

UST's Gapinski headlines 2016 MIAC Women's Indoor Track and Field Awards

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BLOOMINGTON, Minn. -- The 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Indoor Track and Field Championships were held last weekend at Carleton College and, Thursday, the conference recognized the top performers with the announcement of the 2016 MIAC Women's Indoor Track and Field Awards. St. Thomas' Emily Gapinski headlined the 2016 honors, as she claimed two of the four individual honors.

Gapinski (Sr., Sheboygan, Wis. / North), who led the Tommies to another MIAC title, was named the Outstanding Track Athlete, and she received Outstanding Performance-of-the-Meet honors for her record-setting win in the 1,000-meter run. Gustavus' Sarah Swanson (Sr., Fairbanks, Alaska / West Valley) was honored with the Outstanding Field Athlete award and Saint Benedict's Robin Balder-Lanoue was voted the Coach-of-the-Year by her peers.



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 received her dual MIAC honors for her tremendous performance and her role in the Tommies' 17th-straight MIAC Indoor championship. She helped UST score 182.4 points to win by more than 80 points with two individual MIAC titles and a second-place relay finish. Gapinski's second-straight indoor track honor was in recognition of her second-straight wins in the 1-mile run (4:56.39) and the 1,000-meter run (2:51.48), and she helped the Tommies' 4x400-meter relay team finish second (4:01.44), less than a half second behind first-place St. Olaf (4:01.15). Gapinski is seeded second in the mile at this weekend's NCAA Division III Championships.

She also received Performance-of-the-Meet recognition thanks to her record-setting run in the 1,000. Gapinski's winning time of 2:51.48 wasn't just good for a nearly eight-second margin of victory, it also broke the MIAC Indoor Championships record and the Carleton Recreation Center record. She broke former UST runner Taylor Berg's meet record of 2:52.37, which was set in 2013, and the old facility record was Bethel's Marie Borner (2:54.87) in 2010.

Gustavus' Swanson dominated in the throwing events en route to her Outstanding Field Athlete award, as she won the MIAC indoor title in both the shot put and the weight throw. Her winning distance in the shot put was 43-10.5, which was nearly 16 inches better than anyone else in the field, and she was victorious in the weight throw by well over two feet, thanks to her winning distance of 50-9.25. Swanson will compete in the shot put this weekend at the national championships, where she'll be seeded 12th.

Balder-Lanoue received the Coach-of-the-Year award from her peers for her work in guiding the Blazers to a second-place finish, with an impressive total of 101.2 points. She coached eight All-MIAC performances at the 2016 Indoor meet, and this marks the seventh time in the last eight seasons her team has finished fourth or better in the MIAC standings. This is the fourth career MIAC Coach-of-the-Year award for Balder-Lanoue and third in Indoor Track and Field, as she also won the Indoor honor in 2011 and 2009, and the Outdoor award in 2010.

In addition to the top individual award-winners, the MIAC also recognized the 2015 Men's Indoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2016 MIAC Men'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 2016 MIAC Indoor Track and Field Championships online. The [event home page](#) has complete results, recaps and photo galleries from an exciting weekend.

2016 MIAC WOMEN'S INDOOR TRACK AND FIELD AWARDS

2016 Individual Awards

Outstanding Track Athlete

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

Outstanding Field Athlete

Sarah Swanson, Gustavus (Sr., Fairbanks, Alaska / West Valley)

Outstanding Performance-of-the-Meet

Emily Gapinski, St. Thomas, 1,000-meter run (Sr., Sheboygan, Wis./North)

Coach-of-the-Year

Robin Balder-Lanoué, Saint Benedict (16th Season)

2016 All-Conference Team

Pentathlon

1. Madison VanWylen, St. Olaf, 3,194 points
2. Megan Sundstrom, Saint Benedict, 3,087 points
3. Bailey Cook, St. Thomas, 3,061 points

Long Jump

1. Bailey Cook, St. Thomas, 17-4.25
2. Alicia Evenson, Saint Benedict, 17-1.5
3. Carolyn Saulsberry, Hamline, 17-0.5

High Jump

1. Emma Peterson, Concordia, 5-4.25
- T2. Vanessa Johnson, Concordia, 5-0.5
- T2. Bailey Cook, St. Thomas, 5-0.5

Weight throw

1. Sarah Swanson, Gustavus, 50-9.25
2. Allison Mellin, St. Thomas, 48-3.5
3. Olivia Graham, St. Thomas, 48-2.75

5,000-meter run

1. Mollie Gillberg, Bethel, 17:57.65
2. Taybri Irving, Augsburg, 18:02.87
3. Kiley Green, Saint Benedict, 18:04.54

Mile run

1. Emily Gapinski, St. Thomas, 4:56.39
2. Ruth Steinke, Carleton, 4:59.09
3. Jenny Walz, St. Thomas, 5:10.39

55-meter hurdles

1. Carolyn Saulsberry, Hamline, 8.24
2. Shakeela Wells-Johnson, St. Catherine, 8.45
3. Brittany Moore, St. Catherine, 8.48

400-meter dash

1. Hannah Lundstrom, Concordia, 58.42
2. Reilly Simon, Carleton, 58.79
3. Abby Stets, St. Olaf, 59.34

800-meter run

1. Erin Alpers, Bethel, 2:16.00
2. Aimee Junget, St. Thomas, 2:16.02
3. Olivia Dengel, Saint Benedict, 2:17.59

55-meter dash

1. Callie Jones, Augsburg, 7.27
2. Megan Maki, St. Thomas, 7.40
3. Hannah Lundstrom, 7.44

2016 All-MIAC Sportsmanship Team

Augsburg - Rachel Frantz (Fy., Mounds View, Minn. / Irondale)

Bethel - Jillian Krier (Jr., Byron, Minn.)

Carleton - Reilly Simon (Sr., Grapevine, Texas)

Concordia - Ashley Thompson (Sr. Oakdale, Minn. / Tartan)

Gustavus - Tess Olinger (Fy., Decorah, Iowa)

Hamline - Abby Cyr (Sr., Pierz, Minn.)

Macalester - Sarah Jonathan (Sr., Gulliford, Conn.)

Saint Benedict - Alicia Evenson (Sr., Gibbon, Minn. / Minnesota Valley Lutheran)

St. Catherine - Megan Thoemke (So., White Bear Lake, Minn. / Mahtomedi)

Saint Mary's - Clare Siska (Sr., Rochester, Minn. / Mayo)

St. Olaf - Morghen Philippi (Sr., Dubuque, Iowa / Hempstead)

St. Thomas - Grace Forciea (Sr., Minneapolis, Minn. / Holy Angels)

Distance Medley Relay

1. St. Olaf, 12:39.28
(Abbey Schnaith, Hayli Marquette, Suzie Hoops, Piper Bain)

Triple Jump

1. Carolyn Saulsberry, Hamline, 36-5.5
2. Anna Wagner, Saint Benedict, 35-10.5
3. Emma Peterson, Concordia, 35-8

Pole Vault

1. London Stelten, Saint Benedict, 10-11.75
2. Maria Missurelli, Saint Mary's, 10-11.75
3. Piper Murray, Saint Benedict, 10-4

Shot Put

1. Sarah Swanson, Gustavus, 43-10.5
2. Olivia Johnson, Concordia, 42-6.25
3. Mandy Mercil, Concordia, 41-1.75

4x200-meter relay

1. St. Thomas, 1:45.83
(Megan Maki, Katie Murray, Katelyn Marciniak, Hanna Gribble)

600-meter run

1. Hannah Helstad, St. Thomas, 1:36.69
2. Aimee Junget, St. Thomas, 1:36.95
3. Kayla Janto, St. Thomas, 1:37.04

1,000-meter run

1. Emily Gapinski, St. Thomas, 2:51.48
2. Allison Kosobud, Saint Benedict, 2:59.41
3. Megan Terukina, St. Thomas, 3:00.04

200-meter dash

1. Hannah Lundstrom, Concordia, 25.96
2. Hannah Sonsalla, Macalester, 26.34
3. AddieKay Johnson, Bethel, 26.39

3,000-meter run

1. Ruth Steinke, Carleton, 9:51.19
2. Mollie Gillberg, Bethel, 10:06.04
3. Marit Sonnesyn, Gustavus, 10:09.76

4x400-meter relay

1. St. Olaf, 4:01.15
(Abby Stets, Jena Moody, Suzie Hoops, Madison VanWylen)

