

2022 MIAC Men's Indoor Track & Field Championship Preview

Posted: Feb 23, 2022

BLOOMINGTON, Minn. – The 2022 Minnesota Intercollegiate Athletic Conference (MIAC) Indoor Track & 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 Carleton College in Northfield, Minn.

| [2022 MIAC Indoor Track & Field Championships](#) | [Video](#)
| [Real-Time Results](#) |

The MIAC Indoor Track & 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 10:00 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 11:45 a.m. field events and 1:00 p.m. track events. Saturday's final set of events - the women's and men's 4x400 relay - will begin at 4:10 p.m.



FOLLOW THE ACTION

Due to space limitations inside the Recreation Center and the large number of teams participating, there will not be spectators allowed at the 2022 Indoor Track & Field Championships, per Carleton College campus policy. [Live video streaming](#) will be provided free of charge.

The MIAC has a [homepage](#) dedicated to the 2022 Indoor Track & Field Championships, complete with [the event schedule](#), entries, heat sheets, and links to follow the action via [webcast](#) and [real-time results](#). Results and recaps of the Championships will be made available throughout the event.

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

HANDING OUT THE HARDWARE

MIAC championship plaques will be presented to the first-place women's and men's teams at the conclusion of the meet on Saturday afternoon. The conference is guaranteed to crown two new track & field champions this year, as the University of St. Thomas - which departed for NCAA Division I last July - had won all 36 men's indoor championships in conference history, as well as 33 of the 36 women's titles, including 21 in a row from 2000-2020. Concordia College is the only other program to have earned an indoor team championship since the conference began sponsorship of indoor track & field in 1985; the Cobbers won MIAC women's titles in 1988, 1998, and 1999.

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 Honorable Mention.

Individual awards will be voted on by coaches following the meet and will be announced - along with the complete list of All-Conference and honorable mention recipients - next week.

POLL TALK

Concordia is the highest-ranked MIAC men's team in the latest U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) [Track & Field Top 25 Rating Index](#), released on February 22. The Cobbers are ranked 16th in the latest national poll.

The Cobbers also lead all MIAC men's teams in the latest [USTFCCCA North Region Rankings](#), landing at No. 5 in the region in the February 21 balloting. Four MIAC teams are ranked in the top-10, with Concordia at No. 5, Bethel at No. 8, Saint John's at No. 9, and St. Olaf at No. 10.

NATIONAL NOTABLES

Bethel first-year [Jayson Ekiyor](#) (Dayton, Minn. | Providence Academy) ranks 12th in NCAA Division III this season with a 60-meter hurdles time of 8.23.

Bethel senior [Gabe Irons](#) (Lake Mills, Iowa) ranks 12th in NCAA Division III in the shot put and 13th in the weight throw this season. His best shot put distance is 15.75m (51-08.25), while he has topped out at 17.96m (58-11.25) in the weight throw.

Bethel junior [Josh Sampson](#) (Arden Hills, Minn. | Mounds View) ranks 22nd in the 60-meter hurdles this season with a time of 8.27.

Bethel senior [Joel Smith](#) (Shoreview, Minn. | Mounds View) has the 24th-fastest 400-meter time in NCAA Division III this season at 49.80.

Bethel senior [Lukas Walton](#) (Roseville, Minn. | Como Park) has the 12th-best heptathlon score in D-III this year at 4,757.

The Royals' 4x400 relay team of **Jacob Parent** (New Richmond, Wis.), **David Myres** (Clear Lake, Minn. | Becker); **Tyler Sealock** (Plymouth, Minn. | Osseo); and **Joel Smith** (Shoreview, Minn. | Mounds View) has clocked the 16th-fastest time nationally in the event this year at 3:20.74.

Carleton senior **Stephen Lavey** (Cedar Grove, Wis. | Cedar Grove-Belgium) ranks 15th in D-III with a 3000-meter time of 8:20.08 this season.

Concordia sophomore **Cooper Folkestad** (Wadena, Minn. | Wadena-Deer Creek) has the eighth-best shot put distance in Division III this season at 16.37m (53-08.50).

Concordia first-year **Tommy Kern** (Grafton, N.D.) ranks fourth in NCAA Division III in the 400-meter dash with a time of 48.77.

Concordia senior **Jesse Middendorf** (Melrose, Minn.) clocked the 12th-fastest 800-meter time in D-III this season at 1:53.78.

Concordia junior **Wade Rhonemus** (Foley, Minn.) ranks 20th in NCAA Division in the heptathlon this season with a score of 4,520.

Concordia senior **Cal Wright** (Mora, Minn.) has the eighth-fastest 400-meter time in the nation this season at 49.03.

The Cobbers' 4x400 relay team of **Cal Wright** (Mora, Minn.), **Jesse Middendorf** (Melrose, Minn.), **Colin Schuller** (Sioux Falls, S.D. | Lincoln), and **Tommy Kern** (Grafton, N.D.) ranks eighth in NCAA Division III with a time of 3:19.15.

Gustavus' Distance Medley Relay team of **Jack DeGonda** (Stillwater, Minn.), **Tyler Smith** (Norwood Young America, Minn. | Central), **Blake Fuller** (Anoka, Minn.), and **Tucker Wallin** (Red Wing, Minn.) has the 25th best time in D-III this season at 10:31.52.

Hamline first-year **Joshua Thomsen** (North Oaks, Minn. | Mounds View) ranks 12th in Division III for the 60-meter hurdles with a time of 8.23 this season.

Saint John's junior **Eli Mollet** (Jefferson, S.D. | Bishop Heelan Catholic) ranks 17th in Division III for the weight throw with a distance of 17.71m (58-01.25) this season.

Saint John's junior **Maguire Petersen** (Hutchinson, Minn.) has the eighth-best heptathlon score in Division III this season at 4,868. He also ranks 22nd in the high jump with a mark of 2.01m (06-07.00).

Saint John's junior **Michael Wallace** (Nassau, Bahamas | St. Anne's) ranks 25th in Division III for the triple jump this season with a mark of 14.15m (46-05.25).

St. Olaf senior **Nick Edwards** (Boise, Idaho) ranks 23rd in D-III for the heptathlon with a score of 4,492 this season.

St. Olaf first-year **Demetri Lord** (San Antonio, Texas | TMI Episcopal) ranks 21st in D-III for the heptathlon with a score of 4,510 this season.

St. Olaf junior **Stephen Peper** (Chaska, Minn.) has the sixth-best high jump mark in Division III this season with a leap of 2.06m (06-09.00). His heptathlon score of 4,864 ranks ninth in the nation.

DEFENDING THE CROWN

Despite the cancellation of the 2021 conference championships due to COVID-19, a handful of reigning MIAC champions will be back in competition to defend titles won in 2020.

Carleton senior **Ben Santos** (Boulder, Colo.) ran the first leg on the Knights' victorious distance medley relay team in 2020. Carleton won the event in 10:22.11.

Concordia senior **Jesse Middendorf** (Melrose, Minn.) is the defending MIAC champion in both the 600 meters and 800 meters. Middendorf won the 600-meter run in 1:20.41 and crossed the finish line first in the 800 with a finals time of 1:54.94.

The Cobbers' 4x400 relay team of **Cal Wright** (Mora, Minn.), **Hayden Gagnon** (South Haven, Minn. | Kimball), **Munir Isahak** (Fargo, N.D. | South), and **Jesse Middendorf** (Melrose, Minn.) finished the event in 3:21.11 to win in 2020.

Saint John's senior **Ryan Miller** (Maple Grove, Minn. | Totino-Grace) won the 60-meter dash at the 2020 MIAC Championships with a finals time of 6.90.

Saint John's junior **Michael Wallace** (Nassau, Bahamas | St. Anne's) won the triple jump at the 2020 MIAC Championships with a finals mark of 14.39m (47-02.50).

Saint Mary's junior **Garrett Jackson** (West Linn, Ore.) helped the Cardinals to victory in the 4x200 relay in 2020, running the second leg of the race. SMU finished in first place with a time of 1:29.24 in finals.

AROUND THE MIAC

Augsburg junior **Varney Conneh** (Champlin, Minn. | Champlin Park) clocked the MIAC's seventh-fastest 60-meter dash time at the Meet of Hearts on 2/12. Conneh's finished the race in an adjusted time of 7.15, leading all MIAC competitors and placing second overall.

Bethel senior **Gabe Irons** (Lake Mills, Iowa) posted two conference-leading marks at the UW-Stout Quad on 2/11. His weight throw of 17.96m (58-11.25) leads the conference, while his shot put of 15.75m (51-08.25) is second in the MIAC this season.

Carleton senior **Stephen Lavey** (Cedar Grove, Wis. | Cedar Grove-Belgium) leads the MIAC in both the 3000-meter and 5000-meter runs, and ranks eighth in the conference in the mile heading into the 2022 Indoor Championships. Lavey clocked a season-best 5000-meter time of 14:38.34 at the Mark Schuck Open on 1/28 and went on to finish the 3000 meters in 8:20.08 at the Knights' Meet of Hearts on 2/12. He ran the mile in 4:19.27 at the Carleton Tri on 1/21.

Concordia senior **Munir Isahak** (Fargo, N.D. | South) ranks second in the MIAC in three distance events this winter. The 2021 MIAC Men's Cross Country individual medalist ran the 5000 meters in 14:57.37 at the UND Open on 1/28 before clocking in at 8:26.76 in the 3000 meters the following weekend and crossing the finish line in 4:14.52 in the mile at the UND Tune-Up on 2/19. Isahak also ranks eighth in the MIAC in the 1000-meter run after clocking a time of 2:34.65 at the SDSU Indoor Classic on 2/11.

Gustavus first-year **Tyler Smith** (Norwood Young America, Minn. | Central) has clocked a pair of top-10 conference times this season as an individual runner. Smith ranks fourth in the MIAC in the 800 meters thanks to a 1:58.88 finish at the Mark Miller Invite on 2/18, while his 1:24.52 finish at the St. Olaf Quad on 1/28 ranks sixth. Smith also ran on the Gusties' top-ranked DMR squad that finished in 10:31.52 at the Ted Nelson Classic on 2/5, as well as the 4x400 relay team that ranks third in the conference with a time of 3:27.49 set at the same meet.

Hamline senior **Christian Velishek** (New Prague, Minn.) leads the MIAC in the long jump this season with a mark of 6.83m (22-05.00) achieved at the Mark Miller Invite on 2/18. His high jump mark of 1.88m (06-02.00) set at the Carleton Meet of Hearts on 2/12 ranks eighth in the MIAC.

Macalester first-year **Arlo Heitler** (Hastings, N.Y.) has posted a pair of top-10 conference times in his debut season. His 200-meter time of 22.82 achieved at the CSB/SJU Triangular on 1/29 remains the fifth-fastest time in the conference, while the 400-meter time of 50.77 he recorded at the Carleton Meet of Hearts on 2/12 ranks sixth.

Saint John's junior **Kevin Arthur** (Champlin, Minn. | Champlin Park) has the MIAC's top 60-meter dash time heading into the conference meet. Arthur ran a 6.91 at the University of Minnesota's Gopher Classic on 2/5 to finish as the top D-III runner in the field.

Saint Mary's first-year **Aidan Gatz** (Elburn, Ill. | Kaneland) ranks third in the conference among pole vaulters this season, securing his best mark of 4.52m (14-10.00) at the UWRF Winter Classic on 2/5.

St. Olaf sophomore **Ian Curtis** (Missoula, Mont. | Hellgate) has posted top-three MIAC times in both the mile and 3000 meters this season. His 3000-meter time of 8:28.32 set at the Carleton Tri back on 1/21 remains third-fastest in the conference, while his mile mark of 4:16.12 recorded at the Gopher Classic on 2/5 is good for third in the MIAC as well.

St. Scholastica sophomore **Samuel Eben Ebai** (Yaounde, Cameroon | P.S.S. Mankon) holds the top MIAC time in both the 60-meter dash and 200-meter dash and recorded both times at the Saints' first meet of the season back on 12/11. At The CSS Opener, Eben Ebai ran the 60 meters in 6.91 and the 200 meters in 22.47.

FOR THE RECORD

The **MIAC Men's Indoor Track & Field Record Book** contains annual Conference championship information and MIAC overall and meet record-holders. The information included in the record book is based on available data and research for additional historical documents is ongoing.

| [2022 MIAC Indoor Track & Field Championships](#) | [Video](#) | [Real-Time Results](#) |