**, ranked by *Runner's World* magazine as one of the best places in the nation to run, has 15 miles of wooded trails winding along the Cannon River. The Arb's peaceful setting is a great place to relieve stress after a day of classes.

www.carleton.edu/athletics/wtrack

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