

# Northfield schools sweep 2012 MIAC Women's Indoor Track & Field Awards

Posted: Mar 07, 2012

ST. PAUL, Minn. -- The 2012 Minnesota Intercollegiate Athletic Conference (MIAC) Indoor Track and Field Championships came to a close on Saturday afternoon at Macalester College's Leonard Center with the St. Thomas women winning the title for the 13th consecutive season. Wednesday, the top performers from the conference meet were honored by the league coaches, with the two Northfield schools sweeping the top individual awards.

Carleton's Simone Childs-Walker was named the 2012 MIAC Indoor Outstanding Women's Track Athlete and her coach, Donna Ricks, was voted the 2012 MIAC Women's Indoor Track and Field Coach-of-the-Year. St. Olaf freshman Dani Larson took the other two individual honors, winning Outstanding Women's Field Athlete and Women's Outstanding Performance-of-the-Meet for her first-place effort in the pentathlon.

As part of a conference-wide sportsmanship initiative, the MIAC selected the sixth annual All-MIAC Sportsmanship team for Women's Indoor Track & Field. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

The top three individual finishers and first-place relay team in each event were automatically named All-Conference. The fourth- through sixth-place individuals and second- through sixth-place relay teams were designated as All-Conference Honorable Mention, and they can be viewed in the [final results](#) from the 2012 Championships.

Complete information from the 2012 MIAC Indoor Track and Field Championships - including results, recaps, linked to archived video from Webcast America and more - can be found on the event's home page.

## *Outstanding Women's Track Athlete - Simone Childs-Walker, Carleton*

- Childs-Walker (Sr., Seattle, Wash./Lakeside) was honored at the MIAC Indoor Championships for the second-straight season after earning Outstanding Performance-of-the-Meet honors in 2011. The Knights' star capped an amazing indoor career by claiming her fourth-straight individual titles in both the 3,000- and 5,000-meter run. Childs-Walker finished first in the 3,000 by almost two seconds with a winning time of 10:07.14, and was first in the 5,000 by more than five seconds as she finished the race in 17:26.06. The 3,000 time was a new Leonard Center record, and Childs-Walker's two wins helped Carleton finish second in the team standings behind only the first-place Tommies.

## *Outstanding Women's Field Athlete - Dani Larson, St. Olaf*

- Larson (Fr., St. Peter, Minn.) made quite an impact in her first MIAC Championship appearance, with two individual titles and three other top-six finishes. Larson won the pentathlon and the high jump championships and added a second-place finish in the 400-meter dash, a fifth-place finish in the 60-meter hurdles and a sixth-place finish in the long jump. Larson's winning height in the high jump - 5-6.5 - is a new MIAC meet record and the best jump ever recorded at Macalester's facility. She won the pentathlon title by more than 100 points with a score of 3,421, and she earned five total All-MIAC honors - three All-Conference and two Honorable Mention.

## *Women's Outstanding Performance-of-the-Meet - Dani Larson, St. Olaf*

- Larson (Fr., St. Peter, Minn.) was also honored specifically for her performance in the women's pentathlon, which she won during Thursday's multi-event session with a score of 3,421. Larson won the event by 107 points over the second-place finisher by finishing first two of the five events, and fifth or better in all five. She was first in the high jump (5-5.25) and 800-meter run (2:21.53), second in the 60-meter hurdles (9.46), third in the long jump (16-7.25) and fifth in the shot put (27-3.75).



*Women's Coach-of-the-Year* - **Donna Ricks, Carleton**

- Ricks earned her second MIAC coaching honor of the 2011-12 academic year, adding the MIAC Indoor Track and Field Coach-of-the-Year honor to her 2011 MIAC Women's Cross Country Coach-of-the-Year award. Ricks - in her 19th season with the Knights - received her most recent award for guiding Carleton to a second-place finish over the weekend with 114 points. Her runners had four first-place finishes and four second-place finishes with nine finishes in the top three and 16 total top-six performances. This is Ricks' second career MIAC track and field coaching honor (1995) and her sixth overall with four in cross country.

**2012 All-MIAC Sportsmanship Team**

Augsburg - Ashley Carney (Jr., Lakeville, Minn./South)

Bethel - Laura Zwilling (Sr., Roseville, Minn.)

Carleton - Haley Johnson (Jr., Golden Valley, Minn./Robbinsdale Cooper)

Concordia - Laura Farnam (Sr., Fargo, N.D./Park Christian)

Gustavus - Erica Roelofs (Sr., Vernon Center, Minn./Lake Crystal Wellcome Memorial)

Hamline - Carly Braun (Jr., Sauk Rapids, Minn.)

Macalester - Alexa Simpson (Jr., St. Elizabeth, Jamaica/Hampton School)

Saint Benedict - Jocelyn Sullivan (Sr., Great Falls, Mont./Central Catholic)

St. Catherine - Makayla Skluzacek (Fr., Le Sueur, Minn./Le Sueur-Henderson)

Saint Mary's - Regina Quandt (Sr., Minneapolis, Minn./Totino-Grace)

St. Olaf - Gina Collings (Sr., Hutchinson, Minn.)

St. Thomas - Traci Pastoors (Sr., Andover, Minn./Totino-Grace)

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