

Minnesota Intercollegiate Athletic Conference



MIAC announces 2023 Men's Outdoor Track & Field awards
Men's Outdoor Track & Field
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BLOOMINGTON, Minn. – The Minnesota Intercollegiate Athletic Conference (MIAC) announced its annual award recipients for Men's Outdoor Track & Field on Thursday, capping off an outstanding championship meet last weekend.

The top three finishers in each event received All-MIAC honors, while individuals that finished 4-6 received All-Conference Honorable Mention distinction. MIAC track & field coaches also selected individual award recipients for Track Athlete of the Year, Field Athlete of the Year, Rookie of the Year, and Coach of the Year.

Saint John's senior **Kevin Arthur** was selected as the Track Athlete of the Year while St. Olaf senior **Lucas Kramarczuk** received Field Athlete of the Year honors. Bethel first-year **Adam Hokanson** picked up Rookie of the Year honors, and SJU head coach **Jeremy Karger-Gatzow** was selected as the MIAC Men's Outdoor Track & Field Coach of the Year.

Arthur (Sr. | Champlin, Minn. | Champlin Park) picked up Track Athlete of the Year honors for the second consecutive season after earning a trio of first-place finishes for the Johnnies at the 2023 MIAC Outdoor Championships. The sprinter won both the 100- and 200-meter dashes, recording a season-best time of 10.46 in the 100 and improving on his own program record in the 200 to 21.10. Both times rank in the top-10 nationally this season. Arthur also served as the second leg on the Johnnies' 4x100-meter relay team, which won its second-consecutive conference title with a time of 41.11. Arthur is the first athlete to repeat as MIAC Men's Outdoor Track Athlete of the Year since Hamline's Tom Larson in 2014 and 2015.

Kramarczuk (Sr. | Bloomington, Minn. | Jefferson) earned Field Athlete of the Year honors after winning the triple jump and placing second in the long jump, in addition to a runner-up finish in the 110-meter hurdles at the 2023 MIAC Outdoor Championships. The triple jump champ at the 2023 MIAC Indoor Championships as well, Kramarczuk defended his title with a leap of 14.34 meters (47' 0.75"), moving up to sixth all-time in Ole history in the process. He posted a long jump distance of 6.76 meters (22' 2.25") and added times of 14.49 in the 110 hurdles and 42.25 as part of St. Olaf's 4x100-meter relay team to finish the meet with a total of four All-MIAC honors. Kramarczuk is the Oles' first MIAC Men's Outdoor Field Athlete of the Year since Peter Cathcart in 2006.

Hokanson (Fy. | Shakopee, Minn.) received Rookie of the Year distinction after claiming the MIAC title in the shot put at the 2023 Outdoor Championships. Hokanson's toss of 15.06 meters (49' 5") was good for first place at the meet and second-best all-time in Bethel program history. Hokanson is the inaugural MIAC Rookie of the Year for men's outdoor track & field.

Karger-Gatzow (eighth season) guided the Johnnies to their 14th MIAC Outdoor Track & Field championship in 2023. Under his guidance, SJU won its second straight outdoor title and racked up 21 All-Conference slots to go along with eight individual or relay MIAC titles this season. This is Karger-Gatzow's fourth MIAC Outdoor Track & Field Coach of the Year honor in eight seasons at Saint John's, having previously won the award in 2016, 2019, and 2022. He is the first men's outdoor track & field coach to repeat as MIAC Coach of the Year since St. Thomas' Steve Mathre won three in a row from 2012-14.

In addition to the top individual award winners, the 2023 All-Conference individuals and relay teams were also announced. Complete results and recaps of the 2023 MIAC Outdoor Track & Field Championships can be found on the [event homepage](#).

2023 MIAC MEN'S OUTDOOR TRACK & FIELD AWARDS 2023 MIAC Men's Outdoor Track Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Kevin Arthur	Saint John's	Sr.	Champlin, Minn. Champlin Park	2022

2023 MIAC Men's Outdoor Field Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Lucas Kramarczuk	St. Olaf	Sr.	Bloomington, Minn. Jefferson	--

2023 MIAC Men's Outdoor Track & Field Rookie of the Year

Name	Institution	Class	Hometown High School
Adam Hokanson	Bethel	Fy.	Shakopee, Minn.

2023 MIAC Men's Outdoor Track & Field Coach of the Year

Name	Institution	Previous Selections
Jeremy Karger-Gatzow	Saint John's	2016 2019 2022

ALL-CONFERENCE INDIVIDUALS**100-Meter Dash**

1. Kevin Arthur, SJU..... 10.46
2. Samuel Eben Ebai, CSS..... 10.57
3. Cameron McConnell, BU..... 10.76

200-Meter Dash

1. Kevin Arthur, SJU..... 21.20
2. Samuel Eben Ebai, CSS..... 21.45
3. Arlo Heitler, MAC..... 21.90

400-Meter Dash

1. Jacob Parent, BU..... 46.76
2. Cal Wright, CCM..... 46.95
3. Arlo Heitler, MAC..... 47.91

800-Meter Run

1. Nathan Clausing, SJU..... 1:54.80
2. Josh Meier, CAR..... 1:54.84
3. Ethan Ash, CAR..... 1:54.99

1500-Meter Run

1. Tor Olsson, MAC..... 3:54.00
2. Gabe Nichols, CAR..... 3:55.45
3. Lloyd Young, SJU..... 3:56.24

5000-Meter Run

1. Logan Bocovich, STO..... 14:35.04
2. Lloyd Young, SJU..... 14:44.13
3. Gabe Nichols, CAR..... 14:44.53

10000-Meter Run

1. Logan Bocovich, STO..... 30:52.84
2. Andrew Skemp, STO..... 31:00.48
3. Henry Bowman, CAR..... 31:23.52

110-Meter Hurdles

1. Josh Sampson, BU..... 14.38
2. Lucas Kramarczuk, STO..... 14.49
3. David Myres, BU..... 14.72

400-Meter Hurdles

1. Joel Smith, BU..... 52.01
2. Brady Labine, SJU..... 54.06
3. Josh Thomsen, HU..... 54.66

3000-Meter Steeplechase

1. Will Kelly, STO..... 8:56.03
2. Carter Grove, SJU..... 8:59.39
3. Anders Cote, STO..... 9:07.83

High Jump

1. Michael Braun, HU..... 1.92m
2. Alex Seiler, SJU..... 1.91m
3. Danny Bies, GAC..... 1.91m

Pole Vault

1. Joseph Charbonneau, SJU..... 4.60m
2. Samuel Gardeen, BU..... 4.50m
3. Daniel Eickhoff, SJU..... 4.40m

Long Jump

1. Zach Schaffer, SJU..... 6.98m
2. Lucas Kramarczuk, STO..... 6.76m
3. Anthony Thurk, SJU..... 6.68m

Triple Jump

1. Lucas Kramarczuk, STO..... 14.34m
2. Elijah Wade, SJU..... 14.01m
3. Caleb Williams, MAC..... 13.64m

Shot Put

1. Adam Hokanson, BU..... 15.06m
2. Cade Feist, STO..... 14.74m
3. Jaeden Frost, SJU..... 14.70m

Discus Throw

1. Trent Beseth, CSS..... 49.39m

2. Ryan Edelman, STO..... 44.81m
3. Jaeden Frost, SJU..... 43.34m

Hammer Throw

1. Joshua Beiswanger, GAC..... 55.84m
2. Jaeden Frost, SJU..... 51.78m
3. Max Menache, MAC..... 49.59m

Javelin Throw

1. Brett Hague, SJU..... 64.14m
2. Ian Mortensen, CAR..... 57.04m
3. Logan Hennen, SJU..... 51.49m

Decathlon

1. Demetri Lord, STO..... 6315
2. Wade Rhonemus, CCM..... 6189
3. Max Leiwica, SJU..... 5942

ALL-CONFERENCE RELAYS

4x100-Meter Relay

1. Saint John's..... 41.30
Emanuel Popoca
Kevin Arthur
Brady Labine
Caden Wheeler
2. Bethel..... 41.45
Collin Asplin
Grant Nelson
Cameron McConnell
Jacob Parent
3. St. Olaf..... 42.25
Devin McNearny
Lucas Kramarczuk
Henry Fisher
Demetri Lord

4x400-Meter Relay

1. Bethel..... 3:14.39
Joel Smith
Grant Nelson
Josh Sampson
Jacob Parent
2. Concordia..... 3:20.41
Trevor Tjongson
Wade Rhonemus
Gavin Groshelle
Hayden Gagnon
3. St. Scholastica..... 3:20.52
Jericho Peterson
Samuel Eben Ebai
Derek Douglas
Noah Kubicek

4x800-Meter Relay

1. Saint John's..... 7:48.82
Riley Berg
Nick St. Peter
Carter Grove
Owen Montreuil
2. St. Scholastica..... 7:52.22
John Schwinghamer
Joe Lynch
Derek Douglas
Noah Kubicek
3. St. Olaf..... 7:53.00
Cullen Moore
Olaf Coffey
Otto Schmidt
Gabe Estrada

HONORABLE MENTION INDIVIDUALS

100-Meter Dash

4. Varney Conneh, AUG..... 11.01
5. Chris Bulwa, SMU..... 11.01
6. Andrei Pettis, HU..... 11.06

200-Meter Dash

4. Cameron McConnell, BU..... 21.94
5. Chris Bulwa, SMU..... 22.11
6. Wyatt Quiring, GAC..... 22.18

400-Meter Dash

4. Grant Nelson, BU..... 49.05
5. Hayden Gagnon, CCM..... 49.17
6. Wyatt Quiring, GAC..... 49.25

800-Meter Run

4. Getinat Asfaw, AUG..... 1:55.02
5. Dillon Diekmann, SJU..... 1:55.04
6. Will Mattock, SJU..... 1:55.84

1500-Meter Run

4. Roy Llewellyn, CAR.....	3:57.29
5. Lars DeWall, CSS.....	3:57.39
6. Kevin Turlington, STO.....	3:57.91

5000-Meter Run

4. Henry Bowman, CAR.....	14:49.69
5. Ben Crotteau, MAC.....	14:52.47
6. Will Kelly, STO.....	14:54.93

10000-Meter Run

4. David Lynn, STO.....	31:50.32
5. Kevin Montresor, STO.....	32:17.30
6. Logan McCullough, GAC.....	32:22.70

110-Meter Hurdles

4. Demetri Lord, STO.....	15.30
5. Pryce Ferrin, BU.....	15.55
6. Micah Smith, BU.....	15.68

400-Meter Hurdles

4. David Myres, BU.....	55.15
5. Jeff Wang, MAC.....	55.52
6. Trokon Karngar, BU.....	55.87

3000-Meter Steeplechase

4. Reece McKee, MAC.....	9:23.67
5. Jack Deaver, STO.....	9:31.05
6. Reese Thompson, BU.....	9:31.44

High Jump

4. Alec Braun, BU.....	1.91m
5. Alec Ungar, SJU.....	1.86m
6. Hayden Gagnon, CCM.....	1.86m

Pole Vault

4. Kole Guth, SJU.....	4.25m
5. Dylan Arnold. STO.....	4.25m
6. Max Doom, SJU.....	4.10m

Long Jump

4. Eh Ler Moo, STO.....	6.65m
5. Simon Swenson, BU.....	6.64m
6. Caleb Williams, MAC.....	6.63m

Triple Jump

4. Michael Braun, HU.....	13.34m
5. Riley Hodin, MAC.....	13.33m
6. Alex Crnkovich, SJU.....	13.32m

Shot Put

4. Andrew Mollison. STO.....	14.66m
5. Trent Beseth, CSS.....	14.65m
6. Arnauld Dedry, STO.....	13.97m

Discus Throw

4. Victor Wright, MAC.....	41.87m
5. Ricky Ramirez, CCM.....	40.67m
6. Zach Stordahl, GAC.....	40.29m

Hammer Throw

4. Eli Mollet, SJU.....	48.71m
5. Grant Steger, CSS.....	46.13m
6. Cade Feist, STO.....	45.99m

Javelin Throw

4. Layton Borst, STO.....	49.54m
5. Carter McEachern, SJU.....	49.13m
6. Noah Eckersley-Ray, CAR.....	49.05m

Decathlon

4. Anthony Thurk. SJU.....	5886
5. Micah Smith, BU.....	5803
6. Abe Schegel, BU.....	5767

HONORABLE MENTION RELAYS

4x100-Meter Relay

4. St. Scholastica.....	42.33
Sean Alfaro Diedrich	
Jericho Peterson	
Kaedyn Redig	
Samuel Eben Ebai	
5. Saint Mary's.....	42.58
Ben Kritsberg	
Chris Bulwa	
Brady Johnson	
Oliver Adamson	
6. Gustavus.....	43.02
Matthew Skelly	
Wyatt Quiring	
Seth Zeitchick	

Isaiah Subah

4x400-Meter Relay

4. St. Olaf..... 3:20.54
Alex Bittner
Devin McNearney
Henry Fisher
Sebastian Loder
5. Saint John's..... 3:20.89
Ryan Conzemius
Owen Montreuil
Nick St. Peter
Brady Labine
6. Gustavus..... 3:22.18
Seth Zeitchik
Wyatt Quiring
Markus Rupnow
Noah Stageberg

4x800-Meter Relay

4. Macalester..... 7:55.45
Tor Olsson
Ben Crotteau
Kalid Ali
Jay Lebakken
5. Bethel..... 7:55.51
Gabe Kuecker
Luke Peterson
Tad Stewart
Clark Nelson
6. Concordia..... 7:58.35
Tanner Olson
Gavin Groshelle
David Birkeland
Solomon Johnson

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