

2003 MIAC Outdoor Track & Field Awards

Women

Laura Bloedorn of Carleton and **Jackie Luehmann** of Gustavus were selected MIAC Women's Most Outstanding Track Athlete and Most Outstanding Field Athlete, respectively for their performances at the outdoor championship May 9-10. Bloedorn, who has automatically qualified for NCAA nationals in the 5,000 and 10,000-meter runs, was a double champion with wins in the both the 5000, and 10000. She also placed third in the 1500 meter run. Luehmann, placed in the top-three in three of the four throwing events, including a conference champion in the shot put. She will compete at the national meet in the shot put. Luehman was second in the discus behind teammate Kristin Petersen, and was third in the Hammer throw.

Ashley Dingels of Saint Mary's earned the honor of MIAC Women's Most Outstanding Performance with a meet record in the Heptathlon, which included a NCAA qualifying mark in the high jump. Her two-day effort automatically qualified for NCAA nationals to be held St. Lawrence University in New York, May 22-24.

Also receiving top votes for most outstanding track and field athletes was Megan Daymont of St. Olaf and Heidi Vogel of St. Thomas. Daymont's weekend included victories in the 800 and 1500 and as a member of the 4x400 and 4x800 meter relay teams, which both placed second. Vogel won the 200 meter dash, placed third in the 100m dash and triple jump, and was fifth in the long jump. Vogel was also a member of the winning 4x100 and 4x400 relay teams.

Men

Carson Glad of St. Thomas and **Luke Speltz** of Gustavus were selected MIAC Men's Most Outstanding Track and Field Athletes. Glad was a quadruple champion in the 100 and 200m dashes and as member of the in the 4x100 and 4x400-meter relay teams. He has provisionally qualified for the NCAA championships in the 200 and in both of the relays. Speltz was a double champion in the throws, winning both the shot put and the hammer throw. He also placed second in the discus. He will look compete in all three events at the NCAA national meet.

The award for MIAC Men's Most Outstanding Performance went **Mike Marschel** of Saint John's for his NCAA provisional qualifying performance in the 800 meter run.

Also receiving top votes for conference honors were Matt Hooley of Carleton and Tom Engwall of Saint Johns. Hooley was a double champion in the 5,000 and 10,000 meter runs, while Engwall won the javelin with an NCAA automatic qualifying performance.

MIAC TRACK & FIELD COACH OF THE YEAR

Joe Sweeney and **Steve Mathre**, both of St. Thomas were selected women's and men's MIAC Outdoor Coaches of the Year respectively.