

MIAC recognizes top Indoor Women's Track and Field performances

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Photos courtesy of Geoffrey Mo (Carleton College), Nathan Lodermeier and the University of St. Thomas.

BLOOMINGTON, Minn. – Records were falling left and right at the 2017 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Indoor Track and Field Championships and, Thursday, the conference recognized the top record-breaking student-athletes with the announcement of the 2017 MIAC Women's Indoor Track and Field Awards.

Carleton's Alexa Feeney was named the Outstanding Track Athlete, Concordia's Emma Peterson jumped her way to Outstanding Field Athlete honors, Saint Benedict's London Stelten received the Outstanding Performance-of-the-Meet award for her win in the pole vault, and St. Thomas' Joe Sweeney was voted Women's Indoor Coach-of-the-Year by his peer for his role in the Tommies' 18th-straight conference championship. The conference also recognized the All-Conference and All-MIAC Sportsmanship Teams.

Feeney had an outstanding showing at the MIAC Indoor Championships with a pair of individual conference titles and one meet record under her belt. The Knights' junior set a new meet record with her winning time of 56.80 seconds in the 400-meter dash, a time that ranks No. 6 nationally this season. She added a win in the 200-meter dash with a time of 25.44, the 15th-fastest time in Division III in 2017. Feeney also added a trio of All-MIAC Honorable Mention honors in the relays, as she helped Carleton finish second in the 4x200 (1:46.06), fifth in the Distance Medley Relay (12:46.35) and sixth in the 4x400 (4:09.58).

Peterson was a unanimous pick for Outstanding Field Athlete after two wins and two MIAC Championship and overall records in the jumping events. The Cobber senior claimed her second-straight indoor high jump title by clearing the bar 5-07.75 feet (1.72 meters) with is a new meet record and the fourth-best effort in the nation this season. She went two-for-two in both wins and records when she set a new MIAC meet record with her first-place finish in the triple jump. Peterson recorded a distance of 38-9.75 feet (11.83 meters), a mark that ranks No. 6 in the nation this season.

Stelten's effort in the pole vault was recognized as the top performance in an individual event, as she successfully defended her MIAC indoor title and won by more than a foot, setting a new meet and overall MIAC record in the process. The Saint Benedict senior cleared the bar at 12-6.75 feet, or 3.83 meters, to win the championship and set a new conference record, and her height also registered as the No. 5 mark in all of Division III this season. This was Stelten's fourth career MIAC pole vault title – two outdoor and now two indoor.

Sweeney was voted Coach-of-the-Year by his peers for his work leading the Tommies to the MIAC title on their home track. The championship was No. 18 in a row for UST and No. 30 overall, as St. Thomas has won the title in all but three years in the 33-year history of the Indoor Championships. In 2017, Sweeney's squad scored 195.5 total points to win by a convincing margin of more than 94 points with five individual MIAC titles, two relay championships and 18 total All-Conference performances. Now in his 37th season leading St. Thomas, this is Sweeney's second Indoor Coach-of-the-Year honor in the last four years, and he has numerous MIAC coaching awards in indoor and outdoor track, as well as cross country.

In addition to the top individual award-winners, the MIAC also recognized the 2017 Women's Indoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2017 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 2017 MIAC Indoor Track and Field Championships online. The [event home page](#) has complete results, recaps and photo galleries from an exciting weekend.



2017 MIAC WOMEN'S INDOOR TRACK AND FIELD AWARDS

2017 Individual Awards

Outstanding Track Athlete

Alexa Feeney, Carleton (Jr., St. Charles, Ill./North)

Outstanding Field Athlete

Emma Peterson, Concordia (Sr., Benson, Minn.)

Outstanding Performance-of-the-Meet

London Stelten, Saint Benedict, Pole Vault (Sr., Cologne, Minn./Chanhassen)

Coach-of-the-Year

Joe Sweeney, St. Thomas (37th Season)

2017 All-Conference Team

Pentathlon

1. Jenna Degen, Saint Benedict, 3,330
2. Laura Eischens, St. Thomas, 3,230
3. Mikayla Forness, Concordia, 2,993

Triple Jump

1. Emma Peterson, Concordia, 11.83m, M
2. Damali Britton, Carleton, 11.29m
3. Megan Sundstrom, Saint Benedict, 11.11m

Weight Throw

1. Olivia Graham, St. Thomas, 15.25m
2. Mandy Mercil, Concordia, 15.13m
3. Allison Mellin, St. Thomas, 15.05m

Pole Vault

1. London Stelten, Saint Benedict, 12-06.75 (3.23m), M, x2
2. Jalia Anderson, St. Thomas, 11-05 (3.48m)
3. Kendall Novak, St. Thomas, 11-01 (3.38m)

5,000-meter run

1. Alex Fossum, St. Thomas, 17:17.12
2. Mary Naas, St. Olaf, 17:21.54
3. Kimber Meyer, Macalester, 17:24.14

Mile run

1. Annika Halverson, Bethel, 5:03.95
2. Jenny Walz, St. Thomas, 5:10.32
3. Sara Ness, St. Thomas, 5:15.08

60-meter hurdles

1. Gabrielle Brown, Hamline, 9.01
2. Shakeela Wells-Johnson, St. Catherine, 9.02
3. Brielle Bierman, St. Thomas, 9.10

400-meter dash

1. Alexa Feeney, Carleton, 56.80, M
2. Delia Labatt, Bethel, 57.46
3. Abby Stets, St. Olaf, 58.20

800-meter run

1. Kayla Janto, St. Thomas, 2:16.45
2. Allison Kosobud, Saint Benedict, 2:16.66
3. Meg Mathison, Carleton, 2:17.68

60-meter dash

1. Shakeela Wells-Johnson, St. Catherine, 7.85
2. Briana Berninghaus, Hamline, 7.87
3. Jillian Krier, Bethel, 7.93

2017 All-MIAC Sportsmanship Team

Augsburg - Nikaylah Woody (Jr., St. Paul, Minn./Johnson)
Bethel - AddieKay Johnson (So., Detroit Lakes, Minn.)
Carleton - Emma Grisanzio (Sr., Carol Stream, Ill./Wheaton North)
Concordia - Isabelle Andriessen (Fy., Mechelen, Netherlands/Sophianum)
Gustavus - Mikaela Algren (Sr., Prior Lake, Minn./New Prague)
Hamline - Mikayla Hensch (Sr., North Branch, Minn.)
Macalester - Eliza Ramsey (Sr., Olympia, Wash./Capital)
Saint Benedict - Megan Sundstrom (Jr., Proctor, Minn.)
St. Catherine - Sam Witmer (So., Troutdale, Ore./Reynolds)
Saint Mary's - Natalie King (Jr., Houston, Minn.)
St. Olaf - Susan Hoops (Sr., Zionsville, Ill.)
St. Thomas - Ellie Henkemeyer (Sr., Sauk Rapids, Minn./Sauk Rapids-Rice)

Distance Medley Relay

1. St. Thomas, 12:35.97
(Bridget Schmitt, Brielle Bierman, Morgan Dammann, Megan Gossfeld)

High Jump

1. Emma Peterson, Concordia, 5-07.75 (1.72m), M, x2
2. Grace Bordson, St. Thomas, 5-03.25 (1.61m)
3. Suntina Spehar, Saint Benedict, 5-01.25 (1.56m)

Shot Put

1. Mandy Mercil, Concordia, 41-10.75 (12.77m)
2. Gabby Koel, Hamline, 39-06.50 (12.05m)
3. Sarah Gigstad, Saint Benedict, 38-09.75 (11.83m)

Long Jump

1. Becca Dup, Saint Mary's, 17-09.75 (5.43m)
2. Tori Thompson, St. Catherine, 17-08.75 (5.40m)
3. Laura Eischens, St. Thomas, 17-04.75 (5.30m)

4x200-meter relay

1. St. Thomas, 1:45.50
(Steph Kretlow, Brielle Bierman, Katelyn Marciniak, Katie Murray)

600-meter run

1. Kayla Janto, St. Thomas, 1:36.45
2. Carly Barton, St. Thomas, 1:38.39
3. Sara Wegner, Bethel, 1:38.57

1,000-meter run

1. Allison Kosobud, Saint Benedict, 2:57.78
2. Annika Halverson, Bethel, 2:59.26
3. Ali Glassbrenner, St. Thomas, 2:59.80

200-meter dash

1. Alexa Feeney, Carleton, 25.44
2. Hannah Sonsalla, Macalester, 25.66
3. Delia Labatt, Bethel, 25.78

3,000-meter run

1. Alex Fossum, St. Thomas, 10:05.16
2. Kimber Meyer, Macalester, 10:05.46
3. Mary Naas, St. Olaf, 10:07.12

4x400-meter relay

1. Macalester, 4:01.13
(Victoria Casarrubias, Phoebe Aguiar, Anik Regan, Hannah Sonsalla)

