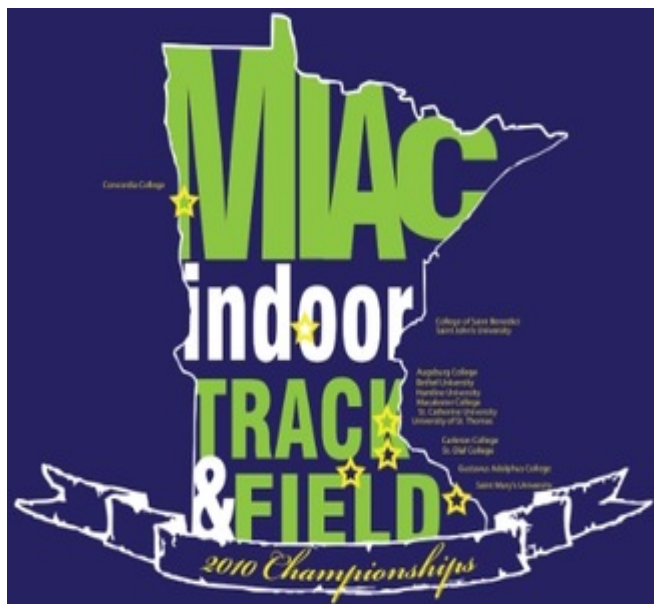


# 2010 MIAC Indoor Track & Field Championships



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|----------------------------------------------|
| <b>2010 MIAC Indoor Championships</b>        |
| March 5-6, 2010 (Pentathlon - March 4)       |
| Carleton College - Northfield, Minn.         |
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## MIAC Indoor Track & Field Championship Recap - Saturday, March 6, 2010

Northfield, Minn. -- The 2010 MIAC Indoor Track & Field Championships concluded with St. Thomas sweeping both the men's and women's titles on Saturday at the Recreation Center on the campus of Carleton College.

The St. Thomas women entered Saturday's competition trailing Gustavus by one point in the team standings, but were able to pass the Gusties and claim their 11th consecutive MIAC title. Gustavus finished second with 130 points, 28 behind St. Thomas' total of 158. Saint Benedict was next with 88, host Carleton totaled 74, and Bethel was fifth with 66 points.

In the men's competition, St. Thomas edged Hamline by seven points, 163 to 156, to claim their 26th MIAC Men's Indoor Title in the 26 years the championship has been held. Bethel finished in third with 121.5 points, Gustavus was fourth with 79.5 points, and St. Olaf placed fifth with 71 points.



2010 MIAC Women's Champions - University of St. Thomas (Greg Smith Photo)

Top women's performances from Saturday included:

- Saint Benedict sophomore Julia Renner winning the triple jump competition with a NCAA provisional distance of 36-10 1/4 (11.23m).
- St. Olaf senior Amie Fillmore taking first in the pole vault with a provisional mark of 11-9 3/4 (3.60m).
- Carleton sophomore Simone Childs-Walker breaking the track record in the 3,000 meter run with a time of 9:55.61.
- Gustavus junior Sam Broderius winning the shot put with a distance of 44-5 1/2 (13.55m), good for a NCAA provisional mark.
- Carleton sophomore Clare Franco winning her second event of the Championships, taking the 600 meter dash with a time

of 1:35.92. Franco won the 400 on Friday as well.

- Bethel senior Marie Borner also winning her second event of the weekend as she took first in the 1,000 meter run with a time of 2:54.87 which set a new track record. Borner also won the mile run yesterday.
- The Saint Benedict 800 Meter Relay Team of Tasha Harr, Erin Sand, Clare Murn, Jillian Daleiden taking first with a time of 1:46.47.
- Augsburg first-year Shanek Telphia setting a meet and track record with a winning-time of 25.25 seconds in the 200 meter dash.
- The St. Thomas 4x400 Meter Relay Team of Molly Demmer, Erin Sprangers, Kelly Russ, Nikki Arola who won in a track record and provisional time of 3:57.02.



2010 MIAC Men's Champions - University of St. Thomas (Greg Smith Photo)

Top men's performances from Saturday included:

- Bethel junior Jay Quick winning the high jump with a NCAA provisional mark of 6'7.5" (2.02m).
- St. Olaf senior John Schantzen taking first in the shot put with a provisional mark of 54'8.75" (16.68m). Hamline's Derral King placed second and also had a NCAA provisional mark with his toss of 53'6.25" (16.31m).
- Bethel senior Dan Greeno winning the 3,000 meter run in a time of 8:34.26. Greeno also won the mile run yesterday.
- St. Thomas first-year Eyo Ekpo taking the triple jump title with a facility record and provisional distance of 47-10 3/4 (14.60m). Hamline's Ben Johnson also hit a provisional mark with his distance of 46-5 1/4 (14.15m).
- Gustavus senior Max Hanson setting the track and meet record in the 600 yard dash with his time of 1:11.48.
- St. Thomas sophomore Mike Hutton winning the 1,000 meter run with a time of 2:33.14.
- The Bethel 800 Meter Relay Team of Gavin Woodland, Mark Stockhowe, Jordan Spronk, Zach Dahl setting the track record with a winning time of 1:30.62.
- Hamline senior Andy Marnach winning the 200 meter dash with a time of 22.63 seconds.
- The Bethel 4x400 Meter Relay Team of Taylor Ferda, Rob LeMay, Zach Schlegel, Eric Rhode recording a meet and track record with a NCAA provisional time of 3:18.99. Teams from St. Thomas (3:19.19) and Hamline (3:20.18) both recorded provisional cut times as well.

[Friday Recap](#)

[Thursday Recap](#)

| Men's Indoor Track & Field History         | Women's Indoor Track & Field History       |
|--------------------------------------------|--------------------------------------------|
| <a href="#">Men's Recordbook</a>           | <a href="#">Women's Recordbook</a>         |
| <a href="#">Men's Archives</a>             | <a href="#">Women's Archives</a>           |
| <a href="#">2009 Men's Results</a>         | <a href="#">2009 Women's Results</a>       |
| <a href="#">2009 Championships Website</a> | <a href="#">2009 Championships Website</a> |
| <a href="#">2009 MIAC Awards</a>           | <a href="#">2009 MIAC Awards</a>           |

**MIAC Men's Indoor Track & Field:** | [Website](#) | [MIAC Performance Lists](#) | [Composite Schedule](#) | [Team Pages](#) |

**MIAC Women's Indoor Track & Field:** | [Website](#) | [MIAC Performance Lists](#) | [Composite Schedule](#) | [Team Pages](#) |

**Carleton:** | [Event Parking](#) | [Recreation Center Website](#) | [Carleton Campus Map](#) |

**NCAA Division III:** | [NCAA Qualifying Standards](#) |

[Apple Raceberry JaM](#)