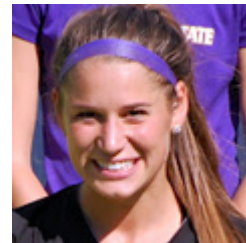


2013 MIAC Women's Indoor Track and Field Awards

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ST. PAUL, Minn. -- The 2013 Minnesota Intercollegiate Athletic Conference (MIAC) Indoor Track and Field Championships concluded Saturday afternoon at St. Olaf College's Tostrud Center, and the University of St. Thomas were victorious again with their 14th-straight conference championship. Thursday, the top performers from the conference meet were honored by the league coaches, with the four individual honors split between three schools.



Tommie senior Taylor Berg was prolific in the distance events over the weekend, and she was summarily honored as the Outstanding Women's Track Athlete, and recognized for her meet record in the 1,000-meter run with the Women's Outstanding Performance-of-the-Meet award. Hamline senior Becky Culp was tremendous in her two throwing events, and recognized as the Outstanding Women's Field Athlete. Meanwhile, St. Olaf Head Coach Andrea Gelle was recognized by her peers for her team's performance on its home track as she was named the MIAC Women's Coach-of-the-Year.

In addition, the top three individuals in each event and the first-place relay team automatically received All-Conference honors, and the fourth- through sixth-place finishers in each open event and second- through sixth-place relay teams were named All-Conference Honorable Mention. They can be viewed in the [final results](#) from the 2013 MIAC Indoor Track and Field Championships.

As part of a conference-wide sportsmanship initiative, the MIAC selected the seventh 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.

Complete information from the 2013 MIAC Indoor Track and Field Championships - including results, recaps, linked photos and more - can be found on the event's home page.

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Outstanding Women's Track Athlete - **Taylor Berg, St. Thomas**

- Berg (Sr., Eagan, Minn.) Berg added another MIAC honor to her tremendous senior season with the Outstanding Women's Track Athlete award. Berg - who also won the MIAC's individual cross country title and Athlete-of-the-Year award in the fall and was named Central Region Indoor Track Athlete-of-the-Year this week - won a pair of distance events over the weekend while leading UST to its 14th-straight team title. Berg set a new MIAC Indoor Championships record in the 1,000-meter run, finishing first with a time of 2:52.37, and she also was the only MIAC runner to break 5:00 in the women's mile, recording a winning time of 4:55.60. Both were new Tostrud Center records as well. Berg will compete in the mile and as part of the UST distance medley relay this weekend at the NCAA Division III Indoor Championships.

Outstanding Women's Field Athlete - **Becky Culp, Hamline**

- Culp (Sr., Lino Lakes, Minn./Centennial) successfully defended her MIAC Indoor shot put title, added a runner-up finish in the weight throw and broke a 15-year-old meet record to earn Outstanding Women's Field Athlete honors. Culp's second-straight shot put title featured a dash of history in 2013 as she broke the previous record of 46-6.25 not once but twice - once in the prelims and again in the finals - with a new record distance of 47-3.5. The old record was also set by a Hamline thrower, Misty Bahr, in 1998. Culp added an All-Conference honor in the weight throw, finishing second only to teammate Shawny Kramer, with a distance of 54-0.5. Culp is seeded fifth in the shot put in this weekend's Division III Indoor Championships.

Women's Outstanding Performance-of-the-Meet - **Taylor Berg, St. Thomas, 1,000-meter run**

- Berg (Sr., Eagan, Minn.) added to her awards haul with the Women's Outstanding Performance-of-the-Meet honor thanks to her first-place showing in the 1,000-meter run. Berg not only finished first with her time of 2:52.37, but she set a new MIAC meet record and St. Olaf Tostrud Center record in the process. Her time broke the previous record, set exactly 10 years earlier at the MIAC meet also at St. Olaf by the Oles' Megan Daymont (2:54.28). Berg finished nearly three full seconds ahead of the runner up, and defeated each of the last two MIAC Indoor champions in the event with her record time.

Women's Coach-of-the-Year - **Andrea Gelle, St. Olaf**

- Gelle (Third season) received her first MIAC Women's Indoor Coach-of-the-Year honor after leading her team to a second-place finish on its home track in a closely-contested battle for runner-up status. The Oles finished with 83 points to edge Saint Benedict (81), Gustavus (75), Carleton (74) and Bethel (73) in an entertaining battle. Gelle's team has improved in each of her three seasons from fifth in 2011 to third a year ago and second this season. Over the weekend Gelle coached two individual indoor champions - Emily Stets in the 600-meter run and Emma Lee in the 5,000-meter run - as well as five All-Conference selections and nine All-Conference Honorable Mention honorees.

2013 All-MIAC Sportsmanship Team

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

Bethel - Steph Skoog (Jr., Richfield, Minn.)

Carleton - Laura Newcombe (Sr., Lambertville, N.J./Emma Willard)

Concordia - Natalie Decker (Sr., Darwin, Minn./Hutchinson)

Gustavus - Amanda Iverson (Sr., Waconia, Minn.)

Hamline - Hilary Murphy (Sr., North St. Paul, Minn.)

Macalester - Shasta Webb (Sr., Los Gatos, Calif.)
Saint Benedict - Diane Beckius (Sr., Avon. Minn./Albany)
St. Catherine - Ashley Matthys (Sr., Elk River, Minn.)
Saint Mary's - Coco Booker (Sr., St. Paul, Minn./Hill-Murray)
St. Olaf - Moriah Novacinski (Jr., St. Joseph, Minn./St. Cloud Apollo)
St. Thomas - Katie Ryan (Sr., Eagan, Minn.)

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