

MIAC honors 2017 MIAC Men's Indoor Track and Field award-winners

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Photos courtesy of Nathan Lodermeier, Craig Lassig and Nathan Klok.

BLOOMINGTON, Minn. – The 2017 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Indoor Track and Field Championships featured countless record-breaking and standout performances and, Thursday, the top individuals were honored with the announcement of the 2017 MIAC Men's Indoor Track and Field Awards.

A pair of Bethel University individuals were recognized for their performances, as Carl Klamm was voted Outstanding Track Athlete and his coach, Andrew Rock, was named the Men's Indoor Track and Field Coach-of-the-Year. St. Thomas' Conor White was named Outstanding Field Athlete for his role in the Tommies' conference title, and Carleton's Jerry Cook-Gallardo was honored with the Outstanding Performance-of-the-Meet award for his showing in the 1,000-meter run. The conference also recognized the All-Conference and All-Sportsmanship Teams.

Klamm received Outstanding Track honors thanks to a performance that included a trio of MIAC titles at the 2017 meet. His top effort came in the 600-meter run, where he captured a second-straight conference championship in the event while setting a new meet record with a time of 1:20.19. Klamm also ran to victory in the 400-meter dash, with a time of 49.54 seconds, and he anchored Bethel's first-place relay effort in the 4x400, which won with a time of 3:21.01. Klamm's efforts help Bethel finish in the top three as a team at the MIAC Indoor meet.

White turned in a pair of tremendous field event performances to earn his MIAC honor, while also helping his team win its 33rd-straight MIAC Indoor championship in the 33-year history of the event. White won the long jump with a winning effort of 23-3.5 feet, or 7.10 meters, and he also added another conference title in the triple jump. His winning mark in the triple jump was 45-05.57 feet, or 13.86 meters. White's long jump distance ranks in the top 16 nationally this season.

Success in the 1,000-meter run at the MIAC Indoor Championships is nothing new for Cook-Gallardo, but his latest performance was certainly his greatest. The Knights' junior won the MIAC Indoor title in the 1,000 for the third-straight season, and he'll have a chance to earn a career sweep in 2018. This year's win was extra-special, as Cook-Gallardo won with a time of 2:26.02, which is a new MIAC Championships record. He held off MIAC Cross Country Athlete-of-the-Year Joe Coffey of St. Olaf, who also bettered the meet record (2:26.22) by less than a quarter-second to win in both record-breaking and dramatic fashion. His victory was voted the best performance in and individual event at the 2017 meet.

This is Rock's first men's track coaching honor and second MIAC Coach-of-the-Year award overall, as he was named the Women's Coach-of-the-Year for the 2015 Indoor season. Rock coached the Royals to a third-place finish and an impressive score of 100 points, even, at the 2017 MIAC Championships. He coached Klamm to Outstanding Track Athlete honors, and guided his team to three individual MIAC titles and a pair of conference relay titles. Rock's men's team racked up a total of seven All-Conference honors in all at the 2017 meet.

In addition to the top individual award-winners, the MIAC also recognized the 2017 Men's Indoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2017 MIAC Men's Indoor Track and Field All-Conference individuals and relay teams. The top three finishers in each individual event and each first-place relay team received All-MIAC honors. Individuals that finished 4-6 and relay teams that finished 2-6 received All-Conference Honorable Mention honors and can be found in the [final results](#).

Fans can re-live all the action of the 2017 MIAC Indoor Track and Field Championships online. The [event home page](#) has complete results, recaps and photo galleries from an exciting weekend.



2017 MIAC MEN'S INDOOR TRACK AND FIELD AWARDS

2017 Individual Awards

Outstanding Track Athlete

Carl Klamm, Bethel (So., Evanston, Ill./Evanston Township)

Outstanding Field Athlete

Conor White, St. Thomas (So., Deephaven, Minn./Providence Academy)

Outstanding Performance-of-the-Meet

Jerry Cook-Gallardo, Carleton, 1,000-meter run (Jr., Moscow, Idaho)

Coach-of-the-Year

Andrew Rock, Bethel (5th Season)

2017 All-Conference Team

Heptathlon

- 1. Jackson Schepp, Concordia, 4,884, x2
- 2. Preston Huddleston, St. Thomas, 4,817
- 3. Connor O'Neill, St. Thomas, 4,186

High Jump

- 1. Evan Cross, St. Thomas, 1.97m
- 2. Jackson Schepp, Concordia, 1.92m
- 3. Travis Spillum, Saint John's, 1.92m

Long Jump

- 1. Conor White, St. Thomas, 7.10m
- 2. Evan Cross, St. Thomas, 6.95m
- 3. Barinedum Kordah, Augsburg, 6.95m

Weight Throw

- 1. Austin Jochum, St. Thomas, 17.51m
- 2. Travis Jacobson, Hamline, 16.63
- 3. Peyton Thiry, Saint John's, 16.27m

5,000-meter run

- 1. Thomas Lerdall, St. Olaf, 15:19.04
- 2. Keith Ketola, St. Olaf, 15:20.51
- 3. Jovan Newsum, Saint Mary's, 15:28.49

Mile run

- 1. Joe Coffey, St. Olaf, 4:15.71
- 2. Jerry Cook-Gallardo, Carleton, 4:16.95
- 3. Alec Kirtley, St. Olaf, 4:24.48

60-meter hurdles

- 1. Willie Julkes, Concordia, 8.54
- 2. Trevor Maxwell, Gustavus, 8.59
- 3. Max Martin, Saint John's, 8.64

400-meter dash

- 1. Carl Klamm, Bethel, 49.54
- 2. Patrick Klamm, Bethel, 49.87
- 3. Joey Cook-Gallardo, Carleton, 50.31

800-meter run

- 1. Evan Hatton, Bethel, 1:54.88
- 2. Kyle Frederickson, Gustavus, 1:55.29
- 3. Brandon Krogman, Saint Mary's, 1:55.86

60-meter dash

- 1. Undre Smith-Brewer, Augsburg, 6.82, M, x4
- 2. Emmanuel Egbujor, Augsburg, 6.95
- 3. Anthony Ekholm, St. Thomas, 7.00

2017 All-MIAC Sportsmanship Team

Augsburg - Deontae Heuer (Jr., Minneapolis, Minn./Stanley Boyd)
Bethel - Patrick Klamm (Sr., Evanston, Ill./Evanston Township)
Carleton - Jack Buckner (Jr., Seattle, Wash./Northwest)
Concordia - Matthew Lillehaugen (Sr., Moorhead, Minn.)
Gustavus - Alex Wischnack (So., Norwood Young America, Minn./Central)
Hamline - Albert Danielson (Sr., Sedro Wooley, Wash.)
Macalester - Eddy Reyes Herrera (Fr., Sonoma, Calif./Sonoma Valley)
Saint John's - Travis Spillum (Sr., Little Falls, Minn.)
Saint Mary's - Ross Kinderman (Jr., Onalaska, Wis./Holmen)
St. Olaf - Joe Pugh (Jr., Iowa City, Iowa)
St. Thomas - Charles Jones (Sr., West Des Moines, Iowa)

Distance Medley Relay

- 1. Carleton, 10:15.58, M
(Walter Edstrom, Maurice Hicks, Camden Sikes, Jerry Cook-Gallardo)

Triple Jump

- 1. Conor White, St. Thomas, 45-05.57 (13.86m)
- 2. Desmond Steward, Saint Mary's, 45-02.50 (13.78m)
- 3. Raymond Twumasi, Saint John's, 44-08.00 (13.61m)

Pole Vault

- 1. Conor O'Neill, St. Thomas, 15-09.25 (4.81m), x2
- 2. Jacob Grusky, St. Olaf, 15-05.50 (4.71m)
- 3. Maxwell Olson, Saint John's, 15-01.50 (4.61m)

Shot Put

- 1. Chase Duwenhoegger, Hamline, 55-00.00 (16.76m)
- 2. Eric Dols, Hamline, 53-10.50 (16.42m)
- 3. Micah Hausman, St. Thomas, 52-01.75 (15.89m)

4x200-meter relay

- 1. Bethel, 1:28.72
(Isaac Erickson, Karl Olsen, Shawn Monroe, Patrick Klamm)

600-meter run

- 1. Carl Klamm, Bethel, 1:20.19, M, x2
- 2. David Supinski, Concordia, 1:21.45
- 3. Ben Withbroe, Carleton, 1:21.83

1,000-meter run

- 1. Jerry Cook-Gallardo, Carleton, 2:26.02, M, x3
- 2. Joe Coffey, St. Olaf, 2:26.22
- 3. Sean Bjork, St. Olaf, 2:29.30

200-meter dash

- 1. Karl Olsen, Bethel, 22.19
- 2. Emmanuel Egbujor, Augsburg, 22.45
- 3. Anthony Ekholm, St. Thomas, 22.65

3,000-meter run

- 1. Ryan Bugler, Saint John's, 8:43.30
- 2. William Anderson, St. Olaf, 8:44.83
- 3. Trevor Smith, St. Thomas, 8:46.92

4x400-meter relay

- 1. Bethel, 3:21.01
(Patrick Klamm, Isaac Erickson, Karl Olsen, Carl Klamm)

