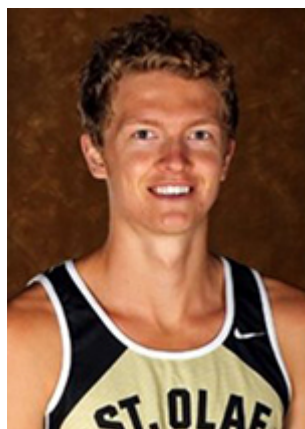


# MIAC Indoor Track and Field Athletes of the Week - Jan. 20, 2016

Posted: Jan 20, 2016



## MIAC Men's Indoor Track Athlete-of-the-Week

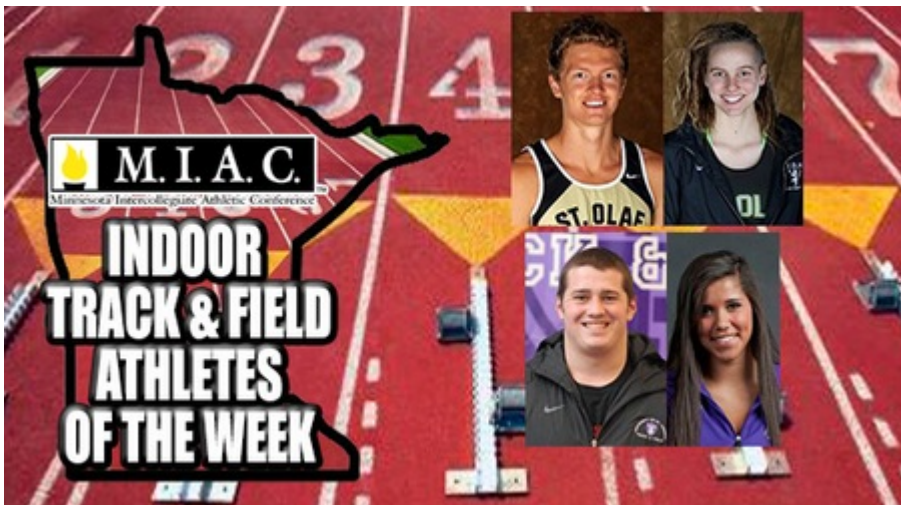
**Jake Campbell, St. Olaf  
Edina, Minn. / Edina**

As he enters his final semester of his tremendous collegiate career, St. Olaf star Jake Campbell (Edina, Minn.) certainly isn't slowing down. In fact, he appears to be still speeding up. The Ole distance runner turned

in a tremendous performance in his 2016 indoor track debut by winning the one-mile run at St. Thomas' "The Opener" meet with the top time in both the MIAC and all of Division III this season. For his performance, the MIAC sports information directors honored Campbell Wednesday with the first MIAC Men's Indoor Track Athlete-of-the-Week award of the 2016 season.

Campbell completed the 1-mile course at the St. Thomas Fieldhouse in just 4:08.66 to win the race and vault to the top of the MIAC and NCAA Division III performance lists with the nation's top time in the event. He bested a star-studded field of St. Olaf runners that swept the top four places and recorded the nation's top four times thus far. Campbell is the defending indoor national champion in the 3,000-meter run, and was third in the 1,500 at last year's outdoor meet. He was also the MIAC's 2015 cross country individual champion and Athlete-of-the-Year, and finish fifth at the 2015 cross country national championships.

The Oles and Campbell hope to build on their strong start with a pair of home events coming up on the remainder of January's schedule. The team will host Carleton and Hamline for a triangular meet on Friday with field events starting at 4:30 p.m. and track events to start at 5 p.m. St. Olaf will host another triangular against MIAC foes on Jan. 29 when Bethel and Gustavus both visit the Tostrud Center.



## MIAC Men's Indoor Field Athlete-of-the-Week

**Matt Schauer, St. Thomas  
Champlin, Minn. / Totino-Grace**

The St. Thomas men's track and field team began its indoor season at home by hosting "The Opener" at St. Thomas Fieldhouse over the weekend, and thrower Matt Schauer (Champlin, Minn. / Totino-Grace) appeared to already be in midseason form. The senior won the shot put and finished third in the weight throw with top-three distances in the conference in both events. For his performance, the MIAC sports information directors honored Schauer Wednesday with the first MIAC Men's Indoor Field Athlete-of-the-Week award of the 2016 season.

Schauer's strong start to the 2016 season was highlighted by a throw of 51-6.5 feet in the shot put, which helped him win the title in a competitive field of 25 throwers. He also recorded a distance of 47-9.25 in the weight throw to finish third. His shot put distance currently ranks first in the MIAC, and he's ranked third in the weight throw as well thus far in 2016. Schauer enters his senior season with high hopes on the MIAC and national stage after a top-10 finish (ninth) in the shot put at the 2015 NCAA Division III Outdoor Track and Field National Championships.

After the strong start to the season, St. Thomas will get another chance to compete in front of the home fans Friday when it hosts the UST Invite at its St. Thomas Fieldhouse in St. Paul, Minn. The meet is scheduled to start at 4 p.m. After that, the Tommies will wrap up January with their first road trip of the year to compete at the UW-River Falls Falcon Invite in River Falls, Wis., on Jan. 30.

## MIAC Women's Indoor Track Athlete-of-the-Week

**Madison Van Wylen, St. Olaf  
Northfield, Minn. / Northfield**

In her team's 2016 indoor track and field debut, St. Olaf's Madison Van Wylen (Northfield, Minn.) showcased both her talent and versatility with an incredibly strong start to her senior season. The Ole sprinter and jumper won the 200-meter dash title at St. Thomas' "The Opener" meet and also had a top-seven finish in the 60-meter hurdles. For her performance, the MIAC sports information directors honored Van Wylen Wednesday with the first MIAC Women's Indoor Track and Field award of the 2016 season.

Van Wylen's big 2016 debut was highlighted by her first-place finish in the 200-meter dash. Not only did she



best the field with a time of 27.43, but that also ranks as the best time in the MIAC thus far this season. She also finished seventh in the 60-meter hurdles with a time of 10.38, which also ranks seventh in the conference. Van Wylen's impact also extended into the field events, where she turned in a fourth-place finish by traveling a distance of 16-3.25 in the long jump.

The Oles and Van Wylen hope to build on their strong start with a pair of home events coming up on the remainder of January's schedule. The team will host Carleton and Hamline for a triangular meet on Friday with field events starting at 4:30 p.m. and track events to start at 5 p.m. St. Olaf will host another triangular against MIAC foes on Jan. 29 when Bethel and Gustavus both visit the Tostrud Center.



#### **MIAC Women's Indoor Field Athlete-of-the-Week**

**Bailey Cook, St. Thomas  
Norwood Young America, Minn. / Central**

Versatile St. Thomas senior Bailey Cook (Norwood Young America, Minn. / Central) didn't waste any time turning in impressive performances in 2016. The Tommies hosted "The Opener" at the St. Thomas Fieldhouse to begin the season, with Cook finishing in the top three in three different events, including a victory in the high jump, second place in the long jump and third in the 60-meter hurdles. For her performance, the MIAC sports information directors honored Cook Wednesday with the first MIAC Women's Indoor Field Athlete-of-the-Week award of the 2016 season.

Cook started her senior season in style in front of the St. Thomas home fans, starting with her victory in the high jump. She cleared the bar at 5-2.5 feet to win the event

and rank first in the MIAC and 34th nationally. She added the 19th-best distance in the nation when she traveled 17-4.75 in the long jump, which was good for second place and the MIAC's second-best mark in 2016. In addition, Cook finished the 60-meter hurdles in 9.38 seconds to finish third and rank 26th in the nation. Cook's strong start to her senior campaign builds on 16 top-five individual finishes at the MIAC Indoor and Outdoor Championships over her first three seasons.

After the strong start to the season, St. Thomas will get another chance to compete in front of the home fans Friday when it hosts the UST Invite at its St. Thomas Fieldhouse in St. Paul, Minn. The meet is scheduled to start at 4 p.m. After that, the Tommies will wrap up January with their first road trip of the year to compete at the St. Olaf J-Term Finale in Northfield, Minn., on Jan. 29.

# MIAC Indoor Track and Field Athletes of the Week - Jan. 27, 2016

Posted: Jan 27, 2016



## MIAC Men's Indoor Track Athlete-of-the-Week

**Jerry Cook-Gallardo, Carleton  
Moscow, Idaho / Moscow**

It's just two weeks into his sophomore indoor track and field season, and Carleton's Jerry Cook-Gallardo (Moscow, Idaho) already has crossed the

finish line with impressive first-place finishes on multiple occasions. Most recently, he ran the top time in the MIAC and the third-fastest time in all of Division III while winning the 800-meter run at the St. Olaf Triangular, while also helping the Knights' 4x400-meter relay team to a top-three finish. For his performance, the MIAC sports information directors honored Cook-Gallardo with the MIAC Men's Indoor Track Athlete-of-the-Week award.

Cook-Gallardo was a winner by nearly seven seconds for the second time already in the young 2016 season when he crossed the finish line in just 1:55.64 to win the 800 against fellow MIAC runners from St. Olaf and Hamline at the St. Olaf Triangular. His time is the fastest in the MIAC this season by more than four seconds, and one of the three fastest in the nation thus far in 2016. He also was the anchor on the third-place 4x400-relay team, with a time of 3:36.70. He also has the MIAC's second-fastest time in the 600-meter dash this season (1:23.20).

The Knights men's track and field team hopes to keep racking up outstanding performances as they hit the road for their first meet outside of Minnesota in 2016. Saturday, Carleton will travel to River Falls, Wis., to compete in the UW-River Falls Winter Classic, which is set to begin at 11 a.m. The following weekend, the Knights will compete in the Ted Nelson Classic in Mankato, Minn., on Feb. 6.



## MIAC Men's Indoor Field Athlete-of-the-Week

**Dwight Alexander, Carleton  
Lawrenceville, N.J. / Lawrenceville**

Though it's still early in the 2016 indoor track and field season, Carleton sophomore Dwight Alexander (Lawrenceville, N.J.) is already soaring to new heights ... or distances. The Knights' jumper smashed his indoor PR in the long jump by winning the event at the St. Olaf Triangular with a distance that ranks among the best in the MIAC and all of Division III. For his performance, the MIAC sports information directors honored Alexander with the MIAC Men's Indoor Field Athlete-of-the-Week award.

Alexander's winning jump of 22-7.25 feet (6.89 meters) was a full 20 inches better than his previous personal best, and helped him soar to an impressive victory against fellow MIAC student-athletes from St. Olaf and Hamline. Alexander's jump is the best in the MIAC this season by more than six inches, and his distance also ranked No. 10 in all of NCAA Division III thus far in 2016. At the St. Olaf Triangular, Alexander posted the top

five marks in the long jump and won by nearly three feet.

The Knights men's track and field team hopes to keep racking up outstanding performances as they hit the road for their first meet outside of Minnesota in 2016. Saturday, Carleton will travel to River Falls, Wis., to compete in the UW-River Falls Winter Classic, which is set to begin at 11 a.m. The following weekend, the Knights will compete in the Ted Nelson Classic in Mankato, Minn., on Feb. 6.



## MIAC Women's Indoor Track Athlete-of-the-Week

**Ruth Steinke, Carleton  
Lima, N.Y. / Honeoye Falls-Lima**

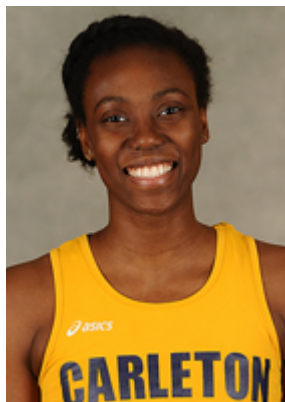
Carleton star distance runner Ruth Steinke (Lima, N.Y. / Honeoye Falls-Lima) didn't need long to hit her stride in the indoor track and field season. The senior won both of her individual events - the mile and 3,000-meter run - in her season debut at the St. Olaf Triangular to lead her team to victory. Both times rank No. 1 in the MIAC and among the top 30 nationally. For her performance, the MIAC sports information directors honored Steinke with the MIAC Women's Indoor Track Athlete-of-the-Week award.

Steinke's two-win day provided a big spark to Carleton as it emerged with a first-place team finish against MIAC foes St. Olaf and Hamline. Her winning time in the mile was 5:12.71, and it ranks No. 1 in the MIAC and No. 29 in all of Division III this season. She was just as impressive in the 3K, as she won with a time of



10:24.24, with also ranks as the best performance in the conference this season, and it sits at No. 30 on the national performance list. This is Steinke's fourth MIAC Athlete-of-the-Week award of her senior year, as she also won the honor three times during the cross country season.

The Knights women's track and field team hope to build on their strong start to the season when they resume competition in February. Carleton's next meet will come on Feb. 6, as the team travels to Mankato, Minn., to compete in the Ted Nelson Classic. After that, the Knights will host their first indoor meet of 2016 with the "Meet of the Hearts" set for Feb. 13 in Northfield.



#### **MIAC Women's Indoor Field Athlete-of-the-Week**

**Damali Britton, Carleton**  
**Phoenix, Ariz. / Desert Vista**

Carleton's Damali Britton (Phoenix, Ariz. / Desert Vista) jumped into the school record books in her stellar season debut at the St. Olaf Triangular. The sophomore set a new school record in the triple jump by a significant margin while winning the event, and she also added an impressive win in the long jump as well. For her performance, the MIAC sports information directors honored Britton with the MIAC Women's Indoor Field Athlete-of-the-Week award.

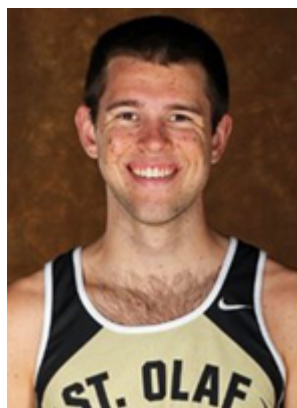
Britton didn't just break the Knights' indoor triple jump record, she soared past it by more than 11 inches. Her record jump traveled a distance of 36-2.75 feet, or 11.04 meters. It is not only a school record, but No. 1 in the MIAC by more than 14 inches and ranked 17th nationally this season. She also won the long jump with a distance of 17-1.5 feet (5.22 meters). That also leads the MIAC by more than eight inches and is among the

top 50 marks in Division III this season. Britton's two individual victories helped Carleton win the team title in its season debut over MIAC foes. St. Olaf and Hamline.

The Knights women's track and field team hope to build on their strong start to the season when they resume competition in February. Carleton's next meet will come on Feb. 6, as the team travels to Mankato, Minn., to compete in the Ted Nelson Classic. After that, the Knights will host their first indoor meet of 2016 with the "Meet of the Hearts" set for Feb. 13 in Northfield.

# MIAC Indoor Track and Field Athletes of the Week - Feb. 3, 2016

Posted: Feb 03, 2016



## MIAC Men's Indoor Track Athlete-of-the-Week

**Paul Escher, St. Olaf  
La Crosse, Wis. / Logan**

St. Olaf senior runner Paul Escher (La Crosse, Wis. / Logan) has already proved his mettle against the best in Division III and, last weekend, he showed he can run with the best collegiate athletes in the

region regardless of Division. Escher raced to a first-place finish in the Mile against Division I and II

competition with the best performance in the MIAC - and the nation - this season. For his performance, the MIAC sports information directors honored Escher Wednesday with the MIAC Men's Indoor Track Athlete-of-the-Week award.

Escher was superb at the University of Minnesota's Jack Johnson Classic, winning the men's one-mile race with an excellent time of 4:08.27. St. Olaf was the only Division III team in the field, as Escher bested competitors from Division I Minnesota, North Dakota and South Dakota and Division II Minnesota State-Moorhead. Escher's time ranks just ahead of teammate Jake Campbell (4:08.66) atop the MIAC and NCAA Division III leader board. Escher is the defending indoor national champion in the mile, and also won the outdoor national title in the 1,500-meter run a year ago.

The Oles and their star senior hope to keep putting up low times as they prepare for a trio of meets in the Twin Cities. First, St. Olaf will compete in the Bethel University Invitational on Saturday. They'll return for the Tommie Showcase at the University of St. Thomas on Feb. 12, and then will compete in the University of Minnesota's Showshoe Open in Minneapolis on Feb. 19.



## MIAC Men's Indoor Field Athlete-of-the-Week

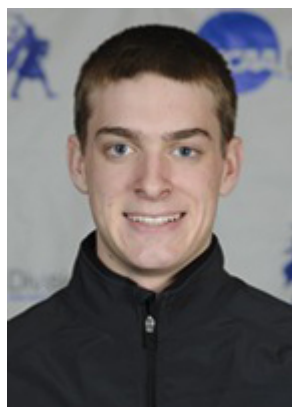
**Logan Hovie, Macalester  
Neenah, Wis. / Neenah**

The Macalester men's indoor track and field team traveled across the border into Wisconsin Saturday to compete in UW-River Falls' Falcon Winter Classic, and the Scots receiving a significant highlight from jumper Logan Hovie (Neenah, Wis.). The senior soared to new heights in the high jump this season, winning the event and recording one of the best jumps in the MIAC and the nation in 2016. For his performance, the MIAC sports information directors honored Hovie Wednesday with the MIAC Men's Indoor Field Athlete-of-the-Week award.

Hovie was victorious in the high jump at the Falcon Winter Classic by clearing the bar at 6-8, or 2.03 meters. He won the event by a full two inches, and registered a height that now ranks No. 1 in the MIAC this season (also by two inches). Hovie's jump also helped him ascend the national leader board, as it is tied for the 14th

best mark in the nation this season. He scored his victory against athletes from the host school and MIAC rivals Carleton and St. Thomas. Hovie is the defending MIAC indoor high jump champion after finishing second in the event in each of his first two seasons.

Hovie and the Scots hope to keep soaring to new heights as the indoor season continues. Friday, Macalester will get a chance to compete in front of its home fans when it hosts the Hamster Open on Friday at 5:30 p.m. at the Leonard Center. After that, the team will be back on the road on Feb. 13 to compete in the Saint John's Triangular in Collegeville, Minn.

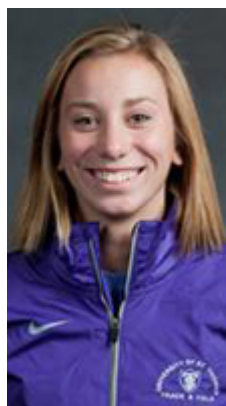


## MIAC Women's Indoor Track Athlete-of-the-Week

**Emily Gapinski, St. Thomas  
Sheboygan, Wis. / North**

Though the 2016 indoor track and field season is only a few weeks old, St. Thomas star Emily Gapinski (Sheboygan, Wis. / North) is already running at full speed. The senior finished third against Division I and II competition in the mile on Saturday, with a time that leads both the MIAC and all of NCAA Division III this season. For her performance, the MIAC sports information directors honored Gapinski Wednesday with the MIAC Women's Indoor Track Athlete-of-the-Week award.

Gapinski finished third in the mile with a time of 4:57.93 and finished behind only Division I (North Dakota State) and Division II (Minnesota-Duluth) student-athletes at the University of Minnesota's Jack Johnson Classic. Gapinski's time ranks No. 1 in the MIAC by almost seven seconds, and it's also the top mile time in the nation by



almost a full second. This season, Gapinski also ranks first in the MIAC in the 1,000-meter run by more than six seconds. She was a member of St. Thomas' national indoor champion distance medley relay team in 2015, and added a second-place finish in the 1,500 at the outdoor national championships.

The Tommies and Gapinski hope to keep the outstanding performances coming throughout the indoor season. Up next is The Select Meet, which will be hosted by Wartburg College in Waverly, Iowa, on Saturday at 10 a.m. After that, St. Thomas returns home to host the UST Showcase in St. Thomas Fieldhouse on Feb. 12 at 4:30 p.m.



#### **MIAC Women's Indoor Field Athlete-of-the-Week**

**Sarah Swanson, Gustavus  
Fairbanks, Alaska / West Valley**

Gustavus thrower Sarah Swanson (Fairbanks, Alaska / West Valley) won not once, but twice, with a pair of spectacular performances last weekend at the St. Olaf Invite. The Gustie senior finished first in both her events - the shot put and weight throw - with distances that rank among the top two in the MIAC this season. For her performance, the MIAC sports information directors honored Swanson Wednesday with the MIAC Women's Indoor Field Athlete-of-the-Week award.

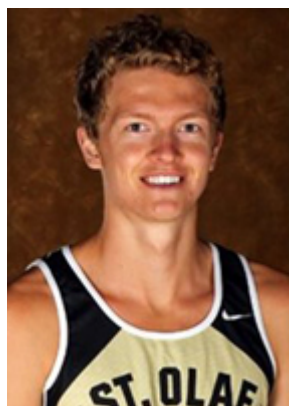
Swanson's two wins highlighted a second-place finish for the Gusties against MIAC foes St. Olaf, St. Thomas and Bethel, with her top performance coming in the shot put. She won the event with a distance of 43-2.5 (13.17 meters), which ranks No. 1 in the MIAC this season and 13th in all of Division III. She also claimed victory in the weight throw with a toss of 46-6.25 (14.18 meters). That performance currently ranks No. 2 in the MIAC, less than a foot behind the leader.

The Gusties and Swanson will try to keep the impressive performances coming as they take a step up in competition this weekend. Gustavus will make the short trip to Mankato, Minn., to compete at Division II Minnesota State-Mankato's Ted Nelson Classic Saturday at 11 a.m. After that, the Gusties will head to Northfield, Minn., on Feb. 13 to compete in Carleton's Meet of Hearts.



# MIAC Indoor Track and Field Athletes of the Week - Feb. 10, 2016

Posted: Feb 10, 2016



## MIAC Men's Indoor Track Athlete-of-the-Week

**Jake Campbell, St. Olaf  
Edina, Minn. / Edina**

Last year, St. Olaf's Jake Campbell (Edina, Minn.) proved he was one of the best distance runners in Division III. Last weekend, he proved he's one of the best in the nation, regardless of Division.

Campbell won the one-mile run and broke a 37-year-old Ole record at the University of Nebraska's Frank Sevigne Husker Invitational against mostly top Division I competition. For his record-breaking performance, the MIAC sports information directors honored Campbell Wednesday with the MIAC Men's Indoor Track Athlete-of-the-Week award.

The two heats of the mile included 28 runners, including student-athletes from Nebraska, Auburn, Illinois, Missouri, Kansas and other Division I schools, but it was Campbell who emerged with the best time. His record run of 4:07.52 is not only the best time in St. Olaf history, but is also the top time in Division III and the MIAC this season. Another heat of the mile was held with just the top eight runners, and Campbell finished fourth in that elite group. The defending national champ in the 3,000-meter run, Campbell also ranks second in the MIAC and seventh in the nation in the 3K as well.

The Oles and Campbell hope to keep the low times coming with a couple trips to the Twin Cities next up on the docket. St. Olaf will head to St. Paul, Minn., to compete in St. Thomas' Tommie Open on Feb. 12, and will visit Minneapolis on Feb. 19 for the University of Minnesota's Snowshoe Open. After that, the Oles will host a pair of meets at the Tostrud Center on Feb. 20 and 26.



## MIAC Men's Indoor Field Athlete-of-the-Week

**Eric Dols, Hamline  
Prior Lake, Minn.**

The Hamline men's track and field team turned in a great performance over the weekend, winning Macalester's Hamster Open behind another breakout performance from rookie thrower Eric Dols (Prior Lake, Minn.). The Piper freshman won the shot put with one of the best throws in the MIAC and all of Division III, and added a top-three finish in the weight throw. Thanks to his performance, the MIAC sports information directors honored Dols Wednesday with the MIAC Men's Indoor Field Athlete-of-the-Week award.

Dols certainly didn't seem like a rookie with his shot put performance at Macalester, as his winning throw traveled a distance of 53-5 feet, or 16.28 meters. That distance is ranked No.2 in the MIAC this season, No. 10 in all of Division III, and it makes him the top-ranked freshman in the nation. For good measure, he added a third-place finish in the weight throw with a distance of 48-7.5 feet. His performances helped the

Pipers capture the meet title over Saint John's and the host Scots. Dols is currently ranked seventh in the MIAC in the weight throw with his toss of 50-7.5 feet on Jan. 22.

Hamline and its standout rookie thrower hope to keep putting up great performances, starting Saturday with a trip to Northfield, Minn. The Pipers will compete at Carleton's Meet of Hearts on Saturday at 11 a.m. After that, the team will head across the metro area to compete in the University of Minnesota's Snowshoe Open in Minneapolis on Feb. 19.



## MIAC Women's Indoor Track Athlete-of-the-Week

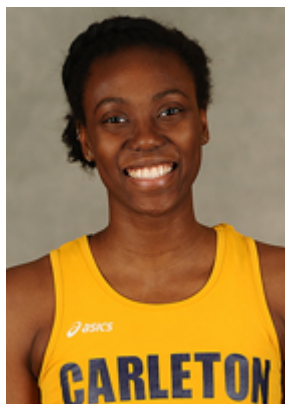
**Carolyn Saulsberry, Hamline  
Minneapolis, Minn.**

Hamline's Carolyn Saulsberry (Minneapolis, Minn.) showed off her all-around excellence for the Piper track and field team at Macalester's Hamster Invitational. The senior won all three of her events, as she finished first in the 60-meter hurdles, triple jump and she helped Hamline's 4x400-meter relay team also win its race. Thanks to her performance, the MIAC sports information directors honored Saulsberry Wednesday with the MIAC Women's Indoor Track Athlete-of-the-Week award.

Though she had a trio of outstanding performance, Saulsberry's effort to win the 60-meter hurdles was truly special. Her time of 8.93 seconds currently ranks first in the MIAC and is tied for the eighth-best time in the nation this season, and it ranks second in Hamline history. She traveled a distance of 35-8.75 feet to win the

triple jump with the conference's second-best performance this season. She also had a hand in the 4x400 squad's winning time of 4:12.69, which ranks third in the conference in 2016.

Hamline and Saulsberry hope to keep putting up standout performances, starting Saturday with a trip to Northfield, Minn. The Pipers will compete at Carleton's Meet of Hearts on Saturday at 11 a.m. After that, the team will hit the road again on Feb. 20 to compete in the Saint John's/Saint Benedict meet, hosted by the Johnnies in Collegeville, Minn.



### **MIAC Women's Indoor Field Athlete-of-the-Week**

**Damali Britton, Carleton**  
**Phoenix, Ariz. / Desert Vista**

Carleton's Damali Britton (Phoenix, Ariz. / Desert Vista) continues to soar to new heights during the 2016 indoor track and field season. The Knights' sophomore broke her own school record in the triple jump and recorded the MIAC's top distance at Minnesota State-Mankato's Ted Nelson Classic while competing against nine Division I or II programs. Thanks to her performance, the MIAC sports information directors honored Britton Wednesday with her second MIAC Women's Indoor Field Athlete-of-the-Week award of the season.

Britton's record-setting jump resulted in a distance of 36-4 feet, or 11.07 meters, to break the Carleton all-time mark for the second time already in the young 2016 season, and that performance kept her atop the MIAC performance list. The distance also ranks No. 26 in the nation this season. Against the Division I and II competition, she finished eighth in the event out of 19 student-athletes, and was the only Division III jumper in the field. Britton was previously honored with the MIAC's weekly award on Jan. 27.

The Knights and their star sophomore hope to keep racking up record-setting performances, starting Saturday on their home track. Carleton will host the Meet of the Hearts Saturday at the Recreation Center at 11 a.m. The team will return to the road on Feb. 20 when it heads to Minneapolis for the University of Minnesota Parents Day Open.



# MIAC Indoor Track and Field Athletes of the Week - Feb. 17, 2016

Posted: Feb 17, 2016



## MIAC Men's Indoor Track Athlete-of-the-Week

**Carl Klamm,  
Bethel  
Evanston, Ill. /  
Evanston  
Township**

The Bethel men's track and field team had a breakout

performance at Grinnell College's Darren Young Classic, led by a talented rookie who is coming into his own at the college level. Freshman Carl Klamm (Evanston, Ill. / Evanston Township) posted a pair of second-place finishes - one individual and one relay - which rank among the MIAC's top times in 2016. His efforts helped the Royals finish fourth in a competitive 10-team field. For his performance, the MIAC sports information directors honored Klamm Wednesday with the MIAC Men's Indoor Track Athlete-of-the-Week award.

Klamm's big day started with an outstanding performance in the men's 800-meter run. The rookie crossed the finish line in 1:55.54, which was good for second place in the meet and it ranks as the second-best effort in the MIAC this season by less than a second. Klamm also ran on the Royals' second-place 4x400-meter relay team, which finished in 3:21.88. That time leads the MIAC this season by more than a second, and it's the 16th-best time in the nation thus far in 2016.

The Royals and their breakout rookie runner have another busy weekend coming up with two chances to keep turning in great performances. Bethel will head to Minneapolis on Friday to compete in the University of Minnesota's Snowshoe Open at 5 p.m. against top region competition from all three NCAA Divisions. Then, Saturday, the Royals will venture to Northfield, Minn., to compete in St. Olaf's Tostrud Classic, which starts at 11 a.m.



## MIAC Men's Indoor Field Athlete-of-the-Week

**Pete Dehkes, Carleton  
Lebanon, N.J. / North Hunterdon**

Carleton's track and field team hosted the Meet of the Hearts on Saturday, and the Knights' Pete Dehkes (Lebanon, N.J. / North Hunterdon) continued to jump into the hearts of Carleton fans with another great performance. The junior won the high jump and continued to solidify a top-two MIAC ranking and a top-25 national mark. For his performance, the MIAC sports information directors honored Dehkes Wednesday with the MIAC Men's Indoor Field Athlete-of-the-Week award.

Dehkes continued his tremendous junior season in front of the home fans Saturday when he cleared the bar at 1.98 meters to finish first in the high jump. This marked the third-straight week Dehkes cleared 6-6 or better in the high jump. His performance would be good for No. 2 in the MIAC and in the top 30 nationally, if not for his season-best of 6-6.75 (2.00 meters) the previous week. That height has Dehkes ranked No. 2

in the conference and No. 21 in all of Division III this season.

The Knights and Dehkes have another busy weekend coming up with two chances to keep turning in great performances. Carleton will head to Minneapolis on Friday to compete in the University of Minnesota's Snowshoe Open at 5 p.m. against top region competition from all three NCAA Divisions. Then, Saturday, the Knights will head across town to compete in St. Olaf's Tostrud Classic, which starts at 11 a.m.

## MIAC Women's Indoor Track Athlete-of-the-Week

**Mollie Gillberg, Bethel  
Coon Rapids, Minn. / Coon Rapids**

Bethel's Mollie Gillberg (Coon Rapids, Minn.) certainly made a strong case to return to the NCAA Track and Field Championships with her performance at the Grinnell Invite, on the track that will host nationals in four weeks. The Royals' senior finished second in both the 3,000-meter run and the 5,000-meter run, with her 5K time ranked No. 1 in the MIAC and among the top 10 in the nation. For her performance, the MIAC sports information directors honored Gillberg Wednesday with the MIAC Women's Indoor Track Athlete-of-the-Week award.

Gillberg dazzled in both events, highlighted by her career-best performance in the 5K. She completed



the course in 17:25.58, which was good for second place, and it leads the MIAC by nearly 50 seconds. That time ranks her No. 9 nationally in 2016. She also finished second in the 3K with a time of 10:35.84, which ranks fourth in the MIAC this season, just 32 seconds off the league's best time. Gillberg helped the Royals finish third in a competitive 10-team field at the Grinnell Invite.

Bethel and Gillberg hope to keep the low times coming with a big meet against great competition up next on the schedule. The Royals will head to Minneapolis on Saturday to compete against Division I, II and III athletes at the University of Minnesota Parents Day Open at 10 a.m. After that, Bethel will be back in action on Feb. 26 at Macalester's Kilt Classic in St. Paul, Minn.



#### **MIAC Women's Indoor Field Athlete-of-the-Week**

**Vanessa Johnson, Concordia  
Page, N.D. / Northern Cass**

Concordia's Vanessa Johnson (Page, N.D. / Northern Cass) continued her remarkable indoor track and field season with another winning performance against great competition. The sophomore jumper remained unbeaten in the high jump in 2016 by winning the event at the North Dakota State Thundering Herd Classic with the top mark in the MIAC and a top-10 height in the nation. For her performance, the MIAC sports information directors honored Johnson Wednesday with the MIAC Women's Indoor Field Athlete-of-the-Week award.

Johnson soared to new heights this season by clearing the bar at 5-6, or 1.68 meters, to finish first at the Thundering Herd Classic against NCAA Division I, II and NAIA competition. She's the only MIAC jumper to clear the bar higher than 5-4.5 this season, and her height is tied for the 10th-best mark in all of Division III. Johnson's unbeaten streak in the high jump includes victories at three different meets that have included NCAA Division I and II competition. Her latest performance ranks as her all-time personal best.

Concordia and Johnson will hit the road this weekend in search of continued success with a trip to Collegeville, Minn. The Cobbers will compete in the Saint Ben's Quadrangular, which will be held at Saint John's University Saturday at 11:30 a.m. After that, the team will visit Northfield, Minn., on Feb. 26 to compete in St. Olaf's Ole Open Qualifier.

# MIAC Indoor Track and Field Athletes of the Week - Feb. 24, 2016

Posted: Feb 24, 2016



## **MIAC Men's Indoor Track Athlete-of-the-Week**

**Thomas Feichtinger,  
Saint John's  
Omaha, Neb. / Mount  
Michael Benedictine**

Saint John's University  
middle-distance runner  
Thomas Feichtinger  
(Omaha, Neb. / Mount  
Michael Benedictine)  
had an extremely busy

- and productive - weekend as he won races at two different meets. The senior won the one-mile run at the University of Minnesota's Snowshoe Open Friday, then was victorious in the 800-meter run in front of the home fans at Saturday's CSB/SJU Indoor Invitational. For his performance, the MIAC sports information directors honored Feichtinger Wednesday with the MIAC Men's Indoor Track Athlete-of-the-Week award.

Feichtinger's first standout performance of the weekend ranks as one of the best in the nation in 2016. He won the mile at the Snowshoe Open against runners from NCAA Division I, II and III with a time of 4:11, which ranks fourth in the MIAC and seventh in the nation this season, with MIAC runners owning four of the top seven times in Division III. A day later, Feichtinger claimed victory in the 800 with his time of 1:55.92 at the CSB/SJU Open, and that time also ranks fourth in the MIAC this season. The senior also holds the MIAC's second-best time in the 1,000-meter run (2:30.76).

The Johnnies and their senior standout have just one more tune-up to prepare for the MIAC Indoor Track and Field Championships. Saint John's will visit Northfield, Minn., Friday to compete in the St. Olaf College Qualifier at 4 p.m. The team will return to Northfield the following weekend for the MIAC Championships, as Carleton College will host the conference meet March 3-5.



## **MIAC Men's Indoor Field Athlete-of-the-Week**

**Travis Jacobson, Hamline  
Pequot Lakes, Minn.**

Hamline University thrower Travis Jacobson (Pequot Lakes, Minn.) traveled to two different meets over the weekend, and recorded top-three marks in the MIAC in two different events with a pair of outstanding performances. Jacobson was sixth in the weight throw against top-flight competition at the University of Minnesota's Snowshoe Open, and a day later he won the weight throw at the CSB/SJU Indoor Invitational. For his performance, the MIAC sports information directors honored Jacobson Wednesday with the MIAC Men's Indoor Field Athlete-of-the-Week award.

Jacobson's big weekend began with his sixth-place performance in the shot put against NCAA Division I, II, III and unattached competition at the Snowshoe Open. His distance of 52-4 (15.95 meters) currently ranks third in the MIAC, and 14th in the nation in 2016. The next day, he won the weight throw at the CSB/SJU meet with a distance of 54-6 (16.61 meters). His throw is tied for the second-best performance in the MIAC in 2016, and it ranks 31st in the nation. His weight throw title came against Gustavus' Sam Fischer, who has the top distance (56-3.25) in the MIAC this season.

The Pipers and Jacobson have just one more tune-up to prepare for the MIAC Indoor Track and Field Championships. Hamline will make the short trip Snelling Avenue Friday to compete in Macalester College's Kilt Classic, which begins at 4:30 p.m. in St. Paul, Minn. The team will head to Northfield, Minn., the following weekend for the MIAC Championships, as Carleton College will host the conference meet March 3-5.

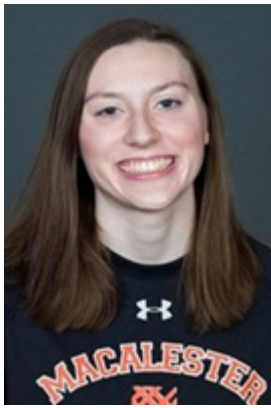
## **MIAC Women's Indoor Track Athlete-of-the-Week**

**Hannah Sonsalla, Macalester  
Stoughton, Wis. / Stoughton**

The Macalester women's track and field team traveled to nearby Minneapolis to face top-notch competition at the University of Minnesota's Parents' Day Open, and sprinter Hannah Sonsalla (Stoughton, Wis.) was up to the challenge. The sophomore finished second in the women's 200-meter dash with the second-best time in the conference this season, and also helped a Scots' relay team record a top-eight finish. For her performance, the MIAC sports information directors honored Sonsalla Wednesday with the MIAC Women's Indoor Track Athlete-of-the-Week award.

Not only did Sonsalla finish second in the event against outstanding competition, she was first among runners





attached to college teams. Her time of 26.28 seconds was good for her runner-up finish behind an unattached runner, and it currently ranks second in the MIAC this season, less than a half-second off the conference's top time. Sonsalla also helped the Macalester 4x400-meter relay team finish seventh with a time of 4:11.93.

Sonsalla and the Scots will get one more chance to prepare for the 2015 MIAC Indoor Track and Field Championships, and fortunately it will be in front of their home fans. Friday, Macalester will host the Kilt Classic at the Leonard Center at 4:30 p.m. Following the Scots' home meet, they'll head to Northfield, Minn., for the MIAC Championships, which will be held March 3-5 at Carleton College.



#### **MIAC Women's Indoor Field Athlete-of-the-Week**

**Carolyn Saulsberry, Hamline  
Minneapolis, Minn.**

Impressive performances are nothing new to Hamline star track and field athlete Carolyn Saulsberry (Minneapolis, Minn.), but last weekend the Piper senior soared to new heights ... or distances. Saulsberry set a new Hamline school record and recorded the best mark in the MIAC this season while winning the triple jump at the CSB/SJU Invite, and she also finished first in the long jump and the 60-meter hurdles. For her performance, the MIAC sports information directors honored Saulsberry Wednesday with the MIAC Women's Indoor Field Athlete-of-the-Week award.

37-1.25 (11.31 meters) in the triple jump to win the event. That jump is the best in the MIAC in 2016 by more than nine inches, and it ranks No. 17 in Division III this season. She also won the long jump with a distance of 16-8.75, and she ranks fourth in the MIAC in that event. Saulsberry added a third win in the 60-meter hurdles with a time of 9.08 seconds, and she's also ranked No. 1 in the MIAC in that event. This is Saulsberry's second conference weekly honor of the season, as she was named the MIAC Track Athlete-of-the-Week on Feb. 10.

The Pipers and their versatile senior star have just one more tune-up to prepare for the MIAC Indoor Track and Field Championships. Hamline will make the short trip Snelling Avenue Friday to compete in Macalester College's Kilt Classic, which begins at 4:30 p.m. in St. Paul, Minn. The team will head to Northfield, Minn., the following weekend for the MIAC Championships, as Carleton College will host the conference meet March 3-5.

# MIAC Indoor Track and Field Athletes of the Week - March 2, 2016

Posted: Mar 02, 2016



## MIAC Men's Indoor Track Athlete-of-the-Week

**Jerry Cook-Gallardo, Carleton  
Moscow, Idaho / Moscow**

Carleton College sophomore Jerry Cook-Gallardo (Moscow, Idaho) certainly appears to be hitting his stride at the perfect time, as the

Knights' middle-distance runner ran to an impressive win in his final MIAC Championships tune-up. Cook-Gallardo won the mile against some stiff conference competition at Friday's Ole Open Qualifier, with one of the best times in school history. For his performance, the MIAC sports information directors honored Cook-Gallardo Wednesday with the final MIAC Men's Indoor Track Athlete-of-the-Week award of the 2016 season.

Cook-Gallardo pulled away from the rest of the 38-runner field to post a new career-best time of 4:15.12 and finish first against athletes from MIAC rivals St. Olaf, St. Thomas, Saint John's, Concordia and Saint Mary's Friday. His time was good for a 12-second margin of victory, and it ranks No. 3 all-time in the Carleton record books. His time currently ranks No. 6 in the MIAC and No. 28 nationally in the conference's most impressive men's field. Four of the runners Cook-Gallardo trails in the conference rank among the top 12 in Division III. He also holds the MIAC's top time in the 600- (1:21.02) and 800-meter runs (2:52.77) and ranks sixth in the 1,000-meter run (2:32.18) this season. This is Cook-Gallardo's second Indoor Track Athlete-of-the-Week award of the season.

Cook-Gallardo and Carleton's focus will now shift to the 2016 MIAC Indoor Track and Field Championships, which the Knights will host in Northfield, Minn., on Thursday, Friday and Saturday. The multi-event competitions start the action on Thursday, with the individual and relay events taking place the other two days. Friday's action begins with field events at 4 p.m. and track at 4:30 p.m., and Saturday starts with field events at 11:45 a.m. and track at 1 p.m. Cook-Gallardo is the defending MIAC indoor champion in the 800- and 1,000-meter run events.



## MIAC Men's Indoor Field Athlete-of-the-Week

**Logan Hovie, Macalester  
Neenah, Wis. / Neenah**

In his final chance to prepare for the MIAC Championships, Macalester College star jumper Logan Hovie (Neenah, Wis.) soared to new heights in 2016 - literally - in front of his home crowd. The Scots' senior won the high jump at the Kilt Classic and set a new season-best height, which ranks among the best in the conference and the nation in 2016. For his performance, the MIAC sports information directors honored Hovie Wednesday with the final MIAC Men's Indoor Field Athlete-of-the-Week award of the 2016 season.

Hovie didn't just sneak past his season-best mark and pull further ahead of the field in the MIAC with his first-place performance at the Kilt Classic, he went more than an inch higher with an impressive performance. The Scots' star cleared the bar at 6-9.5, or 2.07 meters, to finish first and extend his lead over the next-best mark in the MIAC by 2.5 inches. His previous season-best was 6-8 (2.03 meters) and he is the only MIAC jumper to

go higher than 6-7 in 2016. His most recent performance is tied for the 13th-best mark in all of Division III this season. This is Hovie's second Indoor Field Athlete-of-the-Week award of the season.

Macalester and Hovie will now shift their focus to the 2016 MIAC Indoor Track and Field Championships, which will be hosted by Carleton College in Northfield, Minn., on Thursday, Friday and Saturday. The multi-event competitions start the action on Thursday, with the individual and relay events taking place the other two days. Friday's action begins with field events at 4 p.m. and track at 4:30 p.m., and Saturday starts with field events at 11:45 a.m. and track at 1 p.m. Hovie is the defending MIAC indoor champion in the high jump.

## MIAC Women's Indoor Track Athlete-of-the-Week

**Erin Alpers, Bethel  
Sioux Falls, S.D. / Sioux Falls Christian**

Bethel University runner Erin Alpers (Sioux Falls, S.D. / Sioux Falls Christian) certainly appeared ready for the 2016 MIAC Championships with her latest outstanding performance. The Royals' sophomore ran a lifetime-best time to win the 600-meter run title at Macalester's Kilt Classic, with one of the top times in the MIAC this season. For her performance, the MIAC sports information directors honored Alpers Wednesday with the final



MIAC Women's Indoor Track Athlete-of-the-Week award of the 2016 season.

Alpers blazed to a win in the 600 in St. Paul with her new career-best time of 1:38.26. Not only did that time help her win the race and lower her all-time mark, but it also ranks No. 2 in the MIAC this season, less than a half-second behind St. Thomas' Amiee Junget (1:37.85). Alpers also ranks third in the MIAC in the 800-meter run with her time of 2:17.03, which is a top-40 national time in the 2016 indoor season as well.

Bethel and Alpers will now shift their focus to the 2016 MIAC Indoor Track and Field Championships, which will be hosted by Carleton College in Northfield, Minn., on Thursday, Friday and Saturday. The multi-event competitions start the action on Thursday, with the individual and relay events taking place the other two days. Friday's action begins with field events at 4 p.m. and track at 4:30 p.m., and Saturday starts with field events at 11:45 a.m. and track at 1 p.m.



#### **MIAC Women's Indoor Field Athlete-of-the-Week**

**London Stelten, Saint Benedict  
Cologne, Minn. / Chanhassen**

College of Saint Benedict junior London Stelten (Cologne, Minn. / Chanhassen) vaulted to new heights Friday in her final warm-up for the 2016 MIAC Championships. The Blazers' junior cleared the bar with a second-place finish and a season-best height in the pole vault at the Ole Open Qualifier, and her performance moved her into a tie atop the MIAC's season leader board. For her performance, the MIAC sports information directors honored Stelten Wednesday with the final MIAC Men's Indoor Field Athlete-of-the-Week award of the 2016 season.

Stelten soared above the pole vault bar at 10-10, or 3.30 meters, which gave her a new season-best height. It also moved her into a tie with Saint Mary's Maria Missurelli atop the MIAC's season performance list, as those two will headline the pole vault field at this week's conference meet. Both cleared 10-10 at the Ole Open, but Stelten did it on her first attempt to break the tie for second place. She finished behind only an unattached athlete that cleared the bar at 4.30 meters, and was first among the 10 MIAC pole vaulters in the field.

Bethel and Alpers will now shift their focus to the 2016 MIAC Indoor Track and Field Championships, which will be hosted by Carleton College in Northfield, Minn., on Thursday, Friday and Saturday. The multi-event competitions start the action on Thursday, with the individual and relay events taking place the other two days. Friday's action begins with field events at 4 p.m. and track at 4:30 p.m., and Saturday starts with field events at 11:45 a.m. and track at 1 p.m. Stelten enters the MIAC Championships seeded first in the pole vault.