

2013 MIAC Men's Indoor Track and Field Awards

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ST. PAUL, Minn. -- The 2013 Minnesota Intercollegiate Athletic Conference (MIAC) Indoor Track and Field Championships concluded Saturday afternoon at St. Olaf College's Tostrud Center, and the University of St. Thomas continued its incredible run with its 29th-straight championship. Thursday, the top performers from the conference meet were honored by the league coaches, with the champion Tommies taking two of the four individual honors and Bethel and St. Olaf sharing the other two.

St. Thomas star Eyo Ekpo fittingly closed his tremendous MIAC Indoor career by claiming his fourth-straight Outstanding Men's Field Athlete honor thanks to his three first-place finishes in the jumping events. Teammate Gavin Yseth was honored with the Men's Outstanding Performance-of-the-Meet award for his win in the heptathlon. Bethel distance runner was rewarded for his great showing with the Outstanding Men's Track Athlete award and St. Olaf Head Coach Phil Lundin received the Men's Coach-of-the-Year award thanks to his team's runner-up performance on its home track last weekend.

In addition, the top three individuals in each event and the first-place relay team automatically received All-Conference honors, and the fourth- through sixth-place finishers in each open event and second- through sixth-place relay teams were named All-Conference Honorable Mention. They can be viewed in the [final results](#) from the 2013 MIAC Indoor Track and Field Championships.

As part of a conference-wide sportsmanship initiative, the MIAC selected the seventh annual All-MIAC Sportsmanship team for Men's Indoor Track & Field. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

Complete information from the 2013 MIAC Indoor Track and Field Championships - including results, recaps, linked photos and more - can be found on the event's home page.

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Outstanding Men's Track Athlete - **Zach Haskins, Bethel**

- Haskins (Jr., Maple Grove, Minn.) received the MIAC's top indoor track honor thanks to his performance in the distance events last weekend. The junior won the MIAC indoor title in the 800-meter run, finishing with a first-place time of 1:55.16. He added another MIAC title with a first-place finish in the 1,000-meter run thanks to his winning time of 2:31.55. Haskins added a runner-up finish in the mile, finishing in 4:18.45 and beating everyone except St. Olaf's Brian Saksa (4:14.43). Haskins received All-Conference honors in all three events and will have a chance to defend his titles in the 800 and 1,000 as a senior in 2014. Haskins will compete in the mile this weekend at the NCAA Division III Indoor Championships.

Outstanding Men's Field Athlete - **Eyo Ekpo, St. Thomas**

- Ekpo (Sr., Andover, Minn.) continued to be the brightest star in the MIAC Indoor field events, as he has throughout his tremendous four-year career. The senior jumper made it a clean sweep of the league's top indoor field honor, winning Outstanding Men's Field Athlete honors for the fourth season in a row. Ekpo also scored a career sweep in the triple jump, winning his fourth-straight title in the event Saturday with a winning jump of 47-6.5. He also repeated as both the MIAC indoor long jump and high jump champion Friday. Ekpo's winning mark was 22-11.75 to claim the long jump title, and he cleared the high jump bar on his second attempt at 6-7 to repeat in that event as well. This weekend, Ekpo will compete in the triple jump in the NCAA Division III Indoor Championships.

Men's Outstanding Performance-of-the-Meet - **Gavin Yseth, St. Thomas, Heptathlon**

- Yseth (Sr., St. Francis, Minn.) earned the Men's Outstanding Performance-of-the-Meet award thanks to the combination of his performances in seven different events. Yseth set a new Tostrud Center record with his winning score of 4,797 in the heptathlon. Yseth finished among the top four in each of the seven events, finishing first in the 60-meter hurdles, second in the shot put, high jump and 1,000-meter run, third in the 60-meter dash and fourth in the long jump and pole vault. It was Yseth's second-straight MIAC Indoor title in the heptathlon, and he will compete in the event this weekend at the NCAA Division III Indoor Championships.

Men's Coach-of-the-Year - **Phil Lundin, St. Olaf**

- Lundin (Fifth season) received his second MIAC Coach-of-the-Year honor after also earning the award following the cross country season in the fall. Lundin has now won three MIAC coaching honors in his five years leading the Oles in addition to the numerous Big Ten honors he received while coaching the University of Minnesota. Lundin's team turned it its best MIAC Indoor performance of his five-year tenure on its home track last weekend with a second-place showing behind St. Thomas. The Oles were solidly in the runner-up spot with 114 points with a 26-point cushion over third-place Bethel. Lundin coached five individual MIAC Indoor champions last weekend, as well as eight All-Conference selections and seven All-Conference Honorable Mention honorees.

2013 Men's Indoor Track All-MIAC Sportsmanship Team

Augsburg - Luke Iverson (So., Maple Grove, Minn.)

Bethel - Gavin Woodland (Sr., Waconia, Minn.)

Carleton - C.J. Dale (Jr., Fox Island, Wash./Charles Wright Academy)

Concordia - Erik Olson (Sr., Buffalo, Minn.)

Gustavus - Jeffrey Dubose (Jr., St. Paul, Minn./St. Croix Lutheran)
Hamline - Steve Ducatelli (Sr., Apple Valley, Minn./Eastview)
Macalester - Tom Eich (So., Walkerton, Ind./John Glenn)
Saint John's - Jack Hedlund (Sr., St. Augusta, Minn./St. Cloud Tech)
Saint Mary's - Ryan Winegardner (Sr., Northfield, Minn.)
St. Olaf - Aron Block (Sr., Greenbay, Wis./East)
St. Thomas - Devin Dirth (Sr., Apple Valley, Minn.)

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