



## Balanced Scoring Leads Women to Win Over Bethany

**Lydia Feidt** (*FVL*, pictured) scored 17 points, the MLC starting five all reached double figures, and the Knights were able to avenge their earlier loss to rival Bethany with a 72-59 win at home on Saturday, January 27.

In their first meeting, the Vikings shot nearly 46 percent from the field and bottled up most of the Knights' starters. On Saturday, the MLC defense came ready to play, and their pressure forced the Vikings into 29 turnovers, holding them to just 32.8 percent shooting this time around.

The Knights played solid help defense, which sparked a 10-2 run to go up 43-32 with 6:25 left in the third period. The Vikings cut that lead to 45-40. At this point, Nelson picked up her fourth foul, and it appeared that Bethany would make a push late in the third, but **Ella Walz** (*KML*) hit a crucial 3-pointer to keep the momentum on the MLC side.

The final quarter saw the Knights get into the paint and move past the Vikings with help from each member of the starting five.

**Grace Kieselhorst** (*LPS*) had 14 points and six steals, which contributed to MLC's 21 points off of turnovers. The trio of **Emma Nelson** (*MVL*), **Lauren Paulsen** (*LPS*), and **Jordyn Heckendorf** (*KML*) finished with 12 points each, and Nelson also grabbed 12 rebounds.



## Plocher Breaks Own Record



At the St. Olaf Invite on Saturday, January 27, **Samuel Plocher** (*Evergreen*, pictured) broke the MLC record in the 60m Hurdles, a record he'd set himself just last week.

He shaved off a few tenths of a second from his previous record of 8.52 with a time of 8.48 in the preliminaries.

Plocher went on to earn fourth place in the finals with a time of 8.62.

Plocher topped off his day with a first-place finish in the High Jump, with marks of 2.00 meters in the preliminaries and 1.95 in the finals.

### Upcoming Events

- 2/2 WBB vs. Minnesota Morris  
MBB vs. Minnesota Morris
- 2/3 ITK @ Minnesota State  
WBB vs. Crown (Parents' Day)  
MBB vs. Crown (Parents' Day)
- 2/9 ITK @ Minnesota State  
WBB @ North Central  
MBB @ North Central