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Green Knight Sports Weekly is an online newsletter recapping the current Cross Country and Track & Field news at St. Norbert College. To learn more about both programs please visit the web site at www.snc.edu/athletics. To receive GKSJ via e-mail send your e-mail address to donaugustine@snc.edu

SNC ALL-AMERICAN



LA CROSSE - St. Norbert College freshman Brad Boockmeier earned All-America honors by finishing in eighth place in the decathlon at the NCAA Division III Outdoor Track and Field Championship at UW-La Crosse's Veterans Memorial Stadium.

Boockmeier, who was ranked 20th coming into the meet, had a Day 1 total of 3,483 points and actually left quite a few points on the table. He finished the first Day in 7th place but needed to come out with a much better second day to stay in the top 8. Boockmeier did not disappoint, delivering an unbelievable Day 2- PRing in all 5 events and did just enough in the 1500m run to hold off the 9th and 10th place competitors(both of whom finished only 17 points behind Boockmeier!)

Several clutch performances led to Boockmeiers first All-American honor. He missed the first two bars in the pole vault and was in danger of scoring 0 points with another miss. However, he nailed his third attempt and went on to set a new PR by nearly a foot and a half. He also had clutch third throws in both the Discus and Javelin that helped him get all the way up to 5th place heading into the final event. Having only run the 1500 meters a couple of times, Boockmeier cracked the 5 minute barrier for the first time in his career and finished the two day event with a total of 6,471 points. That score broke the existing St. Norbert school record and Brad was the lone freshman to finish in the top eight.



A Closer Look...

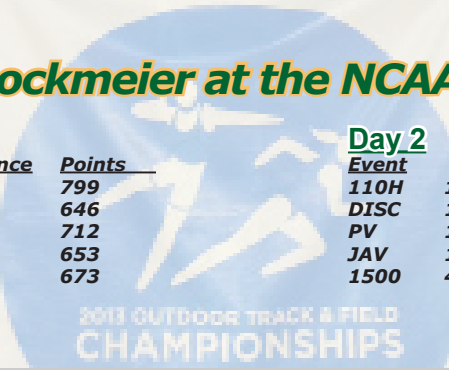
Brad Boockmeier at the NCAA Championships

Day 1

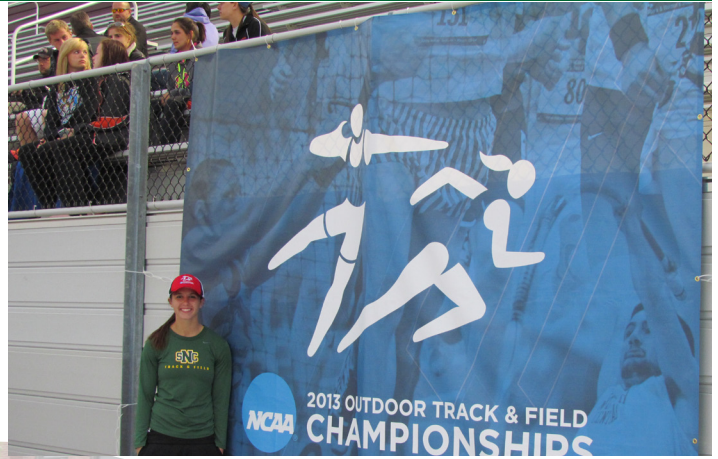
Event	Performance	Points
100m	11.28	799
LJ	20-05	646
SP	45-01	712
HJ	6-00	653
400	53.20	673

Day 2

Event	Performance	Points
110H	15.95	738
DISC	116-10	576
PV	11-11.75	522
JAV	160-2	571
1500	4:56.38	581



KNIGHTS AT NATIONALS



DE PERE - Two weeks after destroying a school record that had stood since 1991, St. Norbert College's Liz LeCaptain narrowly missed qualifying for the finals of the 100-meter dash in the NCAA Division III Outdoor Track and Field Championship at Veterans Memorial Stadium in La Crosse.

LeCaptain, a freshman from Beaver Dam, finished 12th among 22 contestants with a time of 12.13 seconds. The top nine times reached the finals, with 12.07 seconds being the final time to advance to Finals.

One of LeCaptains goals coming into the season was to run at UW-LaCrosse. She had never advanced to the WIAA State Track & Field Championships in high school and knew this would be perhaps her only opportunity to run at that venue. Her work ethic in the Fall ultimately led to one of the most prolific seasons a SNC sprinter has ever had. LeCaptain set the school record and the Midwest Conference record at the 2013 Indoor Midwest Conference Championships running a time of 7.88 seconds.

Her flare for the dramatic continued into the outdoor season. Due to the weather, there were not many opportunities to run fast times early in the season. Her PR going into the Conference meet was only a 12.55, but she shaved off .50 seconds running a 12.05 and moved into the top 10 in the Country. She ultimately went into the meet ranked 12th and finished in that exact spot with a very respectable time of 12.13



Patrick Georgia, Brad Boockmeier, Dan Sisler, Jordan Gobert

KNIGHTS AT NATIONALS



Dan Sisler, Coach Jordan Gobert and Brad Boockmeier at the NCAA Banquet

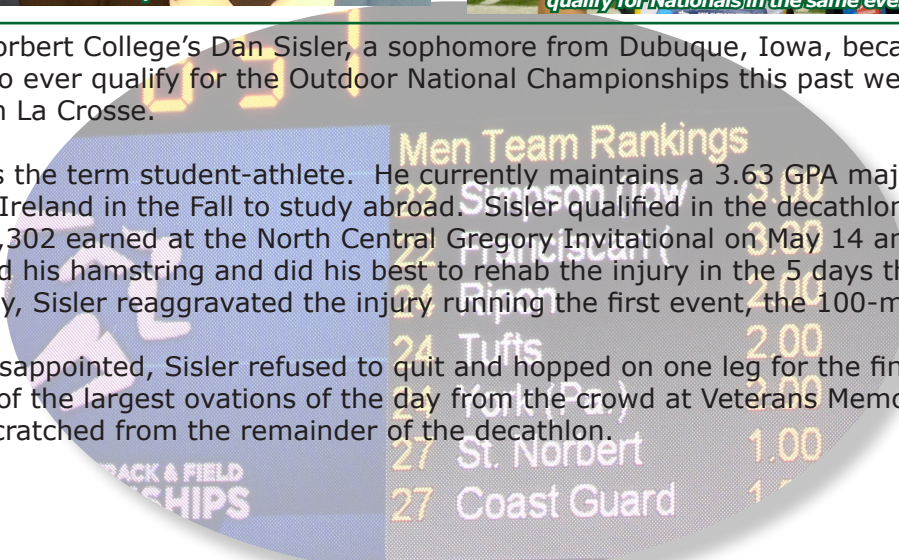


Brad Boockmeier and Dan Sisler became the first SNC teammates to qualify for Nationals in the same event in the same year!

DE PERE - St. Norbert College's Dan Sisler, a sophomore from Dubuque, Iowa, became one of only 10 SNC male athletes to ever qualify for the Outdoor National Championships this past weekend at Veterans Memorial Stadium in La Crosse.

Sisler epitomizes the term student-athlete. He currently maintains a 3.63 GPA majoring in Biology and will head to Dublin, Ireland in the Fall to study abroad. Sisler qualified in the decathlon after a season-high point total of 6,302 earned at the North Central Gregory Invitational on May 14 and 15. At that meet, Sisler tweaked his hamstring and did his best to rehab the injury in the 5 days that led up to the event. Unfortunately, Sisler reaggravated the injury running the first event, the 100-meter dash.

Although very disappointed, Sisler refused to quit and hopped on one leg for the final 60 meters of the race to receive one of the largest ovations of the day from the crowd at Veterans Memorial Stadium. Sisler was subsequently scratched from the remainder of the decathlon.



The 2013 NCAA Division III Track and Field Championships were held at UW LaCrosse

SNC RECORD BOARD



A Closer Look...

St. Norbert Outdoor Track & Field School Records

Men's School Records

Women's School Records

Event	Name	Time/Distance	Year
100m Dash	Dann Schneider	10.84	2010
200m Dash	Dann Schneider	21.31	2010
400m Dash	Ben Dryer	46.06	2002
800m Run	Colin McKean	1:50.54	2004
1500m Run	Colin McKean	3:54.40	2005
Mile Run	Steve Soukup	4:23.24	1997
3000m SteepleChase	Mackenzie Laska	9:30.33	2010
5000m Run	Jeff Pentek	14:29.36	2008
10000m Run	Jeff Pentek	30:33.08	2007
110m Hurdles	Justin Johnson	13.79	2012
400m Hurdles	Justin Johnson	52.58	2012
Long Jump	Mike Verfuether	24' 00.75"	2012
Triple Jump	Tim Nett	47' 07.00"	1993
High Jump	Jeremiah Janssen	6' 09.00"	1999
Pole Vault	Jordan Gobert	15' 00.00"	2010
Shot Put	Fran Schmitz	52' 03.00"	1971
Discus	Dan Schumacher	165' 02.50"	1997
Javelin	Dan Schumacher	185' 07.00"	1996
Hammer	Mike Delgadillo	162' 03.50"	2005
Decathlon	Brad Boockmeier	6471 pts.	2013
400m Relay		42.30	2003
(Ryan Schneider, Adam Heinzen, Chad Fairchild, Ben Dreyer)			
1600m Relay		3:13.04	2003
(Colin McKean, Chad Fairchild, Jesse Augustine, Ben Dreyer)			

Event	Name	Time/Distance	Year
100m Dash	Liz LeCaptain	12.05	2013
200m Dash	Ashley Graybill	25.54	2009
400m Dash	Ashley Graybill	56.32	2008
800m Run	Emily Schudrowitz	2:07.44	2012
1500m Run	Ashley Graybill	4:34.23	2009
Mile Run	Kim Sosnoski	5:31.14	1987
3000m SteepleChase	Jenny Scherer	11:04.66	2010
5000m Run	Jenny Scherer	17:12.28	2009
10000m Run	Jenny Scherer	35:21.70	2010
100m Hurdles	Vicci Verbrick	15.08	1986
400m Hurdles	Marisa Trakanovich	1:05.35	2008
Long Jump	Melissa Fabry	18' 10.00"	2007
Triple Jump	Kyra VandenHeuvel	36' 02.25"	2013
High Jump	Laura Salm	5' 08.50"	1992
Pole Vault	Danielle Krause	10' 01.25"	2011
Shot Put	Wendy Woelfel	38' 08.75"	2002
Discus	Sara Ullmer	120' 10.00"	1997
Javelin	Danielle Partain	121' 05.00"	2001
Hammer	Erin Jenewein	150' 04.00"	2003
Heptathlon	Nikki Swanson	3121 pts.	2011
400m Relay		48.73	2012
(Mara Aparnieks, Kari Braatz, Megan Domnick, Katherine Larson)			
1600m Relay		3:53.41	2012
(Emily Schudrowitz, Erin McShea, Megan Domnick, Katherine Larson)			



Decathlon All-Americans

Brad Boockmeier became St. Norbert's first All-American in the Decathlon and qualified for the USA TF Junior Championships to be held on June 17th at Drake University!



THIS BLUFF (COMMONLY CALLED "GRANDAD BLUFF") WAS THE SITE OF THE FIRST COMPLETE SERVICE OF CHRISTIAN DIVINE WORSHIP CONDUCTED IN LA CROSSE, THE REVEREND FATHER JAMES LLOYD AND HIS COMPANY OF PIONEER MISSIONARIES, ON THE MORNING OF TRINITY, TWENTY-THIRD, THE FOURTH SUNDAY AFTER TRINITY, EIGHTEEN FORTY, CLIMBED TO THE TOP OF THE BLUFF AND CELEBRATED MASS IN ACCORDANCE WITH THE BOOK OF COMMON PRAYERS.

THIS COMMEMORATIVE MARKER IS THE ONE HUNDRED TWENTY-FIFTH OF THE OCCASION BY CHRIST IN CONJUNCTION WITH THE LA CROSSE HISTORICAL SOCIETY AND THE CITY OF LA CROSSE.

SUNDAY, JUNE TWENTY-FIVE, ANNO DOMINI 1842



NCAA DIII Outdoor Championships LaCrosse, WI

