

## Ashley Carney, Augsburg

Lakeville, Minn. / South  
Week of: 2012-02-27



Augsburg junior sprinter **Ashley Carney** (Lakeville, Minn./South) has gotten accustomed to winning this season, and that trend continued Friday at the Macalester Pre-MIAC Meet with her first-place finish in the women's 60-meter dash. Carney's winning time is the best performance in the MIAC in her event this season, and it moved her up the NCAA Division III performance list. For her first-place effort, Carney has been named the MIAC Women's Indoor Track Athlete-of-the-Week.

Carney claimed her fourth win of the season Friday on the Scots' home track with a winning time of 7.79 seconds in the 60-meter dash. Her time is 0.13 seconds faster than her closest competition in the MIAC this season, and her time has her ranked No. 11 nationally in the event. In addition to her individual success, Carney anchored the Auggies 4x200-meter relay team Friday, which earned a top-three finish with a season-best time of 1:49.35.

The Auggies and their star sprinter will be back at the Leonard Center on the Macalester Campus this week in search of more terrific performances as the Scots host the 2012 MIAC Indoor Track and Field Championships. The event begins Thursday with the multi-event competitions, then continues Friday and concludes Saturday afternoon. Field events begin Friday at 3:30 p.m. with track events starting at 5:15 p.m. Saturday's action starts with field events at 11:30 a.m. and track events will begin at 2 p.m.

## Distance Medley Relay, St. Thomas

Kayla Goeman, Emily Van Heel, Larissa Peyton, Taylor Berg  
Week of: 2012-02-20



The University of St. Thomas' women's distance medley relay team wasn't just one of the top combinations at Saturday's Parent's Day Open hosted by the University of Minnesota, its performance also established it as the best in its event in the MIAC in 2012, and one of the top five in all of NCAA Division III. For their performance, the Tommies' team of **Kayla Goeman, Emily Van Heel, Larissa Peyton** and **Taylor Berg** have been collectively named the MIAC Women's Indoor Track Athletes-of-the-Week.

At Saturday's open hosted by the Division I Golden Gophers, St. Thomas ran to a second-place finish with only host Minnesota crossing the finish line with a faster time. UST's time of 11:58.71 was less than four seconds behind the U of M's, and it helped Goeman (Minnetonka, Minn./Hopkins), Van Heel (Swanville, Minn./Little Falls), Peyton (St. Cloud, Minn./Cathedral) and Berg (Eagan, Minn.) beat the likes of D-II UM-Duluth, MIAC rival Carleton and the Gophers' 'B' squad. That time is the fastest in the MIAC this season and it ranks fourth in all of Division III.

The Tommies and their talented foursome have just one more chance to prepare for the 2012 MIAC Indoor Track and Field Championships, which will be held at Macalester College March 1-3. St. Olaf will host the Ole Open Qualifier this weekend with multi-events on Friday and the rest of the action on Saturday in Northfield, Minn.

## Simone Childs-Walker, Carleton

Seattle, Wash. / Lakeview  
Week of: 2012-02-13



During her stellar career, Carleton's **Simone Childs-Walker** (Seattle, Wash./Lakeside) has established herself as one of the top runners in the MIAC and all of Division III, but Saturday she proved her talent transcends even her division. Running against primarily Division I runners, Childs-Walker turned in the best performance this season in the conference and a Top-10 performance nationally in the 5K. For her latest heroics, Childs-Walker has been selected as the MIAC Women's Indoor Track Athlete-of-the-Week.

Childs-Walker finished sixth in a 40-runner field at the Iowa State Classic Saturday in Ames, Iowa, where there were just four Division III and four Division II runners in a field of Division I athletes with a time of 17:10.71. That time is the fastest of her career at this point in the season, and it ranks No. 1 in the MIAC and No. 9 in all of Division III this season. Childs-Walker has now won 13 total MIAC Athlete-of-the-Week honors in her career - four in indoor track, three in outdoor track and six in cross country.

The Knights and their star distance runner will look for their success to continue next week when they compete Saturday at the University of Minnesota Parent's Day Open, hosted on the U of M campus in Minneapolis.

## **Alison Smythe, Carleton**

Billings, Mont. / West  
Week of: 2012-02-06



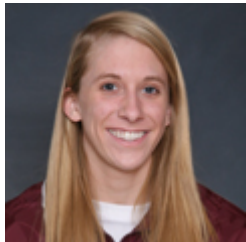
Friday Carleton hosted its "Meet of the Hearts" and that seemed to be a fitting title, with senior distance runner **Alison Smyth** (Billings, Mont./West) showing plenty of heart in a standout performance. Smyth finished first in the women's mile with a time that helped her leap towards the top of the MIAC performance list and into the Top 25 nationally as well. For her performance, Smyth has been named the MIAC Women's Indoor Track Athlete-of-the-Week.

Smyth won the mile Friday with her time of 5:08.91. Her time is the second-fastest in the MIAC this season, trailing only St. Thomas' Taylor Berg (5:07.86), and it ranks No. 23 in all of NCAA Division III. Smyth's time impressively leads a talented crop of Carleton runners, as the No. 2 through No. 6 spots in the mile on the MIAC performance list are all occupied by Knights. She is just one of two conference runners to finish the mile in under 5:10 this season. Smyth's win helped Carleton finish second with 57.5 points, behind first-place Saint Benedict (86.5) and ahead of third-place St. Olaf (11.0).

Saturday, Smyth and the Knights will hit the road for another indoor meet, this time at Grinnell College in Grinnell, Iowa. Carleton has just three more events on its schedule to prepare for the 2012 MIAC Indoor Track and Field Championships, which will be hosted by Macalester in St. Paul on March 1, 2 and 3.

## **Ashley Carney, Augsburg**

Lakeville, Minn. / South  
Week of: 2012-01-30



The Augsburg women's track and field team traveled to their first indoor competition of the 2012 season Saturday, and already junior **Ashley Carney** (Lakeville, Minn./South) was in mid-season form in her very first race. The sprinter ran to a first-place finish in the 60-meter dash, running the fastest time in the MIAC this season and setting a new personal record to highlight the Auggie track team's first performance of the season. For her strong start to the season, Carney has been named the MIAC Women's Indoor Track Athlete-of-the-Week.

Carney was superb at Saturday's Warren Bowlus Open, hosted by UW-Stout on its Menomonie, Wis., campus. She won the 60 with a time of 7.87. Not only is her time a new personal record and the top time in the MIAC in 2012, but it also ranks 14th in all of NCAA Division III at this point in the season. Carney added another personal best in the 200-meter dash, finishing fifth with a time of 27.09.

Augsburg's junior sprinter will try to shave even more time off her personal bests this weekend, as the Auggies travel across the metro area to Arden Hills, Minn., for the Bethel University Invitational. It will be Augsburg's second of five meets during the indoor season leading up to the MIAC Indoor Championships, hosted by Macalester March 2-3.

## 4x400- meter relay team, St. Thomas

Angela Tipp, Larissa Peyton, Erika Tipp, Emily Van Heel  
Week of: 2012-01-23



Sometimes things like teamwork and timing need some practice and meet experience to develop. However, the St. Thomas women's 4x400-meter relay team looked like it already had all the requisite intangibles in place early in the season judging by its performance Friday at the St. Thomas Invitational. The team of **Angela Tipp** (Hudson, Wis.), **Larissa Peyton** (St. Cloud, Minn./Cathedral), **Erika Tipp** (Hudson, Wis.) and **Emily Van Heel** (Swanville, Minn./Little Falls) were in top form, finishing third in the event with the sixth-fastest time in Division III thus far in 2012. For their performance, the Tommies were named the first MIAC Women's Track Athlete-of-the-Week for the 2012 season.

The two Tipps, Peyton and Van Heel are off to a great start this season, recording a time of 4:00.70 to finish third on their home track and nearly jumping into the Top 5 in all of NCAA Division III. The only two teams to cross the finish line ahead of the Tommies Friday were Division II Minnesota State-Moorhead, which won in 3:57.75, and perennial D-III track power UW-La Crosse, which finished second with a time of 3:58.83. The St. Thomas foursome was the top finisher out of six MIAC teams in the race, and finished at least seven seconds ahead of each other squad. Peyton is senior, Van Heel is a sophomore and the Tipps are both freshmen at St. Thomas.

The Tommies and their fearsome foursome won't have to wait long to get back on the track and aim for an even better time. UST will travel to Northfield on Friday to compete in the St. Olaf Invite at 5 p.m. The team will also be in action on Feb. 4 when it travels to The Select Meet.

## Dani Larson, St. Olaf

St. Peter, Minn. / St. Peter  
Week of: 2012-02-27



In her final tune-up before her first MIAC Track and Field Championship appearance, St. Olaf freshman **Dani Larson** (St. Peter, Minn.) delighted the home crowd in Northfield with a pair of first-place finishes in field events and three top-two performances overall Saturday. Larson won the high jump with the conference's top performance and a top-five national height and tied for the top spot in the 60-yard hurdles at Saturday's Ole Open Qualifier. For her outstanding performance, Larson has been named the MIAC Women's Indoor Field Athlete-of-the-Week.

Though Larson's all-around performance was tremendous, the highlight clearly was the first-place finish in the high jump. The Oles' rookie cleared the bar at 1.71 meters (5-07.25 feet) to record the best jump in the MIAC this season by nearly three full inches, and her height has her ranked fourth in all of Division III. Larson's time of 9.31 also helped her tie for the win in the 60-meter hurdles, and that time is tied for the second-best effort in the conference this season. In addition, Larson added a second-place finish in the 400-meter dash with a time of 59.50 seconds, and her season-best time of 59.44 seconds has her in the top six in that event in the MIAC as well.

The Oles and their well-rounded freshman will travel to St. Paul this week as Macalester hosts the 2012 MIAC Indoor Track and Field Championships at the Leonard Center. The event begins Thursday with the multi-event competitions, then continues Friday and concludes Saturday afternoon. Field events begin Friday at 3:30 p.m. with track events starting at 5:15 p.m. Saturday's action starts with field events at 11:30 a.m. and track events will begin at 2 p.m.

## Brenna Coyle, Hamline

Lindstrom, Minn / Chisago Lakes  
Week of: 2012-02-20



Hamline senior **Brenna Coyle** (Lindstrom, Minn./Chisago Lakes) continued her stellar senior season with an outstanding performance Saturday against top-flight competition. The Pipers' thrower won the weight throw - beating a host of Division I and II athletes in the process - while setting a new personal best and moving up the ranks on the Division III performance list. For her tremendous throw, Coyle has been named the MIAC Women's Indoor Field Athlete-of-the-Week for the second time in 2012.

Coyle's winning throw traveled a distance of 17.39 meters, or 57-00.75 feet. Not only is that the top throw in the MIAC this season, but it beats the second-best throw by nearly 1.4 meters. It also ranks as Coyle's career best and registers as the seventh-best mark this season in Division III. Coyle's first place finish at the University of Minnesota's Snowshoe Open Saturday came over a field that included throwers from D-I Minnesota, D-II Minnesota State-Mankato, Concordia-St. Paul and St. Cloud State and numerous unattached and Division III throwers as well.

Hamline and its strong throwers will have one more chance to get ready for the 2012 MIAC Indoor Track and Field Championships, and fortunately both meets will be at the same location. Friday, the Pipers will compete at Macalester's Pre-Conference Meet which begins at 5 p.m. The Scots will also host the MIAC Championships the following weekend on March 1-3.

## Becky Culp, Hamline

Lino Lakes, Minn. / Centennial  
Week of: 2012-02-13



The Hamline women's indoor track and field team had several standout performances at Saturday's St. Thomas Showcase with six first-place finishes, but the most impressive may have been a second-place performance. Junior **Becky Culp** finished second in the shot put to an unattached athlete, but her distance was a new personal record, the top throw in the MIAC by a considerable margin and almost in the Top 10 nationally. For her standout throw, Culp has been named the MIAC Women's Indoor Field Athlete-of-the-Week.

On her very first attempt, Culp unleashed a throw that traveled 13.6 meters, or 43-02 feet, to earn her second-place finish behind an impressive throw of 13.48 meters. Culp's new distance beat her previous personal record by eight inches, and it's the best distance recorded in the MIAC in 2012 by a full foot-and-a-half. In addition to climbing to the top of the MIAC performance list, Culp is now ranked No. 11 in all of NCAA Division III.

The Pipers will try to continue their hot start to the 2012 indoor season against some great competition this week when they compete Saturday at the University of Minnesota Parent's Day Open, hosted on the U of M campus in Minneapolis.

### **Julia Renner, Saint Benedict**

Shoreview, Minn. / Mounds View  
Week of: 2012-02-06



The Saint Benedict track and field team had an impressive performance Friday at Carleton's "Meet of the Hearts," taking first in the team competition. With several standout performances, perhaps the top highlight was **Julia Renner's** (Shoreview, Minn./Mounds View) emergence in the pentathlon. In her first-ever try at the event, Renner not only finished first, but she turned in the top performance in the MIAC this season and made a splash nationally. As a result, Renner has been named the MIAC Women's Indoor Field Athlete-of-the-Week.

Renner's first-ever pentathlon resulted in a total score of 3,013 points and a first-place finish. Renner became the first MIAC athlete to score 3,000 or better this season and now leads the conference in the event. En route to her win, Renner won the 55-meter hurdles, the high jump and the long jump, and she finished fourth in both the shot put and the 800-meter run. Thanks to her performance, Renner now ranks No. 1 in the conference in the pentathlon and long jump, No. 2 in the high jump and No. 6 in the hurdles. Her score also earned her the No. 15 spot this season on the NCAA Division III performance list for the pentathlon, and her win helped CSB accumulate 86.5 team points to win first place over Carleton and St. Olaf by nearly a 30-point margin.

Over the next two weekends, Renner and the Blazers will compete in meets against MIAC competition both just up the road in Collegeville, Minn., on the Saint John's campus. Saint Benedict has just three more events on its schedule to prepare for the 2012 MIAC Indoor Track and Field Championships, which will be hosted by Macalester in St. Paul on March 1, 2 and 3.

### **Amy Maas, St. Thomas**

Burnsville, Minn. / Burnsville  
Week of: 2012-01-30



This weekend, the St. Thomas track and field team traveled to Northfield to compete in the St. Olaf Invitational, and the story of the meet for the Tommies was the performance of thrower **Amy Maas** (Burnsville, Minn.). The senior not only won two different field events - the shot put and the weight throw - but she also set new personal bests in both events and climbed toward the top of the MIAC Performance lists as well. For her double-winning performance, Maas has been named the MIAC Women's Indoor Field Athlete-of-the-Week.

In the shot put, Maas's winning throw traveled a distance of 12.70 meters, or 41-08 feet. She also finished first in the weight throw to sweep the two main throwing events at the Oles' invite with a distance of 15.35 meters or 50-04.5 feet. In addition to setting a new personal best in each event, Maas is also now ranked second in both events on the MIAC Performance List. She only trails Hamline's Becky Culp in the shot put (12.79 meters) and Hamline's Brenna Coyle in the weight throw (17.21 meters).

Saturday's meet at St. Olaf was the Tommies third of the indoor season. They'll travel to The Select Meet this coming Saturday in Wartburg, Iowa, for a noon start. After that, UST will have four more events to get prepared to defend their MIAC Indoor Track and Field Championship. This year's event will be March 2-3, hosted by Macalester.

## **Brenna Coyle, Hamline**

Lindstrom, Minn. / Chisago Lakes

Week of: 2012-01-23



Last season, Hamline's **Brenna Coyle** (Lindstrom, Minn./Chisago Lakes) established herself as one of the MIAC's top throwers, and it looks like she's poised for even more success as a senior, evidenced by her performance over the weekend. Coyle was tremendous in the weight throw at Saturday's St. Olaf Triangular, winning the event, setting a new personal record by a considerable distance, and moving into the Top 3 in the nation at this early point in the season. For her performance, Coyle has been named the inaugural MIAC Women's Indoor Field Athlete-of-the-Week for the 2012 season.

Coyle led the Hamline women to a near-victory and a runner-up finish at the Triangular meet, finishing with 105 points, just behind host school St. Olaf (108) and ahead of Carleton (67). Coyle's record-setting performance came on her final throw, when she recorded a distance of 17.21 meters, or 56-5.75 feet. She finished first by nearly 2.5 meters, ahead of teammate Becky Culp (14.75 meters), and set her new personal record by a full foot. Coyle's outstanding throw is currently the third-longest in Division III this season. This is her third career MIAC Indoor Field Athlete-of-the-Week honor after earning the award twice in 2011.

The Pipers and Coyle will be back in Action Saturday when they return to Northfield, only this time to compete at that city's other MIAC school. Carleton will host the Meet of the Hearts on its campus Saturday at 11 a.m. Hamline. They'll also be back on the track a week from Friday when they head across town to the St. Thomas Invitational.