

2006 MIAC Men's Outdoor Track & Field Awards

University of St. Thomas freshman **James Ewer** (Lakeville, Minn.) was selected MIAC Men's Outstanding Track Athlete as he was the meet's only three-event winner. Ewer won the 100 meter dash with a time of 10.85 seconds, the 200 meter dash with a time of 21.87 seconds, and the long jump with a distance of 22-7 3/4 (6.90m).

St. Olaf College senior **Peter Cathcart** (Lakeville, Minn.) and Hamline University senior **Jake Courrier** (Wells, Minn./United South Central) were selected MIAC Men's Outstanding Field Athletes for their performances at the 2006 MIAC Outdoor Championships. Cathcart won the shot put with a NCAA provisional distance of 53-7 (16.33m), finished third in the discus, and fourth in the hammer throw. Courrier won the hammer throw with a NCAA provisional distance of 178-0 (54.26m), finished second in the shot put, and fourth in the discus.

Gustavus Adolphus College junior **Tanner Miest** (New London, Minn./New London-Spicer) earned the honor of MIAC Men's Outstanding Track Performance as he repeated as MIAC Champion in 110 meter hurdles with a school-record and NCAA provisional qualifying time of 14.53 seconds.

University of St. Thomas junior **P.J. Theisen** (Elko, Minn./New Prague) received the honor of MIAC Men's Outstanding Field Performance with his triple jump mark of 47-6 1/2 (14.49m), which is a NCAA provisional qualifier, ranks him 10th nationally in Division III and also is third best in school history.

Coach of the Year

Steve Mathre of the University of St. Thomas was selected men's MIAC Outdoor Coach of the Year. Mathre guided the Tommie Men to there 21st MIAC Outdoor team championship in 24 years.