Increased consistency and added depth give eighth-year Ferris State University men's and women's track and field head coach Jeff Kavalunas added excitement entering the 2003-04 campaign.

“We might not have as many individuals who are league title contenders, but we’ve upgraded our level of consistency and should have more depth in many areas,” Kavalunas said. “I’m excited about the number of athletes, especially in our men’s program.

“Our focus remains on the Great Lakes Intercollegiate Athletic Conference (GLIAC) Championships and being able to put athletes in position to score points within the league.”

Kavalunas expects the Bulldog women’s team to remain near the top of the GLIAC standings and hopes his men’s squad can continue to post additional points at the season-ending league championships with its additional depth.

**Sprints/Hurdles**

Senior captain Jennifer Delamater headlines an improved area for the women’s squad. Delamater, a 2001-02 NCAA-II Indoor national qualifier, presently holds three school records and ranks as one of the league’s top sprinters.

Besides Delamater, the Bulldogs also return senior Crystal Kuzma and junior Sharon Smith. Both individuals hold positions among FSU’s all-time top five performers in the sprinting events. Newcomer Ashley Farr will help supply depth in the long sprints following a successful prep career while senior Molly Machinski adds point-scoring ability in the hurdles.

“We have a good core of sprinters who will be competitive within the GLIAC,” said Kavalunas. “We scored some points last year and have the potential to do even better this year.”

The Bulldog men’s team features a talented, but yet unproven group. Freshman hurdler Darryl Glashauser, sophomore sprinter Sean Maxwell and freshman sprinter/jumper Kyle Schuberg will be the front runners in a large unit.

**Distance Events**

Kavalunas is confident sophomore Jenny Irwin and senior Rachel Cox have the ability to run with anyone in the league after both put together outstanding fall cross country campaigns in 2003.

Irwin earned first-team all-conference recognition with a seventh-place finish at the 2003 GLIAC Cross Country Championships. Cox attained second-team kudos by placing 11th overall.

“Both Jenny and Rachel moved up to the next level and will be extremely competitive in our top distance spots,” said Kavalunas. “They did well this fall and will be among the top runners in the longer distance areas.”

A trio of sophomores in Jamie Lyberg, Geneva Jones and Leanna Wolf give Kavalunas numerous options in the middle distance events. All three will compete in the 800 meters while the versatile Lyberg will also see action in the 400-meter event.

“We’ve moved Jamie up and Geneva down to the 800 meters,” Kavalunas said. “Leanna was solid a year ago and could be up near the top of the league this season.”

Senior captains Pat Kerwin and Joe Klein along with sophomore Corey Peyerk will spearhead a solid middle distance unit for the men’s squad. Senior Pat Wehrman is a valuable commodity in the steeplechase and versatile senior Joe Every returns to compete anywhere from the 1,500 to 5,000 meters.

“This group has been training hard and is on the edge of being able to add points for us,” said Kavalunas. “We’re hopeful they can continue to improve throughout the year.”

**Field Events**

The Bulldogs have been one of the most dominant league schools in the pole vault for several years and the 2003-04 campaign should be no different.

Senior Kristyn Buck should contend again for league championship honors after claiming GLIAC runner-up accolades last season.

Junior Michele Vanderhyde has improved, according to Kavalunas, and freshman Katie Hanover has the potential to score points in a deep area.

The men, too, feature a talented unit led by senior Kurt Peterson, who attained both indoor and outdoor all-league recognition a year ago. Transfer Brent Harkness, junior Ryan Rouse and sophomore Ben Petiprin could also climb into scoring position.

“Kurt is one of the GLIAC’s top vaulters and has done an excellent job for us,” said Kavalunas. “He’s working as hard as ever and should contend again for a league championship.”

In the long jump, the Bulldogs will count on Kuzma and Delamater. Delamater earned all-league kudos in the event two seasons ago. Schuberg, a prep all-state long jumper at nearby Big Rapids (Mich.) High School, is expected to provide a solid contribution for the men’s team with freshman Lauren Lindner rounding out the women’s lineup in the triple jump.

Nowhere is FSU’s added depth more prevalent than in the weight events. Sophomore Jessica Gladding returns with increased strength on the women’s side. The men’s team features junior captain Tom Swartwood and is hopeful sophomore Brian Dyer and freshman Josh Grassman can be production in their initial campaigns.

“Tom finished the season well and is picking up where he left off,” said Kavalunas. “Our other throwers are first-year guys who will supply depth after transitioning to the heavier weight.”

All-GLIAC high jumper Sarah Duesing, who also plays women’s basketball at FSU, could possibly redshirt this season in order to preserve a full fifth-year of track and field eligibility. Her loss would leave Ferris with a significant void in the high jump.

The Bulldogs’ continued depth and consistency will benefit from a schedule mix including both NCAA Divisions I and II competition.

“Overall, we should have more individuals with the ability to score points for us,” Kavalunas said. “If each of our athletes take care of business, we will be able to come together as a team.

“We’ve added depth and numbers in some of our weaker areas, which hopefully will help us perform better on a more consistent basis.”