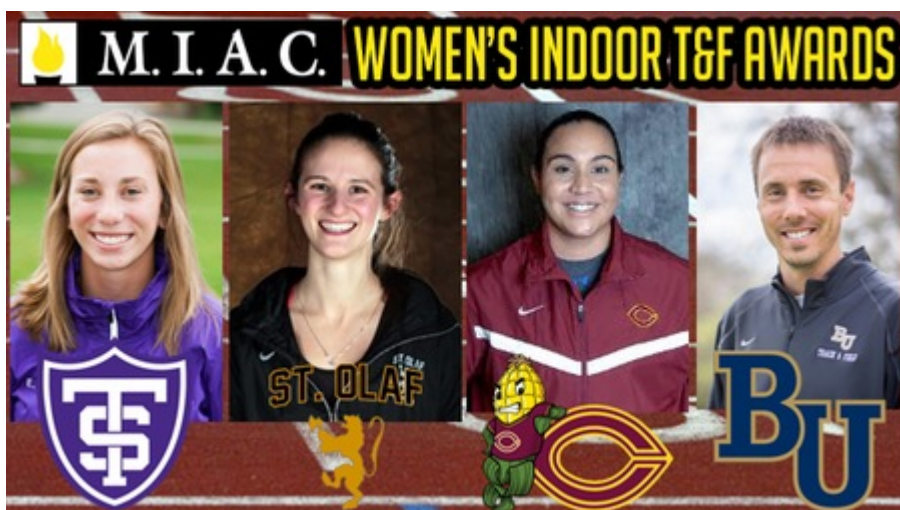


Conference's top performers honored with 2015 MIAC Women's Indoor T&F Awards

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BLOOMINGTON, Minn. -- The 2015 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Indoor Track and Field Championships were held last weekend at Concordia College in Moorhead, Minn., and Thursday the top performers from another outstanding conference championship event were recognized with the announcement of the 2015 MIAC Women's Indoor Track and Field Awards.

The top individual awards were claimed by the top two teams in the standings, the host school and St. Olaf. MIAC champion St. Thomas had Emily Gapinski (Jr., Sheboygan, Wis./North) named Outstanding Track Athlete. St. Olaf's Dani Larson (Sr., St. Peter, Minn.) received Outstanding Field Athlete honors. Concordia thrower Cherae Reeves (Sr., West Fargo, N.D.) earned Outstanding Performance-of-the-Meet honors for her display in the shot put, and Bethel's Andrew Rock (Third season) received his first MIAC Coach-of-the-Year award after leading the Royals to a second-place showing.



The individual honors are accompanied by the announcement of the All-Conference selections and All-Conference Honorable Mention team, which are automatically determined based on performance, and one member of each team was selected to the All-Sportsmanship Team. The top individual awards were voted on by the 12 women's indoor track and field head coaches.

Gapinski was named the meet's top track athlete for her role in the Tommies' 16th-straight MIAC indoor title. St. Thomas scored 199.7 points and won by more than 100, with Gapinski contributing a trio of first-place finishes. Individually, she won MIAC titles in both the 1,000-meter run (2:58.28) and the mile (5:05.57). She also ran the third leg of the Tommies' first-place finish in the 4x400-meter relay (4:00.16).

Larson finished her MIAC indoor career the way it began - with the Outstanding Field Athlete award. The St. Olaf senior received her second such honor after also claiming the honor in her first season in 2012. This time around, she won her second career MIAC pentathlon title with 3,370 points and her second-straight high jump title by clearing the bar at 5-5.25. She also contributed to first (4x200) and third (4x400) place relay finishes to earn four total Indoor All-Conference honors in 2015.

Reeves was honored for the top single-event performance of the meet with her showing in the shot put in front of the Cobbers' home crowd. The senior won her second-straight title in the event with a winning throw of 47-7 feet, or 14.50 meters. She won the 2015 title by nearly a foot and will be seeded third in the event this weekend at the NCAA Division III Indoor National Championships. Her winning throw was just three inches off of her meet record (47-10) that she set in 2014.

In just his third season leading the Royals, Rock received his first MIAC Coach-of-the-Year award after leading Bethel to a second-place finish. The Royals scored 87 points to win an entertaining battle with Carleton (84 points) and Hamline (79 points) for the No. 2 spot in the standings. Rock coached six individuals to 2015 All-MIAC Indoor honors, and his team will be represented by a pair of individuals at the NCAA Division III Indoor Championships.

In addition to the top individual award-winners, the MIAC also recognized the 2015 Women's Indoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2015 MIAC Women's Indoor Track and Field All-Conference individuals and relay teams. The top three finishers in each individual event and each first-place relay team received All-MIAC honors. Individuals that finished 4-6 and relay teams that finished 2-6 received All-Conference Honorable Mention honors and can be found in the [final results](#).

Fans can re-live all the action of the 2015 MIAC Indoor Track and Field Championships online. The [event home page](#) has complete results, recaps and photo galleries from an exciting weekend.

2015 MIAC WOMEN'S INDOOR TRACK AND FIELD AWARDS

2015 Individual Awards

Outstanding Track Athlete

Emily Gapinski, St. Thomas (Jr., Sheboygan, Wis./North)

Outstanding Field Athlete

Dani Larson, St. Olaf (Sr., St. Peter, Minn.)

Outstanding Performance-of-the-Meet

Cherae Reeves, Concordia, Shot Put (Sr., West Fargo, N.D.)

Coach-of-the-Year

Andrew Rock, Bethel (Third season)

2015 All-MIAC Sportsmanship Team

Augsburg - Callie Jones (So., Waubeka, Wis./Random Lake)

Bethel - Alyssa Solberg (Sr., Bloomington, Minn./Jefferson)

Carleton - Caroline Campbell (Jr., Concord, Mass./Concord-Carlisle Regional)

Concordia - Tara Anderson (Jr., Walker, Minn./Walker-Hackensack-Akeley)

Gustavus - Kristen Mertens (So., Inver Grove Heights, Minn./Simley)

Hamline - Erin Urbanowicz (Sr., Gresham, Ore.)

Macalester - Erin Ortiz (Sr., Corvallis, Ore./Crescent Valley)

Saint Benedict - Valerie Clintsman (Jr., Maplewood, Minn./Hill-Murray)

St. Catherine - Ashleigh Ackley (Jr., Gilby, N.D./Grand Forks Central)

Saint Mary's - Laura Schommer (Sr., Hutchinson, Minn.)

St. Olaf - Michaela Banz (Sr., Eagan, Minn.)

St. Thomas - Megan Maki (So., Lakeville, Minn./Apple Valley)

2015 All-Conference Team

60-meter dash

1. Callie Jones, Augsburg, 7.856
2. Miriam Nordquist, Bethel, 7.865
3. Shakeela Wells-Johnson, St. Catherine, 7.88

200-meter dash

1. Angela Tipp, St. Thomas, 26.19
2. Erika Tipp, St. Thomas, 26.21
3. Hannah Sonsalla, Macalester, 26.27

400-meter dash

1. Angela Tipp, St. Thomas, 59.08
2. Ellie Wilson, Carleton, 60.16
3. Hannah Sonsalla, Macalester, 60.61

600-meter run

1. Kayla Goeman, St. Thomas, 1:36.80
2. Ellie Wilson, Carleton, 1:37.69
3. Irene Gibson, Macalester, 1:38.17

800-meter run

1. Kayla Goeman, St. Thomas, 2:15.34
2. Allison Kosobud, Saint Benedict, 2:17.49
3. Carly Barton, St. Thomas, 2:18.20

1,000-meter run

1. Emily Gapinski, St. Thomas, 2:58.28
2. Annika Halverson, Bethel, 3:00.20
3. Megan Terukina, St. Thomas, 3:00.46

Mile run

1. Emily Gapinski, St. Thomas, 5:05.57
2. Ruth Steinke, Carleton, 5:05.69
3. Annika Halverson, Bethel, 5:06.17

3,000-meter run

1. Ruth Steinke, Carleton, 10:09.04
2. Colette Celichowski, Carleton, 10:11.75
3. Melissa Engstrom, St. Thomas, 10:12.17

5,000-meter run

1. Gabrielle Pepin, St. Thomas, 17:26.11
2. Caitlin Fermoye, Gustavus, 18:06.70
3. Alex Fossum, St. Thomas, 18:07.03

60-meter hurdles

1. Carolyn Saulsberry, Hamline, 9.09
2. Brittany Moore, St. Catherine, 9.16
3. Miriam Nordquist, Bethel, 9.23

4x200-meter relay

1. St. Olaf, 1:46.88
(Lillie Meakim, Abby Stets, Dani Larson, Madison VanWylen)

4x400-meter relay

1. St. Thomas, 4:00.16
(Angela Tipp, Erika Tipp, Emily Gapinski, Kayla Goeman)

Distance Medley Relay

1. Saint Benedict, 12:35.327
(Jenna O'Donnell, Megan Sundstrom, Maria Kiminski, Manon Gammon-Deering)

Long Jump

1. Rochelle Hickerson, Concordia, 18-2.5
2. Bailey Cook, St. Thomas, 17-0
3. Taylor Fahnlander, St. Thomas, 16-8

Triple Jump

1. Carolyn Saulsberry, Hamline, 36-9.75
2. Anna Wagner, Saint Benedict, 35-4.25
3. Damali Britton, Carleton, 35-3.25

Shot Put

1. Cherae Reeves, Concordia, 47-7
2. Jessica Putland, Hamline, 46-7.5
3. Erin Urbanowicz, Hamline, 43-10

Weight Throw

1. Jessica Putland, Hamline, 53-3.75
2. Erin Urbanowicz, Hamline, 51-2.75
3. Alyssa Solberg, Bethel, 50-1.75

High Jump

1. Dani Larson, St. Olaf, 5-5.25
2. Vanessa Johnson, Concordia, 5-5.25
3. Emma Peterson, Concordia, 5-4.25

Pole Vault

1. Olivia Khauv, St. Thomas, 10-10.75
2. KelliAnne O'Leary, Bethel, 10-10.75
3. London Stelten, Saint Benedict, 10-10.75

Pentathlon

1. Dani Larson, St. Olaf, 3,370 points
2. Anna Skow-Anderson, Concordia, 2,800 points
3. Gabby Koel, Hamline, 2,717 points