

2020 MIAC Men's Indoor Track & Field Championship Preview

Posted: Feb 26, 2020

BLOOMINGTON, Minn. – The 2020 Minnesota Intercollegiate Athletic Conference (MIAC) Indoor Track and Field Championships are set to begin on Thursday. Eleven men's teams from around the MIAC will compete in the three-day meet held Thursday-Saturday at Saint John's University in Collegeville, Minn.

| [2020 MIAC Indoor Track and Field Championships](#) |

The MIAC Indoor Track and Field Championships begin Thursday with the multi-event competitions. The women's pentathlon starts at 2:00 p.m. with the men's heptathlon beginning 20 minutes later. The heptathlon finishes up Friday morning at 10 a.m., with Friday's field events set to start at 4:00 p.m. and track to follow at 4:30 p.m. Saturday's final session starts with 12:00 p.m. field events and 1:00 p.m. track events. Admission is \$10 for adults and \$2 for any student each day. Children ages five and under will be admitted for free.

Saturday's final event begins at 4:10 p.m., and there will be a short awards ceremony following the conclusion of the meet to honor both team champions. The top three individuals in each event and the first-place relay team will automatically earn All-Conference honors, and the 4th-through-6th place finishers in each open event and 2nd-through-6th place relay teams will all be named All-Conference Honorable Mention.



FOLLOW THE ACTION

The MIAC has a [homepage](#) dedicated to the 2020 Indoor Championships, complete with venue and admission information, [the event schedule](#), entries, heat sheets and links to follow the action via [webcast](#) and [real-time results](#). Results, recaps, and multimedia coverage of the Championships will be available throughout the event.

| [HEPTATHLON PROGRAM](#) | [MEN'S PERFORMANCE LIST](#) | [MEN'S MEET ENTRIES](#) |

NAMES TO KNOW

Augsburg first-year runner **Varney Conneh** ran the 60-meter dash in 7.03 seconds last Friday at the Minnesota Cold Classic. That time is third-fastest in the MIAC this season.

Bethel freshman **Josh Sampson** has the 20th-fastest 60-hurdle time in Division III this season at 8.23. Sampson is also the third leg on the Royals' 4x400 relay team that ranks sixth in the country with a time of 3:18.77 this year.

Carleton junior **Matthew Wilkinson** has a trio of national top-three times this season, leading D-III in the 5000-meters at 14:22.34 and ranking third in the country in the mile and 3000-meters at 4:08.55 and 8:18.64, respectively. Wilkinson - who was the cross country national runner-up in November - won the MIAC title in the 5000-meters last season and placed third in 3000-meter run.

Concordia sophomore **Jesse Middendorf** has the 11th-best 800-meter time in D-III this year at 1:53.98. He is also the lead runner on the Cobbers' 4x400 relay team that logged the 17th-fastest time in Division III last weekend with a 3:20.47 at the Minnesota Cold Classic.

Gustavus junior **Taylor Rooney** clocked an eight-second-flat time in the 60-meter hurdles last weekend at the Maverick Invitational to set the new NCAA Division III lead in the event. That mark tied him with two other men for the 13th-best performance in Division III history. Only six men in the past six years have been able to notch three or more sub-8.05 performances in the span of one season. Rooney also has the 31st-best high jump in the nation at 2.00 meters and the 38th-best 200-meter time at 22.42. He is the defending MIAC champion in both the 60 hurdles and high jump.

Hamline junior **Joe Martin** ranks seventh in Division III with a shot put distance of 16.98 meters. Martin set the MIAC-leading mark at the Hamster Invitational on February 7.

Macalester senior **David Palmer** ranks 19th in Division III this season with a school-record time of 49.65 in the 400 meters, set last Friday at the Minnesota Cold Classic. The following day at the Tostrud Classic, Palmer anchored the Scots' 4x400-meter relay team to victory, setting another school record with a time of 3:26.14.

Saint John's freshman **Maguire Petersen** is tied for fourth in Division III with a high jump of 2.10 meters this season. Petersen's mark at the Hamster Invitational earlier this month surpassed the previous program record of 2.09 meters set by Nick Welshons in 2014.

Saint Mary's senior **Kyle Lichttenegger** has the fifth-best long jump in D-III this year at 7.32 meters. That leap represents a school record - one of four program marks Lichttenegger has set this season. He has also set new school records in the 55 meters (6.57), 60 meters (6.89), and 200 meters (22.19) in 2020.

St. Olaf senior **Sean Lonergan** ranks seventh in Division III in the mile run this season at 4:12.95. He also ranks 27th in the 3000-meters at 8:32.54. Lonergan placed fourth in the mile and second in the 1000-meter run at the 2019 MIAC Indoor Championships.

St. Thomas sophomore **Eric Douville** recorded the seventh-fastest 200-meter time in D-III over the weekend, clocking in at 22:12 last Friday at the Minnesota Cold Classic. Douville placed third in the 60-meters and second in the 200-meters at last year's conference meet.