

2019 MIAC Men's Outdoor Track & Field Championship Preview

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BLOOMINGTON, Minn. – The 2019 Minnesota Intercollegiate Athletic Conference (MIAC) Outdoor Track & Field Championships are set to take place this Friday and Saturday at the University of St. Thomas in St. Paul, Minn. Eleven men's teams from around the MIAC will compete in the two-day meet.

| [2019 MIAC Outdoor T&F Championships](#) | [Live Results](#) |

The University of St. Thomas is the defending MIAC men's champion, having won each of the last seven outdoor Championship meets and a total of 31 since 1983. The 2019 Championships got off to an exciting start last week with the multi-events portion of the meet hosted at Carleton College. Concordia junior **Matt Bye** won the decathlon by 308 points with a final score of 6,586 to become just the seventh Cobber ever to be crowned MIAC champ in the competition. Bye's personal best performance now ranks eighth in NCAA Division III this season. Complete decathlon results can be found [here](#).

The 2019 MIAC Outdoor Championships are set to begin on Friday afternoon in St. Paul, Minn. A complete schedule of events can be found [here](#), and fans can follow along with [live results](#) throughout the weekend.

FOLLOW THE ACTION

The MIAC has a [homepage](#) dedicated to the 2019 Outdoor Championships, complete with venue and admission information, [the event schedule](#), entries, heat sheets and links to follow the action with [real-time results](#). Results, recaps, and multimedia coverage of the Championships will be available throughout the event.

| [MEN'S PERFORMANCE LIST](#) | [MEN'S FRIDAY PROGRAM](#) | [MEN'S SATURDAY PROGRAM](#) | [MIAC RECORD BOOK](#) |



KEEP AN EYE ON

Augsburg first-year **Evan Bergemann** (Lake Crystal, Minn. | Lake Crystal-Wellcome Memorial) had one of 21 Auggie personal bests at last weekend's Meet of The Unsaintly. Bergemann shattered his previous top distance in the javelin throw by nearly 11 feet, finishing second in the event on Saturday with an effort of 162'3".

Bethel's 4x400 relay team of **Shawn Monroe**, **Isaac Erickson**, **Nolan Metz**, and **Carl Klamm** enters the MIAC Championships with the second-fastest time in the nation at 3:13.44. Klamm also boasts the sixth-fastest time in the country in the 400 meters at 47.62. He is the two-time defending MIAC champ in the 400 meters.

Carleton sophomore **Lucas Mueller** has the third-fastest time in Division III in the 10,000-meter run, finishing the race in 29:45.74 at last month's Phil Esten Challenge. His teammate, senior **Tris Dodge**, is not far off the pace at 30:14.39, good for 11th-fastest in the country. Mueller won both the 5,000- and 10,000-meter runs at last year's conference meet.

Concordia junior **Will Berning** closed out the month of April on a high note, throwing the javelin 183'2" at the Cobbers' home Twilight. The distance ranks 43rd in Division III and best in the MIAC this season.

Gustavus senior **Michael Hensch** has been on a tear over the last month of the season, setting school records and recording national top-10 distances in the shot put (55'9") and hammer (200'6"), to go along with the 11th-best discus throw in the nation at 166'2" last weekend. Hensch was named Most Outstanding Field Athlete at the 2018 MIAC Championships.

Hamline senior **Eric Dols** ranks just behind the Gusties' Hensch in the hammer with a mark of 200'3" at the Drake Relays in April. Dols is the defending MIAC champ in both the shot put and hammer.

Macalester senior **Andrew Smith** ranks seventh in the conference this season with a high jump of 6'3.5". He earned All-Conference honors in the event last season, placing third after clearing 6'4".

Saint John's sophomore sprinter **Ryan Miller** finished the 100 meters in 10.58 at last month's Bolstorff Twilight, a time that remains eighth-best in Division III. That time is .01 seconds faster than what Miller ran to win the 100 meters as a freshman at last year's MIAC Championships.

Saint Mary's junior **Kyle Lichttenegger** picked up a pair of first-place finishes at last weekend's Meet of The UnSaintly in St. Paul, crossing the finish line in 10.79 in the 100-meter dash and teaming with **Matt Boone, Noah Anderson,** and **Desmond Steward** to set a school record in the 4x100 at 41.68. That time is good for 31st in Division III this year. Lichttenegger broke the Cardinals' record in the 100 meters earlier this season as well with a 10.74 at the Ashton May Invitational, good for 40th in D-III.

St. Olaf junior **Sean Lonergan** finished the 1,500 meters in 3:51.75 at last week's Minnesota Twilight - good for the 12th-fastest time in Division III this season. Lonergan ran a 3:54.75 at last year's MIAC meet to earn All-Conference honors.

St. Thomas senior **Eric Holst** currently ranks sixth in Division III with a hammer throw of 201'2", recorded at last weekend's Meet of the Saints. Holst finished second in the hammer at last year's MIAC Outdoor Championships and went on to win the national championship in the event. He picked up the second national title of his career earlier this year while competing in the weight throw at the 2019 NCAA Indoor Championships.

| [MIAC Men's Outdoor Track & Field Performance List](#) | [NCAA Division III Performance List](#) |