

# Track returns with top finishes



Anna Grace/Index

Sophomore Riley Williams practices his long jump Monday at Stokes Stadium. The Bulldogs will head to their last regular season meet this Friday.

BY KIRK SCHLUETER  
Staff Reporter

After a two-week hiatus, the Truman State men's and women's track teams made a successful return to competition Saturday at the Fighting Scot Invitational in Monmouth, Ill. The teams won five events and had one school record broken.

With only one meet left before the MIAA Indoor Championships, coach Tim Schwegler said the Bulldogs are focusing on setting new personal records every time they race. He said this weekend was a good showing from both teams, and he hopes they keep the momentum from this meet heading forward into their preparations for the conference meet Feb. 22 to 24.

"It's always fun to have a school record set," Schwegler said. "The school records are pretty good here, there's a good track tradition for both the men and women, so any time you break one it's a celebration."

Senior thrower Rachel McCarroll set that school record, breaking a mark in the shot put set during 2007 with a throw of 58-08.50, leading her to finish second in the shot put Saturday. McCarroll's throw also gave her an NCAA provisional mark, making her currently ranked 13th in the country. She said seeing her work and preparation during practice result in a tangible number was a rewarding experience.

"It feels good to see all the hard work we put in at practice pay off, and it's obviously a bonus to break a school record," she said. "That was one of the things I wanted to do this season, so it feels good to have accomplished that, and now keep building for conference."

McCarroll said she credits her success to the throwers' training regimen as well as technical adjustments she has focused on this season. The throwers use a cyclic weight lifting pattern, alternating between heavy lifting weeks and light weeks, and she said last week was a light lifting week, which made it conducive to a good performance Saturday. McCarroll said she also has worked on not falling back during a throw, as well as finishing all the way through her throw and not stopping early. She thought she did better in both of those

areas during the meet.

Other top finishers for the women were senior runner Karen Grauel, who took home first in the 5000-meter run and junior Becca Nelson, who took first in the 60-meter hurdles. Junior sprinter Brittni Campbell earned second in the 60-meter dash, while sophomore Taylor Dinyer took third in the 60-meter hurdles with a personal record time.

The Bulldog men achieved three titles at the meet, with senior Ryan Peterson and junior Matt Schaefer bringing home first in the 400-meter dash and the 800-meter run, respectively. Schaefer and Peterson then teamed with sophomore Zach Thomas and freshman Nick Anderson to win the 4x400 meter relay, setting a personal record in the process.

Overall, Truman set eight personal bests during the competition. Schwegler said seeing his team perform well made for a fun day Saturday as a coach.

"It kind of got contagious and got rolling, and people kept [getting personal records]," he said.

Neither Schaefer nor Peterson set personal records in their events, and Schwegler said the two probably had hoped for faster competition to push them toward faster times. He noted, however, that both runners will have plenty of fast runners pushing them at the competitive conference meet.

"I wanted to go a bit faster, but any time you win you've got to be happy," Schaefer said. "I felt pretty good about it, and I know if there had been someone there to push me I could have gone faster. Any time you feel that good and know you can go back and run it faster in the future is always a good thing."

Schaefer said he led from start to finish during the 800-meter, and the Bulldogs led from wire to wire during the 4x400 as well, winning the race with a four-second margin. He said he was confident going into the meet because it featured competition slightly below the level Truman is used to.

"We expected to be one of the better teams there and do well," he said.

Truman is back in action this Friday at the Missouri Collegiate Challenge for their last regular-season meet before the MIAA Indoor Championships.

## 'Dogs claim second at NSIC

BY HOLLY CANTALUPO  
Staff Reporter

It was a weekend full of wins for the Truman State men's and women's swim teams while competing in the 2013 Northern Sun Intercollegiate Conference Championships. The four-day competition, beginning Thursday and ending Sunday, took place in Rochester, Minn.

The women's team finished with a total of 1,514.5 points, falling to SCSU by 49 points in swim only events. The women started the weekend with a fifth place finish after Thursday's events and climbed to second place, keeping alive the 24 year streak of first or second place finishes in conference, while the men finished third in the meet.

Sophomore Abby Hempen said the teams prepared for the meet by continuing to "taper" and focusing more on technique.

"For this meet we taper down," Hempen said. "We start doing a lot less yardage a few weeks out and we start to really focus on our turns and finishes and more technique. It's more about working on the finer things."

The women's team began the tournament Thursday with two national B-cut times in the 1,000-meter Freestyle. Fresh-

man Brynn Guardado achieved a first place finish with a time of 10:18.89 and senior Allison Harding earned fifth place with a time of 10:29.78. The men continued with a second place finish in the 1000-meter Freestyle from senior Jerod Simek with a B-cut time of 9:18.20 and the women finished the night with two first place wins in the 800-meter Freestyle relay in both A and B finals with times of 7:40.41 and 7:51.57. The men took home fourth with a B-cut time of 6:51.59 in the same relay.

During the second day of competition, the women picked up two more B-cut times from Hempen and freshman Adrian Rudd in the 200-meter Individual Medley. Hempen, Rudd and juniors Beth Evanson and Casey Jepsen earned a second place finish in the 400-meter Medley Relay finals. Men's swimmer Simek set a new school record with a time of 4:31.29 in the 500-meter Freestyle finals with freshman Levi Hanks close behind, trailing by .7 seconds slower.

Hanks said as the meet continued and fatigue set in, it took a team effort to push through and continue to be successful. He said having a team-centered focus helped the Bulldogs earn individual titles during the final days of events.

Jepsen earned a first place finish in the 200-meter Freestyle finals with a time of 1:51.68. Junior Margaux Kent and Hempen secured second and fourth place finishes in the 100-meter Breaststroke finals. Rudd snagged a B-cut time of 57.11 in the 100-meter Butterfly finals for the women's team. On top of that, Sophomore men's swimmer Lars Winkelmoen took home second for the men in the 100-meter Breaststroke.

Both teams ended Sunday with notable finishes from Guardado, Jepsen and Hempen for the women and Simek and freshman Nick Barabolak for the men. Guardado earned first place in the women's 1650-meter Freestyle with a time of 17:23.02 while Simek and Barabolak placed first and second in the same race for the men. Jepsen placed first in the 100-meter Freestyle with a time of 51.70 and Hempen scored the team a second place finish in the 200-meter Breaststroke with another B-cut time.

After finishing out the regular season with two conference titles, both teams will wait to see who will be invited to compete in the national tournament. The teams will find out the eligibility of their swimmers for the early March tournament taking place in Birmingham, Alabama, Feb. 20.

## Men drop close decision to SIUE

BY CORY WEEKES  
Staff Reporter

The Truman State wrestling team enters their final week of regular-season competition on a two-match losing skid, following a pair of tough losses last week.

After what head coach Dave Schutter said was an "especially tough week of wrestling," two weeks ago, the Bulldog wrestling team battled the Div. I Southern Illinois University-Edwardsville Cougars last Wednesday in Pershing Arena, followed by the MIAA conference championship tournament at Edmond, Okla. last Saturday.

While the 'Dogs stayed close against SIUE during a tightly contested evening, Truman fell after some tough losses, ending the night with a 23-22 defeat.

The Bulldogs started Wednesday's dual off behind freshman J.J. Dorrell's pinfall victory that put Truman up 6-0. Brothers, senior Alex and junior Ryan Maus, earned wins to give Truman a 13-6 lead. Junior Colton Schmitz added to that lead with a 6-2 win, giving the Bulldogs a 16-6 advantage. However, after a forfeit and series of losses by Truman, the Bulldogs finished the night losing three of the last four bouts, surrendering key points that ultimately led to the team's loss.

After the dual, Ryan said that, as a team, the Bulldogs were upset with their performance and felt that they should have won against the fully-funded Division I opponent.

"Overall we should have won that dual against SIUE," Ryan said. "I think that, as a team, we were just weathering through a tough patch. We have had a rough couple of weeks, playing a lot of good teams, and I think we lost our focus a little as the matches wore on."

With the loss behind them, Truman headed South last Saturday to compete in the MIAA Conference Championships in Edmond, Okla. During the first conference championship wrestling tournament held by the MIAA since 1986, the Bulldogs placed 6th overall behind a performance from Schmitz, who finished with a higher ranking than any

other Bulldog at 3rd in the conference.

During his first match, Schmitz found himself in a familiar situation across from University of Nebraska-Kearney's Chase White, currently ranked No. 2 in the nation, who he had previously wrestled, and lost to, earlier this season. After a closely fought match, Schmitz went on to lose in a tight 3-2 decision. Despite the loss, Schmitz was able to bounce back and overpower his next two opponents to earn 2-0 and 6-2 victories.

While Schmitz continued his winning ways during in the conference championship, Ryan Maus, the only wrestler to have garnered a ranking during the 2013 season, said he struggled to find his form in Saturday's tournament.

"Its has really just been a tough past few matches," Ryan Maus said. "I wrestled hard, but just didn't quite do enough to get the wins. It only gets tougher from here on out, but I'm confident we are moving in the right direction."

Apart from Schmitz, two other Bulldogs placed in the competition with freshman Dustin McClintock and sophomore Nate Seiler finishing fourth in their respective weight classes. Overall, Truman finished last in the tournament with 12 points. University of Nebraska-Kearney finished first with a championship win against University of Central Oklahoma.

Headed into the final regular season dual against McKendree University this Friday, Alex, who was forced out of the MIAA tournament with a busted lip, said he feels the team still is in great shape to surprise people.

"We should have won against SIUE," Alex said. "Bonus points became a big factor in the dual, and the loss didn't reflect our actual abilities. I think everyone knows what they need to work on. We have two weeks until regionals, and McKendree is a great opportunity for us to put in our final work."

Truman faces the McKendree University Bearcats at 7 p.m. Friday in Lebanon, Ill. The Bearcats are 4-7 for the season and are members of the GLVC, the Bulldogs' future conference.

## Mark your calendar

### Women's Basketball

5:30 p.m., Thursday, Feb. 14  
Pershing Arena

The women come home for 'Think Pink Night' against Southern Baptist.

### Men's Basketball

7 p.m., Thursday, Feb. 14  
Pershing Arena

The men look to win their first game after four straight losses against Southern Baptist on 'Think Pink Night'.

### Softball

11 a.m. and 5 p.m., Friday,  
Feb. 15  
Huntsville, Ala.

The softball team opens up their season with the Alabama-Huntsville tournament against Wayne State and Ohio Dominican.

### Wrestling

7 p.m., Friday, Feb. 15  
Lebanon, Ill.

The wrestling squad heads to Illinois for a dual meet against McKendree University

### Indoor Track

Friday, Feb. 15  
Columbia, Mo.

The men and women's track team travel down 63 to the Missouri Collegiate Challenge at Mizzou.

### Softball

11 a.m. and 1 p.m., Saturday,  
Feb. 16  
Huntsville, Ala.

The women continue the Alabama-Huntsville tournament against Quincy and Maryville.

### Baseball

1 p.m., Saturday, Feb. 16  
Topeka, Kan.

The men travel to Washburn to open 2013 with a double-header.

### Softball

9 and 11 a.m., Sunday, Feb.  
17  
Huntsville, Ala.

The Bulldogs face Tiffin (Ohio) and Indianapolis to finish out play in the Alabama-Huntsville tournament.

### Baseball

1 p.m., Sunday, Feb. 17  
Topeka, Kan.

The Truman State Bulldogs finish their opening three-game series against Washburn University