

# MIAC announces 2020 Men's Indoor Track and Field awards

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**BLOOMINGTON, Minn.** – The Minnesota Intercollegiate Athletic Conference (MIAC) announced its annual award recipients for Men's Indoor Track and Field on Thursday, capping off an outstanding championship meet last weekend.

The top three finishers in each individual event along with 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 distinction. MIAC track and field coaches also selected individual award recipients for Outstanding Track Athlete, Outstanding Field Athlete, Outstanding Performance of the Meet, and Coach of the Year.

| [2020 MIAC Indoor Track and Field All-Conference Honorees and Award Winners](#) |



*Matthew Wilkinson (left) and Kyle Lichttenegger were recognized with MIAC Outstanding Track and Field Athlete honors, respectively. (Photos: Nathan Lodermeier)*

Carleton junior **Matthew Wilkinson** was selected as the Outstanding Track Athlete, while Saint Mary's senior **Kyle Lichttenegger** received Outstanding Field Athlete and Performance of the Meet honors. Concordia head coach **Garrick Larson** was recognized by his peers with the MIAC Coach of the Year award.

Wilkinson (Jr. | Greenwood, Minn. | Minnetonka) won conference championships in the 3000-meter run, 5000-meter run, and distance medley relay; however, his signature performance came in the 3000-meters when he broke facility, program, and meet records with a time of 8:11.52 - the fastest finish in NCAA Division III this season. Wilkinson also won his third straight MIAC championship in the 5000-meters with a time of 14:47.24 and served as the anchor leg of the Knights' distance medley relay team that finished in 10:22.11. Wilkinson is the third different Carleton runner in the last five seasons to be named Outstanding Track Athlete following the MIAC Indoor Championships, joining Donson Cook-Gallardo (2016) and **Lucas Mueller** (2018-19).

Lichttenegger (Sr. | De Pere, Wis. | West) earned All-Conference honors in four different events last week, winning MIAC championships in the long jump, 200-meter dash, and 4x200-meter relay, as well as a runner-up showing in the 60-meter dash. His performance in the long jump was one to remember, as the senior leaper shattered Leonard Jones' 26-year-old meet record with a Division III-leading distance of 7.56 meters. That jump is the 13th-longest in D-III history and earned Lichttenegger Performance of the Meet honors. An equally-talented runner, Lichttenegger also set school records in the 200-meter dash and as the anchor leg of the Cardinals' 4x200-meter relay team. Lichttenegger is Saint Mary's first Men's Outstanding Field Athlete in 15 seasons. Heptathlon competitor Rob Freindt was the last Cardinal to win the award in 2005.

Larson guided the Cobbers to their best finish at the conference meet in 20 years. Concordia competitors broke multiple school records en route to a 92-point, runner-up showing at the 2020 Indoor Championships. This is Larson's first MIAC Coach of the Year honor since being selected the MIAC Men's Cross Country Coach of the Year in 1999.

In addition to the top individual award winners, conference coaches also recognized the 2020 Men's Indoor Track and Field All-MIAC Sportsmanship team, as well as the [2020 All-Conference individuals and relay teams](#). Complete results and recaps of the 2020 MIAC Indoor Track and Field Championships can be found on the [event homepage](#).

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## 2020 MIAC MEN'S INDOOR TRACK AND FIELD AWARDS

**Outstanding Track Athlete:** Matthew Wilkinson, Carleton (Jr. | Greenwood, Minn. | Minnetonka)

**Outstanding Field Athlete:** Kyle Lichttenegger, Saint Mary's (Sr. | De Pere, Wis. | West)

**Outstanding Performance of the Meet:** Kyle Lichttenegger, Saint Mary's (Long Jump)

**Coach of the Year:** Garrick Larson, Concordia (27th season)

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