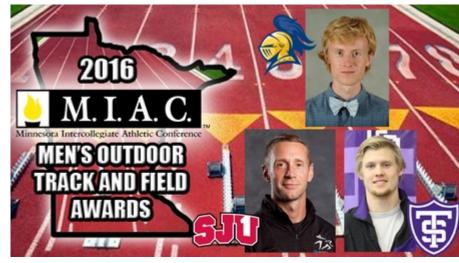
Carleton's Hornor, UST's O'Neill lead 2016 MIAC Men's Outdoor T&F Awards

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BLOOMINGTON, Minn. -- The 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Outdoor Track and Field Championships were held Friday and Saturday at Saint John's University in Collegeville, Minn., and, Thursday, the conference recognized the top performers from an outstanding meet with the announcement of the 2016 MIAC Men's Outdoor Track and Field Awards.

Carleton College senior Hart Hornor (Seattle, Wash. / Roosevelt) claimed two of the top four individual honors, as he was named Outstanding Track Athlete, and recognized with the Outstanding Performance-of-the-Meet award. St. Thomas' Connor O'Neill (Jr., Stillwater, Minn.) was named the Outstanding Field Athlete after helping the Tommies capture a fifth-straight conference championships, and Saint John's Head Coach Jeremy



Karger-Gatzow was named Coach-of-the-Year by his peers in his first season leading the Johnnies in honor of their runner-up showing.

The individual honors are accompanied by the announcement of the All-Conference selections and All-Conference Honorable Mention team, which are automatically determined based on performance, and one member of each team was selected to the All-Sportsmanship Team. The top individual awards were voted on by the 11 men's indoor track and field head coaches.

Hornor ran his way to pair of major conference honors thanks to two outstanding distance races at last weekend's MIAC Championships. His 5,000-meter run victory on Saturday was voted the Outstanding Performance-of-the-Meet, as Hornor set a new Clemens Stadium record with his winning time of 14:40.94 and was more than 27 seconds ahead of the runner-up. He also won the men's 10,000-meter run on Friday with a time of 32:10.44, which was good for nearly a 30-second margin of victory. Honor's performances helped Carleton score 61 points as a team and finish in the top five.

O'Neill was recognized for his versatile excellence, as he won three All-MIAC honors and added another Honorable Mention performance. He won the MIAC pole vault title by nearly four inches as he cleared the bar at 15-9.25. The previous weekend, O'Neill finished second in the decathlon with an impressive score of 6,340 points, and ended up just four points behind the winner in a remarkably close contest. He added a share of second place in the high jump, as he cleared the bar at 6-5 and was just two inches below the champ, and he also soared 22-11.5 to finish fifth in the long jump, just five inches behind the first-place finisher. O'Neill's points all contributed to another UST championship, its fifth in a row with 184 total points.

Karger-Gatzow certainly made an impact in his first season leading the Johnnies after 11 seasons as the head coach at UM-Morris. He was named Coach-of-the-Year after guiding his team to a second-place finish on their home track with 156.5 points, just 27.5 behind the Tommies, and 48 points ahead of third-place Hamline. Karger-Gatzow coached Saint John's to two individual and one relay championship, and his athletes claimed a total of 14 All-Conference honors in front of their home fans. This is Karger-Gatzow's first MIAC Coach-of-the-Year honor.

In addition to the top individual award-winners, the MIAC also recognized the 2016 Men's Outdoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2016 MIAC Men's Outdoor Track and Field All-Conference individuals and relay teams. The top three finishers in each individual event and each first-place relay team received All-MIAC honors. Individuals that finished 4-6 and relay teams that finished 2-6 received All-Conference Honorable Mention honors and can be found in the final results.

Fans can re-live all the action of the 2016 MIAC Outdoor Track and Field Championships online. The <u>event home page</u> has complete results, recaps, photos and more from an exciting weekend.

2016 MIAC MEN'S OUTDOOR TRACK AND FIELD AWARDS

2016 Individual Awards

Outstanding Track Athlete

Hart Hornor, Carleton (Sr., Seattle, Wash. / Roosevelt)

Outstanding Field Athlete

Connor O'Neill, St. Thomas (Jr., Stillwater, Minn.)

Outstanding Performance-of-the-Meet

Hart Hornor, Carleton, 5,000-meter run (Sr., Seattle, Wash. / Roosevelt)

Coach-of-the-Year

Jeremy Karger-Gatzow, Saint John's (First Season)

2016 All-Conference Team

2016 All-MIAC Sportsmanship Team

Augsburg - Abdul Salan (Jr., Burnsville, Minn.)
Bethel - Karl Olsen (So., Bloomington, Minn. / Jefferson)
Carleton - Evan Olawsky (Sr., Eden Prairie, Minn.)
Concordia - Joe Hendrickson (Jr., Lennox, S.D.)
Gustavus - Marcus Speca (Sr., Minnetonka, Minn.)
Hamline - Steven Zingsheim (Sr., Ham Lake, Minn.)
Macalester - Logan Hovie (Sr., Neenah, Wis.)
Saint John's - Andrew Hansen (Sr., Eden Prairie, Minn.)
Saint Mary's - Bryan Ortman (Sr., Chicago, Ill. / St. Patrick)
St. Olaf - Brian Klein (Sr., Wells, Minn. / United South Central)

St. Thomas - Sean Murphy (Jr., Nicollet, Minn.)

Javelin

- 1. Randy Perez, Saint John's, 187-10
- 2. Michael Hensch, Gustavus, 174-2
- 3. Sean Hayes, Macalester, 171-7

Pole Vault

- 1. Connor O'Neill, St. Thomas, 15-9.25
- 2. Maxwell Olson, Saint John's, 15-5.5
- 3. Matt Devery, St. Thomas, 14-7.5

Shot Put

- 1. Travis Jacobson, Hamline, 55-9.25
- 2. Matt Schauer, St. Thomas, 54-4.25
- 3. Chase Duwenhoegger, Hamline, 53-8.5

Long Jump

- 1. Barinedum Kordah, Augsburg, 22-4.5
- 2. Preston Huddleston, St. Thomas, 22-2.5
- 3. Evan Cross, St. Thomas, 22-2.25

10,000-Meter Run

- 1. Hart Hornor, Carleton, 32:10.44
- 2. Jacob Gerhartz, St. Thomas, 32:40.33
- 3. Maxwell Kuzara, Saint John's, 32:57.85

4x800-Meter Relay

1. Saint John's, 7:56.83

(Ryan Bugler, Will Zimmerman, Kevin Lamb, Thomas Feichtinger)

Hammer

- 1. Sam Fischer, Gustavus, 176-6
- 2. Bryce DeBoer, Bethel, 168-5
- 3. Peyton Thiry, Saint John's, 165-9

High Jump

- 1. Logan Hovie, Macalester, 6-7
- T2. Pete Dehkes, Carleton, 6-5
- T2. Connor O'Neill, St. Thomas, 6-5

Discus

- 1. Chase Duwenhoegger, Hamline, 153-5
- 2. Anthony Tyler, Hamline, 153-1
- 3. Kai Barber, Saint John's, 150-3

Triple Jump

- 1. Bakari Jackson, Hamline, 46-9.5
- 2. Raymond Twumasi, Saint John's, 46-3.25
- 3. Daniel Bruckbauer, Saint John's, 45-6.5

3,000-meter Steeplechase

- 1. Ryan Peterson, Hamline, 9:28.34
- 2. Ryan Bugler, Saint John's, 9:34.70
- 3. Paul Timm, St. Olaf, 9:39.72

4x100-Meter Relay

1. St. Thomas, 42.23

(Nicholas Spann, Cole Boughner, Daniel Sauro, Anthony Eckholm)

1,500-Meter Run

- 1. Jake Campbell, St. Olaf, 4:07.64
- 2. Paul Escher, St. Olaf, 4:08.03
- 3. Joe Coffey, St. Olaf, 4:08.77

110-Meter Hurdles

- 1. Dylan Olson, Hamline, 14.85
- 2. Max Martin, Saint John's, 15.36
- 3. Duncan Dahl, St. Thomas, 15.42

400-Meter Dash

- 1. Manni Egbujor, Augsburg, 48.72
- 2. Carl Klamm, Bethel, 49.21
- 3. James McFarlin, St. Olaf, 49.27

100-Meter Dash

- 1. Anthony Eckholm, St. Thomas, 10.72
- 2. Drew Schoenbauer, Saint John's, 10.93
- 3. Daniel Sauro, St. Thomas, 10.95

800-Meter Run

- 1. Kevin Skrip, St. Olaf, 1:56.70
- 2. Ben Withbroe, Carleton, 1:57.02
- 3. Evan Hatton, Bethel, 1:57.06

400-Meter Hurdles

- 1. Mitch Peck, Saint John's, 55.14
- 2. Ed ReMine, Gustavus, 55.38
- 3. Max Martin, Saint John's, 56.19

200-Meter Dash

- 1. Manni Egbujor, Augsburg, 21.76
- 2. Drew Schoenbauer, Saint John's, 21.99
- 3. James McFarlin, St. Olaf, 22.09

5,000-Meter Run

- 1. Hart Hornor, Carleton, 14:40.94
- 2. Jake Campbell, St. Olaf, 15:08.23
- 3. Joe Coffey, St. Olaf, 15:12.77

4x400-Meter Relay

 Bethel, 3:18.74 (Patrick Klamm, Carl Klamm, Karl Olsen, Dan Wahlstedt)

Decathlon

- 1. Jack Buckner, Carleton, 6,344
- 2. Connor O'Neill, St. Thomas, 6,340
- 3. Preston Huddleston, St. Thomas, 6,170