

Women's Track & Field Shines at Warren Bowlus Open

By: Ashley Hofer, Sports Information Student

Posted: Saturday, January 29, 2011 at 7:53 PM

MENOMONIE, Wis. (UWECBlugolds.com) - The UW-Eau Claire women's track & field team put up strong efforts in distance and field events today at the non-scored Warren Bowlus Open hosted by UW-Stout.

While the Blugolds also had good runs in the dashes – such as **Sarah Bruk's** (Fr.-Brookfield, Wis./Brookfield Central) 9.73, fifth-best time in the 55-meter hurdles – the team stood out in the longer competitions. **Molly Woodford** (Sr.-Waukesha, Wis./South), **Charissa Drake** (Jr.-Orfordville, Wis./Parkview) and **Victoria Janasz** (Fr.-Elk River, Minn.) swept the top three times in the 3,000-meter run, led by Woodford's 10:57.42. **Kelly Palmer** (Sr.-Chanhassen, Minn./Chaska) also put down the third-fastest time in the one-mile run with a 5:24.37.

In the field events, **Brittany Frederick** (Jr.-Green Bay, Wis./Preble) had the top effort in the weight throw event, landing a 16.91 meter (55-05.75) attempt, a school record. Frederick also recorded the second-best effort in the shot put competition, ending just shy of fellow Blugold **Lindsey Haller's** (Jr.-Hartland, Wis./Arrowhead) 12.38 meter (40-07.50) throw.

Liz Amici (Sr.-Whitewater, Wis.) nabbed the third best effort in the long jump with an attempt of 4.71 meters (15-05.50), leading teammates **Kayla Simon** (So.-Eau Claire, Wis./Regis) and **Hannah Norwick** (Fr.-Stockholm, Wis./Pepin). Simon also put down the fourth best effort in the high jump with an effort of 1.56 meters (5-01.25).

The Blugolds will be in Stevens Point next Friday and Saturday for the UW-Stevens Point Multi and the Pointer Invite. The multi competition is set to begin at 1 p.m. Friday with the invite taking place 10:30 a.m. the following morning.