

MIAC Outdoor Track and Field Athletes of the Week - April 6, 2016

Posted: Apr 06, 2016



MIAC Men's Outdoor Track Athlete-of-the-Week

**Jerry Cook-Gallardo,
Carleton
Moscow, Idaho / Moscow**

Carleton's Jerry Cook-Gallardo (Moscow, Idaho) is just a few weeks removed from earning All-American honors to close his outstanding indoor track and field season, but he's

already up to his old tricks now that the outdoor season has started. In his outdoor debut, he ran away from the field in the 1,500-meter run at the Hamline Invitational to finish first with a time that ranks among the best in the nation. For his performance, the MIAC sports information directors honored Cook-Gallardo Wednesday with the MIAC Men's Outdoor Track Athlete-of-the-Week award.

Cook-Gallardo successfully defended his 1,500 title at the Hamline Invitational by completing the race with an outstanding time of 3:53.21, which was a new personal best. It's the No. 1 time in the MIAC this spring by more than seven seconds, and it ranks second nationally, just two seconds off the top time in Division III. He crossed the finished line just three-tenths of a second ahead of the runner up, who was unattached. The Carleton sophomore bested unattached runners from Division I Minnesota as well as competitors from the region in Division II and III. He finished more than seven seconds ahead of the next MIAC finisher.

The Knights will hope to keep their strong start to the outdoor season going with a busy weekend coming up. The team will send its multi-event athletes to the CSB/SJU Multis in Collegeville, Minn., on Saturday and Sunday, and the rest of the Carleton squad will travel to La Crosse, Wis., on Saturday to compete in the Ashton May Invitational at the Veterans Memorial Field Sports Complex. The meet is set to start at 12 p.m.



MIAC Men's Outdoor Field Athlete-of-the-Week

**Logan Hovie, Macalester
Neenah, Wis. / Neenah**

Macalester star Logan Hovie (Neenah, Wis.) made a seamless transition from the indoor track and field season to outdoor competition to continue his remarkable season. The Scots' senior was victorious in the high jump at the Hamline Invitational Sunday with a mark that leads the MIAC and is among the best performances in the nation thus far in 2016. For his performance, the MIAC sports information directors honored Hovie Wednesday with the MIAC Men's Outdoor Field Athlete-of-the-Week award.

Hovie scored his latest victory in the high jump by clearing the bar at 6-9, or 2.06 meters. Remarkably, Hovie has finished first in every high jump competition he's entered in 2016, except for his fifth-place finish at the NCAA Division III National Indoor Championships. Hovie's height of 6-9 matches the 2015 NCAA qualifying mark, and is currently first in the MIAC by a full five inches. His height is ranked No. 3 in the nation in the

outdoor season, less than foot off of second place, and just 1.75 feet behind the nation's leader. At the Hamline Invite, Hovie won by more than six inches, as he was the only competitor to clear the bar above 6-2.75 in a field that included Division II and III athletes.

After the strong start to the outdoor season, Hovie and company will take 11 days off between competitions before resuming a busy schedule next week. The team will make the short trip across St. Paul on April 14 to compete at the University of St. Thomas' Tomcat Meet, and two days later they'll head to another nearby St. Paul school - Concordia-St. Paul - to compete in a meet on April 16.

MIAC Women's Outdoor Track Athlete-of-the-Week

**Ruth Steinke, Carleton
Lima, N.Y. / Honeoye Falls-Lima**

Throughout her career, Carleton's Ruth Steinke (Lima, N.Y. / Honeoye Falls-Lima) has been one of the top track and field runners in the MIAC and Division III and, in her 2016 outdoor debut, she proved she could keep pace with Division I's best as well. Steinke finished fourth behind two former D-I All-Americans and a current D-I runner in the 5,000-meter run with a time that is among the best in the conference and nation this season. For her performance, the MIAC sports information directors honored Steinke Wednesday with the MIAC Women's Outdoor Track Athlete-of-the-Week award.



Steinke competed the 5K course at the Hamline Invitational in 17:33.83, which was good for a fourth-place finish, and the top Division III finish. The only runners to finish ahead of her were former Division I All-Americans Meghan Peyton (Iowa) and Katy Moen (Iowa State) and current Minnesota runner Liz Berkholtz. Steinke was more than 21 seconds ahead of the next Division II runner, and also finished ahead of numerous Division I and II runners as well. Her time is good for first in the MIAC this season by more than 13 seconds, and it ranks 10th in all of Division III.

The Knights will hope to keep their strong start to the outdoor season going with a busy weekend coming up. The team will send its multi-event athletes to the CSB/SJU Multis in Collegeville, Minn., on Saturday and Sunday, and the rest of the Carleton squad will travel to La Crosse, Wis., on Saturday to compete in the Ashton May Invitational at the Veterans Memorial Field Sports Complex. The meet is set to start at 12 p.m.



MIAC Women's Outdoor Field Athlete-of-the-Week

**Trish Hare, Carleton
Northbrook, Ill. / Glenbrook North**

Carleton's Trish Hare (Northbrook, Ill. / Glenbrook North) made quite a first impression in her 2016 outdoor track and field debut. The Knights' junior won the javelin competition at the Hamline Invitational with an impressive heave that broke the meet record and registered among the best in the MIAC and all of Division III thus far in 2016. For her performance, the MIAC sports information directors honored Hare Wednesday with the MIAC Women's Outdoor Field Athlete-of-the-Week award.

Hare didn't waste any time turning heads or breaking records, as her very first attempt of the outdoor season traveled 134-10 feet (41.09 meters) to give her a first-place finish in the javelin at Hamline. Her throw broke meet record (41.02 meters) which was held by a Division I athlete from Minnesota and it ranks No. 1 in the MIAC this season by more than two feet. Hare's personal best is currently ranked No. 7 in Division III, as she is one of just nine student-athletes to break 41 meters so far this spring. She won the event by more than four feet in a field of Division II and III competitors.

The Knights will hope to keep their strong start to the outdoor season going with a busy weekend coming up. The team will send its multi-event athletes to the CSB/SJU Multis in Collegeville, Minn., on Saturday and Sunday, and the rest of the Carleton squad will travel to La Crosse, Wis., on Saturday to compete in the Ashton May Invitational at the Veterans Memorial Field Sports Complex. The meet is set to start at 12 p.m.

MIAC Outdoor Track and Field Athletes of the Week - April 13, 2016

Posted: Apr 13, 2016



MIAC Men's Outdoor Track Athlete-of-the-Week

Connor O'Neill, St. Thomas Stillwater, Minn. / Stillwater

Though cold weather pushed last week's CSB-SJU Outdoor Invitational back a day, it was definitely worth the wait for St. Thomas men's track and field fans. Junior Connor O'Neill (Stillwater, Minn.) dominated the decathlon with a career-best score of 6,010 points,

which ranks No. 1 in the MIAC and among the best in the nation in 2016. For his performance, the MIAC sports information directors honored O'Neill Wednesday with the MIAC Men's Outdoor Track Athlete-of-the-Week award.

O'Neill's decathlon victory and record score vaulted him to the top of the MIAC leader board by nearly 400 points, and his score currently puts him in sixth place on the NCAA Division III national leader board. His core was nearly 300 points better than his third-place finish in the 2014 MIAC Championships, which was the last time he competed in the event due to an injury in 2015. O'Neill's career-best score included impressive performances in the pole vault (15-5), long jump (21-2.75), high jump (6-5.5), javelin (130-0) and 100-meter dash (11.70). His pole vault performance is also tied for the top spot on the MIAC leader board with Hamline's Joseph Matheson, the MIAC Field Athlete-of-the-Week.

The Tommies and O'Neill will hope to keep up the impressive performances this week, with a chance to delight the home fans next up on the schedule. UST will host the Tom Cat Twilight meet on Thursday at 4 p.m. in St. Paul, which will be the team's only home meet of the outdoor season. The team will then enjoy a nine-day break before returning to action at the Carleton Relays in Northfield, Minn., on April 23. UST has five meets remaining on the 2016 outdoor regular-season schedule.



MIAC Men's Outdoor Field Athlete-of-the-Week

Joseph Matheson, Hamline Eagan, Minn.

Though the outdoor track and field season is just a few weeks old, Hamline's Joseph Matheson (Eagan, Minn.) is already in midseason form. The Piper senior starred in the pole vault once again, hitting the MIAC's top mark of the season for the second week in a row while winning the event by a comfortable margin at the CSB-SJU Outdoor Invitational. For his performance, the MIAC sports information directors honored Matheson Wednesday with the MIAC Men's Outdoor Field Athlete-of-the-Week award.

Matheson cleared the pole vault bar at 15-5 (4.70 meters) for the second-straight week, and this time his effort resulted in a first-place finish and a win by six inches at the CSB-SJU Outdoor Invitational. Matheson's mark continued to share the top spot on the MIAC leader board, as St. Thomas' Connor O'Neill - the Track Athlete-of-the-Week - also cleared 15-5 in the decathlon. That height also ranks Matheson among the top 14 in the nation

in 2016.

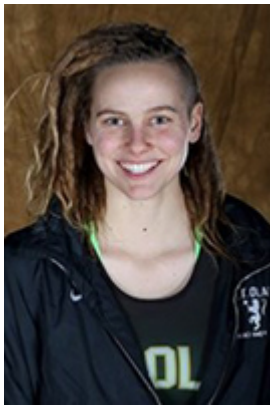
The Pipers and Matheson hope to continue to soar to new heights, with their next event just a few miles away from campus. Hamline will head across St. Paul Saturday to compete in the Concordia (St. Paul) Holst Invitational. After that, the team will venture to Northfield, Minn., on April 23, to compete in the Carleton Relays. The Pipers have five more meets, including the Unsaintly Meet at home on May 6-7, left on the regular-season schedule.

MIAC Women's Outdoor Track Athlete-of-the-Week

Madison Van Wylen, St. Olaf Northfield, Minn. / Northfield

The St. Olaf women's track and field team headed just across the border to compete in the UW-La Crosse (Wis.) Ashton May Invitational last weekend against top regional Division I, II and III competition, and Madison Van Wylen's (Northfield, Minn.) was on full display. The senior recorded the MIAC's top time in the 400-meter hurdles, and helped the Oles also earn a top-five relay finish in addition to her performances in the field events. For her performance, the MIAC sports information directors honored Van Wylen Wednesday with the MIAC Women's Outdoor Track Athlete-of-the-Week award.

Van Wylen's top highlight of the day was her second-place finish and time of 1:04.84 in the 400-meter hurdles,



which ranks as the top time in the MIAC this season by more than half a second. That time also ranks No. 16 nationally in 2016. Van Wylen also helped the St. Olaf 4x100-meter relay team finish fifth with a time of 50.84 seconds, and she added a seventh-place finish in the high jump (1.55 meters), which ranks third in the MIAC this season, and she also compete in the shot put. Van Wylen's outdoor success comes on the heels of a MIAC title in the indoor pentathlon in March.

St. Olaf and Van Wylen will aim for continued outdoor success this weekend when they venture to St. Paul. The Oles will compete at the Concordia (St. Paul) Holst Invite, which will be their final tune-up before hosting their lone outdoor meet of the spring. St. Olaf will then welcome teams from around the region to the Manitou Classic on April 22, which will be held on campus at Manitou Track. The team has a busy final month of the season, with seven more meets on the schedule prior to the MIAC Championships.



MIAC Women's Outdoor Field Athlete-of-the-Week

Megan Pohlmann, St. Catherine Grey Eagle, Minn. / Long Prairie-Grey Eagle

St. Catherine thrower Megan Pohlmann (Grey Eagle, Minn. / Long Prairie-Grey Eagle) wasn't just great Sunday at the CSB-SJU Outdoor Invitational, she was historic. The Wildcats' junior won the javelin with a school-record distance that ranks No. 1 in the MIAC this season, and among the best in all of NCAA Division III. For her record-setting performance, the MIAC sports information directors honored Pohlmann Wednesday with the MIAC Women's Outdoor Field Athlete-of-the-Week award.

Pohlmann's record-breaking throw traveled 135-9 feet, or 41.38 meters, and it broke the previous St. Kate's school record by 0.21 meters. That distance is the

best in the MIAC in 2016 by six inches, and it currently stands as the seventh-best performance in the nation this season, as Pohlmann is just one of eight athletes to break 135 feet. Pohlmann's winning throw Sunday helped her finish first by nearly 12 full feet, as she competed against student-athletes from Concordia, St. Thomas, Saint Benedict, Gustavus, and Minnesota-Morris.

The Wildcats and Pohlmann hope to keep the record-setting performances coming with three more meets in April, including two close to home. Saturday, the team will venture across St. Paul to compete in the Concordia (St. Paul) Holst Invitational. Then St. Kate's will head to Northfield, Minn., on April 22 for the St. Olaf Manitou Classic, and will finish out the month back in St. Paul at Macalester's Janis Rider Invitational on April 30.

MIAC Outdoor Track and Field Athletes of the Week - April 20, 2016

Posted: Apr 20, 2016



MIAC Men's Outdoor Track Athlete-of-the-Week

**Hart Hornor, Carleton
Seattle, Wash. /
Roosevelt**

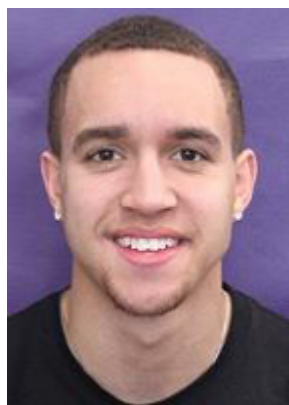
To say that Carleton distance runner Hart Hornor (Seattle, Wash. / Roosevelt) fared well against great competition in his latest race would be an understatement. The

Knights' senior finished seventh in an absolutely loaded field in the 5,000-meter run at the UW-Platteville

Invitational with a MIAC-leading and top-six nationally-ranked time against top Division I, II and III athletes. For his performance, the MIAC sports information directors honored Hornor Wednesday with the MIAC Men's Outdoor Track Athlete-of-the-Week award.

Hornor completed the 5k in Platteville, Wis., in 14:19.09, and that time is now ranked second in Carleton school history, first in the MIAC this season by more than 30 seconds, and sixth in all of NCAA Division III in 2016. Five of the top six times in the nation this season were recorded in this race, as Hornor finished behind only two Division I runners from the University of Wisconsin, two NCAA Division III track and cross country national champions, and two other D-III All-American runners. Less than a second separated Hornor from third place, and his time was better than the nation's best mark coming into the week.

This week, Carleton and Hornor hope to keep putting up impressive times with a very busy schedule looming. The Knights will head to Wisconsin Friday to compete at the UW-La Crosse Phil Esten Challenge at 3 p.m. in La Crosse, Wis. Then, Saturday, the team will return home to Northfield, Minn., to host the Carleton Relays at Laird Stadium. The Knights' home meet is set to begin at 10 a.m.



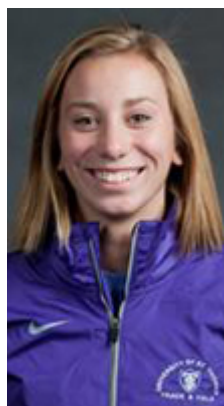
MIAC Men's Outdoor Field Athlete-of-the-Week

**Evan Cross, St. Thomas
Woodbury, Minn. / Hill-Murray**

St. Thomas' Evan Cross (Woodbury, Minn. / Hill-Murray) showed off his versatile jumping talents with a pair of impressive performances in two different events at two different meets last week. He won the long jump Saturday with one of the best distances in the MIAC and all of Division III, and two days earlier he posted a top-four MIAC mark in the high jump. For his performance, the MIAC sports information directors honored Cross Wednesday with the MIAC Men's Outdoor Field Athlete-of-the-Week award.

Cross started with a good showing in front of the home fans at Thursday's Tomcat Twilight meet, as he finished fourth in the high jump by clearing the bar at 6-5, which is the fourth-best height in the MIAC this season, and just a half-inch off the second-best performance. However, he was even better two days later at the Concordia-St. Paul Holst Invitational, as he won the long jump in a talented field of 37 athletes with a distance of 23-5.5 (7.15 meters). His distance is first in the MIAC this season, No. 8 in the nation, and is the best UST long jump performance in seven years and a top-10 jump in school history.

The Tommies and Cross will try to keep the standout performances coming, with one meet on this week's schedule. Saturday, St. Thomas will head to Northfield, Minn., to compete at the Carleton Relays at Carleton College. The meet will begin Saturday at 10 a.m. St. Thomas has four meets left on the regular-season schedule before it defends its MIAC Outdoor Track and Field Championship.



MIAC Women's Outdoor Track Athlete-of-the-Week

**Emily Gapinski, St. Thomas
Sheboygan, Wis. / North**

St. Thomas star runner Emily Gapinski (Sheboygan, Wis. / North) added another illustrious chapter to her outstanding senior season with her performance at the Mt. Sac Relays in Walnut, Calif. The Tommie senior finished with the top time in both the MIAC and the nation in the 1,500-meter run, and the best outdoor mark of her decorated career. For her performance, the MIAC sports information directors honored Gapinski Wednesday with the MIAC Women's Outdoor Track Athlete-of-the-Week award.

Gapinski, running against scholarship athletes from Division I and II, finished in seventh place, but her time and where it stands is much more indicative of how impressive she was in the 1,500 at Mt. Sac. She finished with a new career best time of 4:23.25, which is the fastest time in the nation in 2016 by 0.31 seconds, and tops in the MIAC by

more than 15 seconds. Her time is the second-fastest outdoor mark recorded in the 1,500 in both St. Thomas and MIAC history. Gapinski adds this latest feat to a senior season that includes a pair of indoor national championship - one in the mile and a second-straight win for UST in the distance medley relay.

The Tommies and their star senior Gapinski will try to keep the low times coming, with one meet on this week's schedule. Friday, St. Thomas will head to Northfield, Minn., to compete at the Manitou Classic at St. Olaf College. The meet will begin Friday at 4 p.m. St. Thomas has a busy remaining slate, with six meets left on the regular-season schedule before it defends its MIAC Outdoor Track and Field Championship.



MIAC Women's Outdoor Field Athlete-of-the-Week

**Emma Peterson, Concordia
Benson, Minn. / Benson**

Concordia's Emma Peterson soared to heights never before reached in school history with her outstanding performance in the high jump at the Lee Krough Invite, hosted by Gustavus Adolphus College. The junior jumper set a new Cobber school record in the event, and her height is ranked No. 1 in the MIAC and No. 2 in the nation in 2016. For her performance, the MIAC sports information directors honored Peterson Wednesday with the MIAC Women's Outdoor Field Athlete-of-the-Week award.

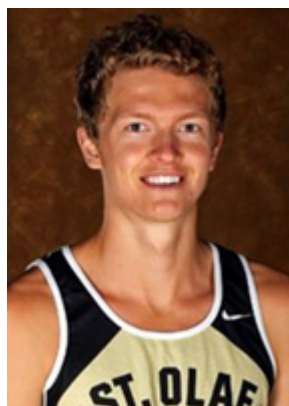
Peterson made Concordia history when she cleared the bar at 5-7.25 feet, or 1.71 meters, at Gustavus' meet Saturday. That height gave her a first-place finish against athletes from Division II and III, and broke the previous school record, which had stood since 2011. Peterson's jump leads the MIAC by two full inches, and only one mark of 5-8 is better than her performance nationally. Peterson, who stands 5-foot-7, out jumped her height

by a quarter of an inch, and her mark would have been good for a spot in last year's outdoor national championship meet.

The Cobbers and Peterson have a busy week ahead with three different meets on the schedule over a four-day span, all in the Fargo-Moorhead area. The team's multi-event athletes will compete at North Dakota State's Team Nodak Heptathlon Friday and Saturday in Fargo, and Saturday the rest of Concordia's squad will also head to NDSU for the Lyle Hokanson Classic. Then, Tuesday, the Cobbers will host their lone home meet of the outdoor season, with the Cobber Twilight meet set for a 3 p.m. start on April 26.

MIAC Outdoor Track and Field Athletes of the Week - April 27, 2016

Posted: Apr 27, 2016



MIAC Men's Outdoor Track Athlete-of-the-Week

**Jake Campbell, St. Olaf
Edina, Minn. / Edina**

Jake Campbell (Edina, Minn.) led a group of talented St. Olaf runners to the Phil Esten Challenge, hosted by UW-La Crosse, and his impressive performance propelled his team to an unbelievable

team showing. Campbell won the race in an extremely talented field with the best time in the MIAC and the nation this season, while leading the Oles to a top-10 team finish despite fielding only five athletes in one event. For his performance, the MIAC sports information directors honored Campbell Wednesday with the MIAC Men's Outdoor Track Athlete-of-the-Week award.

Campbell ran to victory in the 1,500-meter run in a field of 72 Division I and III runners with a remarkable time of 3:44.74. That time currently ranks first all of NCAA Division III in 2016, as well as first in the MIAC, and it is six seconds better than last year's NCAA qualifying time. Campbell and his teammates swept the top three spots, with one more in the top 10 and another in 21st to help St. Olaf finish 10th as a team (out of 18) despite only those five runners competing in that one event. Campbell was named the MIAC's Cross Country Athlete-of-the-Year last fall, after winning the MIAC's individual title.

The Oles and Campbell hope to keep the low times coming with a busy weekend ahead. Thursday, some of the St. Olaf athletes will head to St. Paul to compete in the MAC Twilight at Macalester College, while the others will head to Des Moines, Iowa, for the prestigious Drake Relays. St. Olaf will also send athletes to the Saint Mary's Invitational in Winona, Minn., on Saturday.



MIAC Men's Outdoor Field Athlete-of-the-Week

**Chase Duwenhoegger, Hamline
Alexandria, Minn.**

Hamline's Chase Duwenhoegger (Alexandria, Minn.) impressed not once, but twice, last week, at two different meets and in two different events. When the dust settled, the sophomore thrower had three top-four finishes and was ranked No. 1 in the MIAC in both the shot put and the discus, with his shot put distance moving up to No. 7 in all of NCAA Division III this season. For his performance, the MIAC sports information directors honored Duwenhoegger Wednesday with the MIAC Men's Outdoor Field Athlete-of-the-Week award.

Duwenhoegger opened his busy week by beating his previous best in the shot put with a distance of 53-5.75, which gave him a fourth-place finish at the UW-La Crosse Invite. However, he was even better the next day. He finished second in the shot at the Carleton Relays when he added more than foot to his shot put distance, and his new mark of 54-11.25 ranks No. 1 in the MIAC by nearly two feet, and No. 7 nationally. He added a first-place finish in the discus with a distance of 149-3, which ranks No. 1 in the conference by more than two feet.

The Hamline men's track and field team has one meet on the schedule this week, and it's just a short trip down Snelling Ave. The Pipers will compete at the Macalester Men's Meet on Thursday at nearby Macalester College, then will gear up to host the Hamline Unsaintly Meet at Klas Field on May 6-7, which will be the team's final tune-up for the MIAC Championships.



MIAC Women's Outdoor Track Athlete-of-the-Week

**Marit Sonnesyn, Gustavus
Plymouth, Minn. / Wayzata**

The Gustavus women's track and field team traveled to La Crosse, Wis., for UW-La Crosse's Phil Esten Challenge last week, and Marit Sonnesyn's (Plymouth, Minn./Wayzata) performance alone made the trip more than worthwhile for the Gusties. The senior runner broke the Gustavus school record in the 10,000-meter run by more than 30 seconds, while also recording a first-place finish in the race. For her performance, the MIAC sports information directors honored Sonnesyn Wednesday with the MIAC Women's Outdoor Track Athlete-of-the-Week award.

Sonnesyn completed her victorious 10k run in 36:10.38, which not only gave her the win, but broke the Gusties' 11-year-old school record of 36:48.62, set in 2005 by Nichole Peterson. Sonnesyn was consistently

outstanding throughout the race, as each of her two 5k splits (18:10 and 18:00) were both 5k personal bests for the senior as well. Her 10k time is the fastest in the MIAC this season by more than 34 seconds, and it's the eighth-fastest time in all of Division III this season. Her two 5k splits would both rank fifth in the MIAC this season in that event as well.

The Gusties and Sonnesyn will hope to keep the low times coming with a pair of meets right in their backyard over the next week. Gustavus will host the Drake Alternative meet Saturday at 10 a.m. in St. Peter, Minn. Then, on May 4, the team will head to nearby Mankato for the Minnesota State-Mankato Twilight Meet, which will begin that day at 3 p.m.



MIAC Women's Outdoor Field Athlete-of-the-Week

**Gabby Koel, Hamline
Alexandria, Minn.**

Hamline University's Gabby Koel (Alexandria, Minn.) certainly rose to the occasion against top-notch competition at last week's UW-La Crosse Invitational in La Crosse, Wis. The Piper junior fared well against a talented field in the discus by adding nearly two feet to her distance, which leads the MIAC and also registered on the national leader board. For her performance, the MIAC sports information directors honored Koel Wednesday with the MIAC Women's Outdoor Field Athlete-of-the-Week award.

Koel threw the discus 137-01 feet at the La Crosse meet to finish sixth, behind only three Division II athletes from Winona St. and two from top-flight WIAC Division III programs. Her distance improved her season-best mark by nearly two full feet, and her mark leads the MIAC by nearly three feet, as she is the only MIAC thrower to go longer than 134-0. Her mark is also ranked 32nd in all of NCAA Division III this season, with the two WIAC athletes that finished ahead of her ranking 15th and 26th on the national leader board.

The Hamline women's track and field team has one meet on the schedule this week, and it's just a short trip down Snelling Ave. The Pipers will compete at the Macalester Women's Meet on Saturday at nearby Macalester College, then will gear up to host the Hamline Unsaintly Meet at Klas Field on May 6-7, which will be the team's final tune-up for the MIAC Championships. The team will also stay in St. Paul for another meet - the Tommie Women's Twilight at the University of St. Thomas - next week on May 4.

MIAC Outdoor Track and Field Athletes of the Week - May 4, 2016

Posted: May 04, 2016



MIAC Men's Outdoor Track Athlete-of-the-Week

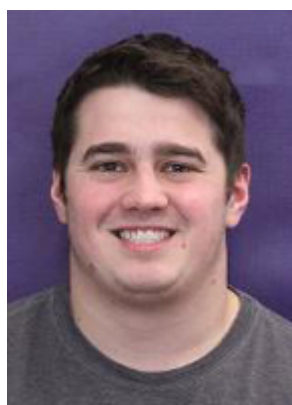
**Hart Hornor, Carleton
Seattle, Wash. /
Roosevelt**

Carleton distance runner Hart Hornor (Seattle, Wash./Roosevelt) has had some outstanding performances throughout his senior season, but his most recent run may have

been his best. Hornor ran to victory in the 10,000-meter run at the prestigious Drake Relays, with a school-record time that is one of the best in MIAC history, and among the best in the nation this season. For his performance, the MIAC sports information directors honored Hornor Wednesday with the MIAC Men's Outdoor Track Athlete-of-the-Week award.

Hornor's winning time in the 10k at Drake was 29.35.63, which set a new Carleton record and -according to research - is the second-best time ever recorded by an MIAC runner, and the fastest since 1983. His time leads the MIAC this season and ranks third nationally. Hornor bested a field of 28 runners, including 17 current Division I runners, and two more who were competing unattached. Honor became the first Carleton athlete to finish first in an event at the Drake Relays, and he crossed the finish line roughly 12 seconds before the runner-up.

After the big performance at the Drake Relays, Carleton has just one more meet on the regular-season schedule to prepare for the 2016 MIAC Outdoor Track and Field Championships. The Knights will head to St. Paul, Minn., on May 7 to compete in the Meet of the UnSaintly, which will be hosted by Hamline at Klas Field at 11 a.m. After that, the team will head to Collegeville, Minn., on May 13-14 for the conference championships, co-hosted by Saint John's and Saint Benedict.



MIAC Men's Outdoor Field Athlete-of-the-Week

**Matt Schauer, St. Thomas
Champlin, Minn. / Totino-Grace**

The Penn Relays is one of the most famous and prestigious track and field meets in the world, and St. Thomas' Matt Schauer (Champlin, Minn./Totino-Grace) made his trip to Pennsylvania count with an outstanding performance in the shot put. The senior set a new season best with a distance that ranks in the top two in the conference, and in the top 10 nationally this season. For his performance, the MIAC sports information directors honored Schauer Wednesday with the MIAC Men's Outdoor Field Athlete-of-the-Week award.

Schauer rose to the occasion at the Penn Relays by unleashing a shot put throw that traveled 53-11, which is his best mark of the season. His throw currently ranks No. 2 in the MIAC in 2016, only a quarter-inch behind the leader. It's also the ninth-best throw by a Division III student-athlete this season. Schauer's performance at Penn is just his latest outstanding showing in the shot put - earlier this year he was named an NCAA Indoor All-American after finishing eighth at the Division III championships, and he was a national qualifier in the shot put during outdoor track a season ago as well.

St. Thomas has just one more big tune-up on its 2016 regular-season schedule prior to the 2016 MIAC Outdoor Track and Field Championships. Schauer and company will head to Collegeville, Minn., this weekend to participate in the Meet of the Saints, which will be hosted by Saint John's Saturday at noon. The following weekend, the Tommies will return to Collegeville for the conference championships on May 13-14.

MIAC Women's Outdoor Track Athlete-of-the-Week

**Ruth Steinke, Carleton
Lima, N.Y. / Honeoye Falls-Lima**

Carleton's Ruth Steinke (Lima, N.Y./Honeoye Falls-Lima) continues to raise her own incredibly-high standard of excellence throughout her outstanding season. Steinke's latest exploits include a remarkable performance in the 3,000-meter steeplechase against mostly top Division I competition at the prestigious Drake Relays, which a time that leads the MIAC and ranks among the best in the nation. For her performance, the MIAC sports information directors honored Steinke Wednesday with the MIAC Women's Outdoor Track Athlete-of-the-Week award.

Steinke - the lone Division III runner in the race - finished the steeplechase at Drake in just 10:46.31, which is



more than 16 better than anyone else in the MIAC this season. Her time is good for sixth nationally thus far in 2016. At Drake, the Carleton senior finished eighth in the race and recorded a better time than 11 of the 15 Division I runners in the field. Steinke hopes to continue her success throughout the rest of the outdoor season, after winning a pair of All-American honors at the 2016 NCAA Division III Indoor Championships.

After the big performance at the Drake Relays, Carleton has just one more meet on the regular-season schedule to prepare for the 2016 MIAC Outdoor Track and Field Championships. The Knights will head to St. Paul, Minn., on Wednesday evening to compete in St. Thomas' Tommie Twilight meet, which is set to begin at 4:30 p.m. After that, the team will head to Collegeville, Minn., on May 13-14 for the conference championships, co-hosted by Saint John's and Saint Benedict.



MIAC Women's Outdoor Field Athlete-of-the-Week

Amelia Campbell, Carleton Sturgeon Bay, Wis. / Sturgeon Bay

Carleton senior Amelia Campbell (Sturgeon Bay, Wis.) has been one of the best multi-event competitors in all of NCAA Division III throughout her career, with a national record and two national titles under her belt. However, at the prestigious Drake Relays, Campbell proved she belongs in the conversation regardless of Division as well with a great showing against a talented heptathlon field with one of the nation's best scores this season. For her performance, the MIAC sports information directors honored Campbell Wednesday with the MIAC Women's Outdoor Field Athlete-of-the-Week award.

Campbell showed her championship-winning form at Drake with season-best marks in the 100-hurdles, shot put, 200-meter dash and 800-meter run. Her score of 4,870 was good for fourth place in a loaded, 18-athlete field, and it currently leads the MIAC by nearly 400 points, and is second in Division III, just 138 points behind the national leader. Campbell competed against 11 Division I student-athletes, one Division II student-athlete and three unattached athletes, two of which had previously won All-American honors.

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MIAC Outdoor Track and Field Athletes of the Week - May 11, 2016

Posted: May 11, 2016



MIAC Men's Outdoor Field Athlete-of-the-Week

**Jack Buckner, Carleton
Seattle, Wash. /
Northwest**

Carleton sophomore Jack Buckner (Seattle, Wash. / Northwest) certainly has a flair for the dramatic. Last weekend he won his second-straight MIAC Outdoor decathlon title in spectacular comeback fashion, this time

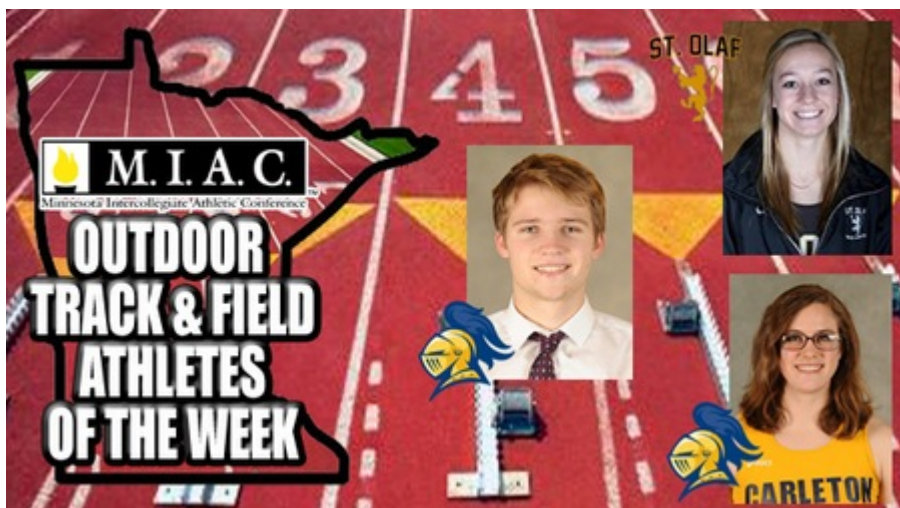
thanks to first-place finishes in each of the final two

events to win the championship by just four points. For

his performance, the MIAC sports information directors honored Buckner Wednesday with the final MIAC Men's Outdoor Field Athlete-of-the-Week award of the 2016 season.

Buckner repeated in the decathlon thanks to yet another outstanding comeback. A year ago, he was fifth midway through the competition and surged ahead for the win. This time around, he trailed St. Thomas' Connor O'Neill by 402 points with just two events remaining, but he recorded the best marks in both the javelin (179-2) and the 1,500-meter run (4:39.99) to rack up 1,337 points over the final two events. That boosted his total score to 6,344, which was just enough to surge ahead of O'Neill and claim a second-straight decathlon victory. In addition to his two late first-place marks, Buckner was second in the long jump (21-4) and discus (114-4), third in the 400-meter dash (51.39) and fourth in the high jump (6-0). His score of 6,344 is ranked 14th in NCAA Division III this season.

Buckner already has his MIAC Outdoor title, and now the rest of his team will attempt to join him atop the podium as the 2016 MIAC Outdoor Track and Field Championships. The meet will be held Friday and Saturday at Saint John's University's Clemens Stadium in Collegeville, Minn. The Johnnies and Saint Benedict will co-host the meet. Friday's action starts at 2 p.m., and Saturday has field events starting at 2 p.m. and track events beginning at 3 p.m.



MIAC Women's Outdoor Track Athlete-of-the-Week

**Abby Stets, St. Olaf
Northfield, Minn. / Northfield**

Though St. Olaf's final regular-season track meet was the "Meet of the Unsaintly," there was absolutely nothing "Unsaintly" about the sprinting performance of standout Abby Stets (Northfield, Minn.). The Ole sophomore won the 200-meter dash and was the top Division III finisher with a runner-up performance in the 400-meter dash in her final tune-up for the MIAC Championships. For her performance, the MIAC sports information directors honored Stets Wednesday with the final MIAC Women's Outdoor Track Athlete-of-the-Week award of 2016.

Stets was tremendous in her final pre-MIAC meet, starting with her win in the 200. She finished the race with a time of 25.55, which was good for first place and is the second-best time in the MIAC this season. She was just as good with a runner-up finish and the top D-III time in the 400, as she recorded a time of 57.03. That

mark is also second-best in the MIAC this season, and it ranks 38th on the Division III national leader board. In the meet, Stets and the Oles competed against athletes from Bethel, Macalester, St. Thomas, Augsburg, Hamline, Gustavus and Waldorf.

This weekend, Stets and St. Olaf hope to carry their momentum into the 2016 MIAC Outdoor Track and Field Championships. The meet will be held Friday and Saturday at Saint John's University's Clemens Stadium in Collegeville, Minn. The Johnnies and Saint Benedict will co-host the meet. Friday's action starts at 2 p.m., and Saturday has field events starting at 2 p.m. and track events beginning at 3 p.m.

MIAC Women's Outdoor Field Athlete-of-the-Week

**Amelia Campbell, Carleton
Sturgeon Bay, Wis. / Sturgeon Bay**

Carleton's Amelia Campbell (Sturgeon Bay, Wis.) closed her remarkable MIAC career with one final stirring performance in the conference multi-event championships. The Knights' senior won her third-straight MIAC Outdoor heptathlon title Friday with the second-best score in MIAC history (trailing only her performance from 2014) and the top score in the nation this season. For her performance, the MIAC sports information directors honored Campbell Wednesday with her second-straight MIAC Women's Outdoor Field Athlete-of-the-Week award, the final honor of the 2016 season.



The three-peat for Campbell cements her standing as the greatest women's multi-event athlete in conference history. Her winning score in 2016 was 5,058, which was better than her 2015 winning score (4,970) and nearly matched her 2014 record score of 5,132. Campbell's score is ranked No. 1 in the nation in 2016, with a 50-point margin over the next-best mark. She finished with the best mark in four of the seven events, and was either second or third in the other three. She won the 100-meter hurdles (14.49), 200-meter dash (26.05), long jump (17-6), and 800-meter run (2:18.41). Campbell had the second-best height in the high jump (5-3.25) and was third in the shot put (35-2) and javelin (108-6). She won her third-straight title by nearly 500 points.

Campbell already has her MIAC Outdoor title, and now the rest of her team will attempt to join her atop the podium as the 2016 MIAC Outdoor Track and Field Championships. The meet will be held Friday and Saturday at Saint John's University's Clemens Stadium in Collegeville, Minn. The Johnnies and Saint Benedict will co-host the meet. Friday's action starts at 2 p.m., and Saturday has field events starting at 2 p.m. and track events beginning at 3 p.m.