

MIAC recognizes top 2019 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 sophomore **Lucas Mueller** earned Outstanding Track Athlete while Gustavus senior **Michael Hensch** was named Outstanding Field Athlete. Saint John's sophomore **Ryan Miller** received Outstanding Performance of the Meet, while his coach, **Jeremy Karger-Gatzow**, was voted the Men's Outdoor Track and Field Coach of the Year by his peers.

Mueller (So. | St. Paul, Minn. | Nova Classical Academy) was selected Outstanding Track Athlete after winning a pair of distance races at the 2019 Outdoor Championships, including a record-setting performance in the 5,000-meter run. One day after claiming victory for the second year in a row in the 10,000 meters with a time of 30:40.45, the Carleton sophomore took down a nearly four-decade-old MIAC meet record in the 5,000-meter race, crossing the finish line in 14:22.67 to win a second straight conference title in that event as well.

Hensch (Sr. | North Branch, Minn.) was a unanimous selection for Outstanding Field Athlete after becoming the MIAC's first-ever "grand slam" champion by winning all four throwing events at the conference meet. The Gustavus senior won the hammer and discus on Friday and followed up with victories in the javelin and shot put on Saturday. Hensch set a new meet record in the hammer throw with a distance of 200-07 (61.13m), while his first-place finish in the javelin was his third in a row. Hensch was also voted Outstanding Field Athlete following the 2018 MIAC Outdoor Championships.

Miller (So. | Maple Grove, Minn. | Totino-Grace) received Outstanding Performance of the Meet after breaking the MIAC record in the 100-meter dash with a blazing fast time of 00:10.39 to win his second consecutive conference title in the event. Miller's time broke his own conference meet and program records and helped the Johnnies to a second-place finish as a team.

Karger-Gatzow was honored by his peers with the Men's Outdoor Coach of the Year award for the second time in his career. The Johnnies finished second at the 2019 MIAC Outdoor Championships with 10 All-Conference spots and three individual conference champions. Karger-Gatzow was previously honored with the award during his first season at the helm in 2016.

In addition to the top individual award-winners, the MIAC recognized the 2019 Men's Outdoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2019 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](#).



2019 MIAC MEN'S OUTDOOR TRACK AND FIELD AWARDS

Outstanding Track Athlete: Lucas Mueller | Carleton College (So. | St. Paul, Minn. | Nova Classical Academy)

Outstanding Field Athlete: Michael Hensch | Gustavus Adolphus College (Sr. | North Branch, Minn.)

Outstanding Performance of the Meet: Ryan Miller | Saint John's University | 100-Meter Dash (So. | Maple Grove, Minn. | Totino-Grace)

Coach of the Year: Jeremy Karger-Gatzow | Saint John's University (Fourth Season)

2019 MIAC Men's Outdoor Track and Field All-Conference Team

Decathlon

Place	Name	Institution	Class	Score
1.	Matt Bye	Concordia	Jr.	6586
2.	Eli Knutson	St. Olaf	Sr.	6278

100-Meter Dash

Place	Name	Institution	Class	Time
1.	Ryan Miller	Saint John's	So.	00:10.39 #R
2.	Drew Schoenbauer	Saint John's	Sr.	00:10.60

3.	Jordan Johnson	St. Thomas	Jr.	5992	3.	Eric Douville	St. Thomas	Fr.	00:10.69
Javelin					200-Meter Dash				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Michael Hensch	Gustavus	Sr.	190-08 (58.11m) R3	1.	Drew Schoenbauer	Saint John's	Sr.	00:21.85
2.	Will Berning	Concordia	Jr.	189-07 (57.78m)	2.	Kyle Lichttenegger	Saint Mary's	Jr.	00:22.00
3.	Matt Bye	Concordia	Jr.	177-07 (54.12m)	3.	Eric Douville	St. Thomas	Fr.	00:22.04
Shot Put					400-Meter Dash				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Michael Hensch	Gustavus	Sr.	54-05.50 (16.60m)	1.	Carl Klamm	Bethel	Sr.	00:47.40 R3
2.	David Danhauer	St. Thomas	Sr.	53-07.50 (16.34m)	2.	Isaac Erickson	Bethel	Jr.	00:48.81
3.	Eric Dols	Hamline	Sr.	52-08.00 (16.05m)	3.	Omavi Collison	Saint John's	Fr.	00:48.98
Discus					800-Meter Run				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Michael Hensch	Gustavus	Sr.	156-04 (47.65m)	1.	Carl Kozlowski	St. Thomas	So.	01:55.30
2.	David Danhauer	St. Thomas	Sr.	153-08 (46.83m)	2.	Jesse Middendorf	Concordia	Fr.	01:55.79
3.	Kai Barber	Saint John's	So.	151-00 (46.04m)	3.	Evan Hatton	Bethel	Sr.	01:55.93
Hammer					1,500-Meter Run				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Michael Hensch	Gustavus	Sr.	200-07 (61.13m) #	1.	Sean Lonergan	St. Olaf	Jr.	04:06.05
2.	Eric Holst	St. Thomas	Sr.	193-05 (58.96m)	2.	Matthew Wilkinson	Carleton	So.	04:07.85
3.	Eric Dols	Hamline	Sr.	179-07 (54.74m)	3.	Karl Wachter	St. Thomas	Jr.	04:08.16
Pole Vault					5,000-Meter Run				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Aidan Ritzenthaler	St. Thomas	So.	14-07.25 (4.45m)	1.	Lucas Mueller	Carleton	So.	14:22.67 #R
2.	Michael Bury	St. Thomas	Jr.	14-07.25 (J4.45m)	2.	Tris Dodge	Carleton	Sr.	14:52.47
3.	Shawn Schindler	Saint John's	Fr.	14-07.25 (J4.45m)	3.	Thomas Lerdall	St. Olaf	Sr.	14:56.91
Long Jump					10,000-Meter Run				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Conor White	St. Thomas	Sr.	23-06.00 (7.16m) R	1.	Lucas Mueller	Carleton	So.	30:40.45 R

2.	Adam Ridders	St. Thomas	Jr.	23-02.75 (7.08m)	2.	Tris Dodge	Carleton	Sr.	31:30.47
3.	Kyle Lichttenegger	Saint Mary's	Jr.	22-11.25 (6.99M)	3.	Andrew Stumbo	Gustavus	So.	31:40.18
High Jump					110-Meter Hurdles				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Christian Velishek	Hamline	Fr.	6-06.75 (2.00m)	1.	Taylor Rooney	Gustavus	So.	14.15 R
2.	Taylor Rooney	Gustavus	So.	6-05.50 (1.97m)	2.	Max Martin	Saint John's	Sr.	14.96
3.	Christian Beamer	Saint Mary's	So.	6-04.25 (1.94m)	3.	Willie Julkes	Concordia	Jr.	15.04
Triple Jump					400-Meter Hurdles				
Place	Name	Institution	Class	Distance	Place	Name	Institution	Class	Time
1.	Nicholas Spann	St. Thomas	Sr.	46-03.50 (14.11m)	1.	Brady Labine	Saint John's	So.	00:54.04
2.	Collin Trout	Saint John's	Sr.	45-07.75 (13.91m)	2.	Joel Smith	Bethel	Fr.	00:54.12
3.	Desmond Steward	Saint Mary's	Sr.	45-00.25 (13.72m)	3.	Benjamin Scott	St. Olaf	Jr.	00:54.62
4x100-Meter Relay					3,000-Meter Steeplechase				
Place	Name	Institution	Time		Place	Name	Institution	Class	Time
1.	Brady Labine Drew Schoenbauer Jack Young Ryan Miller	Saint John's	00:41.76		1.	Matthew Wilkinson	Carleton	So.	09:15.35
					2.	Parker Rosenau	St. Thomas	Sr.	09:21.81
					3.	Justin Furcich	St. Olaf	Sr.	09:33.56
4x400-Meter Relay					4x800-Meter Relay				
Place	Name	Institution	Time		Place	Name	Institution	Time	
1.	Brandon Loverude Isaac Erickson Nolan Metz Carl Klamm	Bethel	03:17.12		1.	Brian Carl Karl Wachter Collin Kiley Carl Kozlowski	St. Thomas	07:47.93	

2019 MIAC Men's Outdoor Track and Field All-Sportsmanship Team			
Name	Institution	Class	Hometown High School
Alex Bailey	Augsburg	So.	Palmer Lake, Colo. Lewis-Palmer
Kyle Stichman	Bethel	Sr.	Wausau, Wis. West
Peter Keel	Carleton	Jr.	Roseville, Minn.
Sam Haley	Concordia	Sr.	Delano, Minn.
Nelson Finne	Gustavus	Sr.	Elgin, Minn. Plainview-Elgin-Milville
Luke Hulshizer	Hamline	Jr.	Utica, Minn. St. Charles
David Palmer	Macalester	Jr.	River Falls, Wis.
Drew Schoenbauer	Saint John's	Sr.	New Prague, Minn.
Ben Borash	Saint Mary's	Jr.	Bowlus, Minn. Royalton
David Stone	St. Olaf	Jr.	Cedar Falls, Iowa Valley Lutheran

Allen-Michael Burback St. Thomas Sr. Stillwater, Minn.