

MIAC recognizes top 2018 Men's Outdoor Track and Field performances

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BLOOMINGTON, Minn. – The Minnesota Intercollegiate Athletic Conference (MIAC) announced its annual award recipients for Men's Outdoor Track and Field on Thursday, capping off an outstanding season and exciting Championship meet last weekend.

Carleton senior **Donson Cook-Gallardo** earned Outstanding Track Athlete while Gustavus junior thrower **Michael Hensch** was named Outstanding Field Athlete. Bethel junior **Carl Klamm** received Outstanding Performance of the Meet, while Carleton's **Dave Ricks** was voted the Men's Outdoor Track and Field Coach of the Year by his peers.

Cook-Gallardo (Sr. | Moscow, Idaho) capped his incredible MIAC career with Outstanding Track Athlete honors after becoming the first male competitor since 1997 to win both the 800- and 1,500-meter runs at the Conference meet. His victory in the 800 was his second in a row following last season's record-breaking performance and marked his third All-Conference honor in that race, having finished second in his first season of competition in 2015.

Hensch (Jr. | North Branch, Minn.) earned Outstanding Field Athlete after seizing his second consecutive MIAC title and third straight All-Conference honor in the javelin throw. The junior thrower also earned All-MIAC accolades with second-place finishes in the shot put and discus, as well as a third-place result in the hammer. Hensch contributed 32 of the Gusties' 63 points at the meet.

Klamm (Jr. | Evanston, Ill. | Evanston Township) received Outstanding Performance of the Meet honors after posting a school-record 47.24 to win the 400-meter dash. His time is the third-fastest in all of NCAA Division III this season. Klamm has earned All-MIAC honors in the 400-meters all three of his seasons at Bethel, claiming back-to-back Conference titles in 2017 and 2018 after finishing second as a freshman in 2016.

Ricks was recognized as a Coach of the Year for the third time during the 2017-18 academic year, adding his first career Outdoor Track and Field coaching honor to the Indoor and Cross Country awards he received in February and November. Ricks' team finished second at the Outdoor Championships, scoring 138 points with nine All-Conference honorees and four individual MIAC champions.

In addition to the top individual award-winners, the MIAC recognized the 2018 Men's Outdoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2018 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](#).



MIAC Championship competitor photos courtesy of Nathan Lodermeier

2018 MIAC MEN'S OUTDOOR TRACK AND FIELD AWARDS

Outstanding Track Athlete: Donson Cook-Gallardo | Carleton (Sr. | Moscow, Idaho)

Outstanding Field Athlete: Michael Hensch | Gustavus (Jr. | North Branch, Minn.)

Outstanding Performance of the Meet: Carl Klamm | Bethel | 400-Meter Dash (Jr. | Evanston, Ill. | Evanston Township)

Coach of the Year: Dave Ricks | Carleton (15th Season)

2018 MIAC Men's Outdoor Track and Field All-Conference Team

Decathlon

Place	Name	Institution	Class	Score
1.	Preston Huddleston	St. Thomas	Sr.	6,446
2.	Matt Bye	Concordia	So.	6,173
3.	James Moyer	Bethel	Sr.	6,051

Javelin

Place	Name	Institution	Class	Distance
1.	Michael Hensch	Gustavus	Jr.	58.56m
2.	Jack Buckner	Carleton	Sr.	54.02m
3.	Sean Hayes	Macalester	Sr.	53.64m

Shot Put

Place	Name	Institution	Class	Distance
1.	Eric Dols	Hamline	Jr.	16.46m
2.	Michael Hensch	Gustavus	Jr.	15.98m
3.	Nathan Kurtz-Enko	St. Olaf	Jr.	15.92m

Discus

100-Meter Dash

Place	Name	Institution	Class	Time
1.	Ryan Miller	Saint John's	Fr.	10.59
2.	Emmanuel Egbujor	Augsburg	Jr.	10.60
3.	Drew Schoenbauer	Saint John's	Jr.	10.92

200-Meter Dash

Place	Name	Institution	Class	Time
1.	Emmanuel Egbujor	Augsburg	Jr.	21.50
2.	Karl Olsen	Bethel	Jr.	21.56
3.	Ryan Miller	Saint John's	Fr.	21.91

400-Meter Dash

Place	Name	Institution	Class	Time
1.	Carl Klamm	Bethel	Jr.	47.24
2.	Karl Olsen	Bethel	Jr.	47.74
3.	Isaac Erickson	Bethel	So.	48.19

800-Meter Run

Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Gage O'Brien	St. Thomas	So.	45.74m	1.	Donson Cook-Gallardo	Carleton	Sr.	1:52.65
2.	Michael Hensch	Gustavus	Jr.	45.26m	2.	Evan Hatton	Bethel	Jr.	1:52.78
3.	Eric Holst	St. Thomas	Jr.	45.12m	3.	Brandon Krogman	Saint Mary's	Sr.	1:53.47
Hammer					1,500-Meter Run				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Eric Dols	Hamline	Jr.	58.72m	1.	Donson Cook-Gallardo	Carleton	Sr.	3:51.95
2.	Eric Holst	St. Thomas	Jr.	58.34m	2.	Karl Wachter	St. Thomas	So.	3:54.75
3.	Michael Hensch	Gustavus	Jr.	55.21m	3.	Sean Lonergan	St. Olaf	So.	3:54.75
Pole Vault					5,000-Meter Run				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Connor O'Neill	St. Thomas	Sr.	4.80m	1.	Lucas Mueller	Carleton	Fy.	14:50.17
2.	Jordan Theisen	Saint John's	Sr.	4.70m	2.	Tris Dodge	Carleton	Jr.	14:58.44
3.	Jacob Gursky	St. Olaf	Jr.	4.70m	3.	Tremayne Collins	Saint John's	Jr.	15:11.83
Long Jump					10,000-Meter Run				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Conor White	St. Thomas	Jr.	6.95m	1.	Lucas Mueller	Carleton	Fy.	32:13.91
2.	Dwight Alexander	Carleton	Sr.	6.71m	2.	Tris Dodge	Carleton	Jr.	32:26.85
3.	Nicholas Spann	St. Thomas	Jr.	6.68m	3.	Tremayne Collins	Saint John's	Jr.	32:31.44
High Jump					110-Meter Hurdles				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Jake Kelly	St. Thomas	Fr.	1.99m	1.	Taylor Rooney	Gustavus	Fy.	14.69
2.	Taylor Rooney	Gustavus	Fy.	1.96m	2.	Matt Bye	Concordia	So.	15.10
3.	Andrew Smith	Macalester	Jr.	1.93m	3.	Max Martin	Saint John's	Jr.	15.12
Triple Jump					400-Meter Hurdles				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Luke VanZuilen	St. Thomas	Sr.	14.04m	1.	Max Martin	Saint John's	Jr.	53.94
2.	Nicholas Spann	St. Thomas	Jr.	13.76m	2.	Mitch Peck	Saint John's	Sr.	54.51
3.	Connor O'Neill	St. Thomas	Sr.	13.71m	3.	Brady Labine	Saint John's	Fr.	54.90
4x100-Meter Relay					3,000-Meter Steeplechase				
Place	Name	Institution	Time		Place	Name	Institution	Class	Time
1.	Nick Gannon Brady Labine Charles Haik Ryan Miller	Saint John's	42.05		1.	Parker Rosenau	St. Thomas	Jr.	9:19.34
					2.	Matthew Wilkinson	Carleton	Fy.	9:19.85
					3.	Matthew Burgstahler	Saint John's	Jr.	9:25.96
4x400-Meter Relay					4x800-Meter Relay				
Place	Name	Institution	Time		Place	Name	Institution	Time	
1.	Karl Olsen Isaac Erickson Dan Wahlstedt Carl Klamm	Bethel	3:15.65		1.	Jess Palyan Collin Kiley Karl Wachter Carl Kozlowski	St. Thomas	7:45.95	

2018 MIAC Men's Outdoor Track and Field All-Sportsmanship Team

Name	Institution	Class	Hometown High School
Greg Miller	Augsburg	Fy.	Brooklyn Park, Minn. Park Center
Taylor Huffman	Bethel	Sr.	Woodbury, Minn. East Ridge
Tris Dodge	Carleton	Jr.	Oakland, Calif. College Prep
Adam Frazier	Concordia	Sr.	Seattle, Wash. Ingraham
Nelson Finne	Gustavus	Jr.	Elgin, Minn. Plainview-Elgin-Milville

Sam Jewson	Hamline	Sr.	Wabasha, Minn. Wabasha-Kellogg
David McNichols	Macalester	Sr.	New London, Wis. Shiocton
Teddy Kainz	Saint John's	Sr.	Maple Grove, Minn.
Gordy Paulman	Saint Mary's	Sr.	DeForest, Wis.
Isaac Slagel	St. Olaf	So.	Dubuque, Iowa Hempstead
Ryan Garrett	St. Thomas	Sr.	Spring Grove, Ill. Richmond-Burton