

# Women's track competes at Hawkeye Open

**Biermann sets school record in pole vault, tied for Div. II lead.**

BY SONDRA LANGLEY  
Staff Reporter

Senior Katrina Biermann led the women's track team in its first meet since Winter Break in the Iowa Hawkeye Open on Saturday.

Biermann won two events: the triple jump with 38-02.00 feet and the pole vault with 12-01.50 feet. She set a new Truman indoor record in the vault and is now tied for the best mark in Div. II. Her performance earned her MIAA Women's Field Event Athlete of the Week.

"Some good things happened and some not so good things happened," Biermann said. "The first meet back is always a reality check of where you are at."

Biermann was followed in both events with a fourth-place finish by junior Lindsey Bramon in the pole vault and sophomore Jennifer Zweifel in the triple jump.

"Everyone needs to step it up in their performances, myself included," Biermann said. "We have a lot of tough meets this year, and everyone is kind of going [to] have to be com-

petitive and put a lot of effort into the meets."

**"We can phase off each other and make sure if we stay up there together we can get more points for Truman."**

**Karen Grauel**  
Freshman

Despite winning both of her events by a wide margin, Biermann still has work to do for an NCAA provisional mark. The women have not earned one yet this season.

On the distance side, sophomore Dani Dell'Orco cruised to victory in the 3,000-meter run with a new personal record of 10:11.76, and junior Amanda Brown placed second in the event in 11:24.38.

Freshmen twins Cindy and Karen Grauel took second and third in their heat of the mile run, three seconds behind the top finisher.

"This girl shot past us at the 800 mark, and our mistake was not following her," Cindy Grauel said. "She got ahead of us, and we just couldn't catch up."

Cindy and Karen took seventh and eighth in the mile overall, respectively, in their second indoor meet of their college careers.

"Coach Schwegler is trying to work on our speed," Karen Grauel said. "Now I think he is going to build us up to the 3K and then switch off."

"We can phase off each other and make sure if we stay up there together we can get more points

for Truman."

Throwers also placed well at the Iowa Hawkeye Open. Junior Tessa Letuli placed second in the shot put with a throw of 41-01.75 feet and third in the weight throw with 51-05.75. Freshman Rachel McCarroll took first in her heat of the weight throw with a distance of 44-10.75, nearly two feet farther than her throw at the Cyclone Holiday Classic on Dec. 11.

"That was my goal," McCarroll said.

The next meet for the 'Dogs is the Iowa State Open this weekend. It is the first two-day meet for the indoor track season.

"The level of competition is a lot harder than the meet this last weekend," Biermann said.

## Athlete of the Week

**Emily Buss**  
Sport: Swimming  
Year: Junior  
Hometown:  
O'Fallon, Mo.

Junior Emily Buss won the 200-yard breaststroke with a time of 2:23.34 during Saturday's meet against Missouri State and Southern Illinois. Buss' victory by .04 seconds was Truman's only individual victory during the dual meet. Buss achieved an A-cut time earlier this year.

# Buss wins 200-yard breaststroke

BY BLAKE TOPPMEYER  
Editor in Chief

Swimming head coach Mark Gole laid out the challenge for junior Emily Buss as she was preparing for the 200-yard breaststroke in a dual meet Saturday.

Gole had calculated the scores prior to Buss' race, and he determined that the Bulldogs needed to finish first and second in the 200-yard breaststroke and first in the 400-yard freestyle relay, the final event of the meet, to beat Div. I Southern Illinois University.

Gole presented Buss with the task of taking home first in the 200-yard breaststroke. "Mark actually talked to me before the race, and he basically said, 'If you don't win this race, we have no shot in winning,'" Buss said. "He put the pressure on."

"He was expecting it [a first-place finish]."

Buss didn't disappoint her coach. She edged out SIU's Kristin Geppert by .04 seconds and touched the wall first for Truman's lone victory in the meet, which also featured Div. I Missouri State University.

Although Buss' swim wasn't enough to secure a dual win for the Bulldogs — Truman didn't claim second place in the 200-yard breast-

stroke — Gole was impressed Buss rose to the challenge.

"She responds well to pressure," Gole said. "And I love the fact that she just acknowledges that we have to have this. We need this. She's like, 'OK.'"

"She got herself ready to go, and she took ownership of that race and made it happen."

While Gole was impressed, that's not to say he was surprised by Buss' swim. Buss had reminded Gole why she is a five-time All-American during a practice Jan. 13.

During practice, Gole put his swimmers through sets of 15 swims in each event. He said that by the 15th swim, good swimmers usually will finish the race about 10 seconds slower than their normal dual meet time.

On Jan. 13, Buss finished her 15th swim in 2:29, about five seconds off her traditional dual meet time.

"To go that fast on the 15th 200 breaststroke, it takes a certain kind of do that," Gole said.

Buss' victory Saturday came in come-from-behind fashion. Geppert established a 1.05 second lead after the first 50 yards. But Buss had the best split times in the third and fourth 50-yard legs to clip Geppert at the wall.

"That [finishing strong] is

## All aboard the Buss

Emily Buss

- Five-time All-American
- Has nation's eighth-best time in the 200-yard breaststroke
- Has nation's sixth-best time in the 100-yard breaststroke
- Her 2:23.34 time in the 200-yard breaststroke Saturday was an in-season best time



Emily Buss

part of the race strategy that Mark teaches," Buss said. "He always wants those to be our fastest splits of the race. We've been practicing doing that, so I think that definitely helped."

In the process of beating Geppert, Buss also beat Missouri State's Fran Moody, who beat Buss at a dual meet in Kirksville in the fall but finished third behind Buss and Geppert on Saturday.

After defeating a collection of Div. I swimmers last weekend, Buss will be in for another challenge Saturday when the Bulldogs travel to Drury University, the

defending Div. II national champions.

Drury's roster features Abbey Musch, who placed second at nationals in the 200-yard breaststroke last year. Musch has Div. II's best time this season in the event.

Buss, meanwhile, placed ninth in the 200-yard breaststroke at last year's national meet and currently holds the eighth-best time in that event this season.

The 200-yard breaststroke is on the slate of events at the Drury meet, so Buss and Musch should have a chance to square off in a race that could serve

as a preview of the battle for the national title in that event in March.

"It'll be a good race, and it's a good chance to get a swim in against her before nationals rolls around," Buss said. "If nothing else, it'll just kind of show where we're at."

With Buss' performance from Saturday still fresh in his mind, Gole isn't prepared to bet against Buss as she prepares for Musch.

"I got confidence in Buss," Gole said. "I've watched that girl train for 2 1/2 years plus now. She's an animal."

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