

MIAC recognizes top 2019 Women's Indoor Track and Field performances

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BLOOMINGTON, Minn. – The Minnesota Intercollegiate Athletic Conference (MIAC) wrapped up its 2019 Indoor Track and Field season last weekend and put the finishing touches on another tremendous season and record-breaking conference meet with the announcement of its annual Women's Indoor Track and Field awards on Thursday.

Macalester senior **Phoebe Aguiar** ran away with the Outstanding Track Athlete and Performance of the Meet awards, while St. Thomas first-year thrower **Megan Gehrke** was selected the conference's Outstanding Field Athlete. Hamline coach **Shawn Johnson-Hipp** was recognized by her peers as the Women's Indoor Track and Field Coach of the Year.

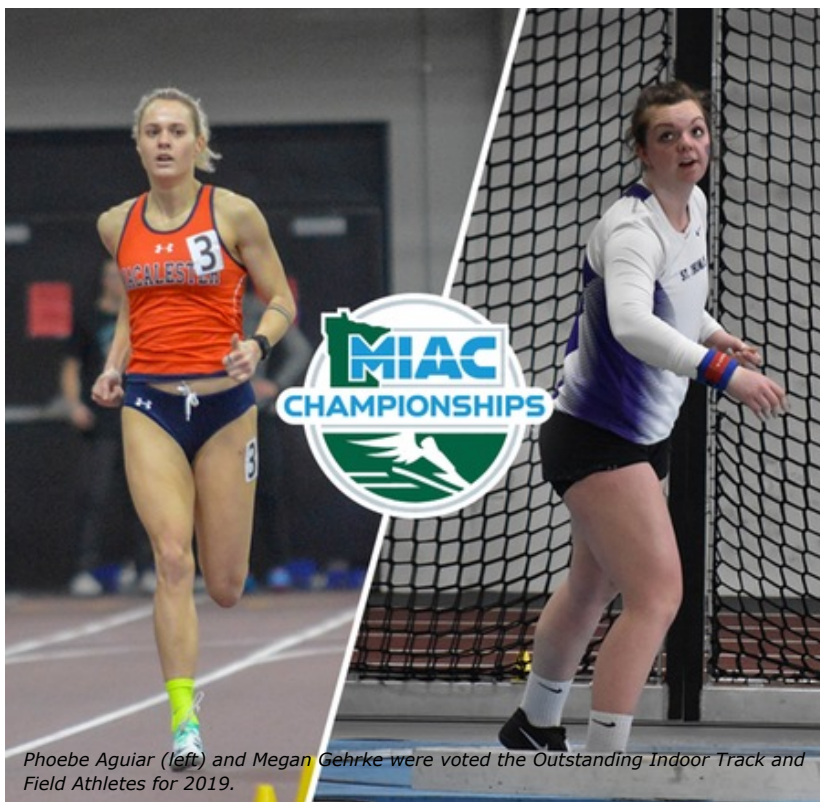
There was no doubt in any of the coaches' minds as to which competitor was most deserving of Outstanding Track Athlete honors, as Aguiar (Sr. | Prairie Village, Kan. | Shawnee Mission East) was a unanimous selection to win the award. The Macalester senior was also a shoo-in for Performance of the Meet with her record-breaking victories in the 600-meter run and 800-meter run finishing first and second in the balloting, respectively. Aguiar blazed her way to a MIAC record in the 600 meters with a time of 1:31.68, breaking Megan Daymont's 16-year-old meet and MIAC mark of 1:33.98, set in 2003. Aguiar also broke the meet record in the 800 meters with a time of 2:12.67 last Friday.

Gehrke (Fy. | Faribault, Minn.) was named Outstanding Field Athlete after picking up two All-Conference honors in her MIAC Championship debut. The first-year thrower won the conference title in the shot put with a throw of 13.38 meters in finals and ended up third in the weight throw with a finals distance of 15.03 meters. Gehrke is the first Tommie to win Outstanding Field Athlete honors at the MIAC Women's Indoor Championships since Carol Comp - who competed in the same events - in 2008.

Johnson-Hipp was recognized as the Women's Indoor Track and Field Coach of the Year after guiding the Pipers to a program-record 113.5 points and a second-place finish at the 2019 Championships. Hamline landed nine performers on the Women's All-Conference squad this year, with three individual conference championships.

In addition to the top individual award-winners, the MIAC recognized the 2019 Women's Indoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2019 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 2019 MIAC Indoor Track and Field Championships online. The [event homepage](#) has complete results, recaps and photo galleries from an exciting weekend.



Phoebe Aguiar (left) and Megan Gehrke were voted the Outstanding Indoor Track and Field Athletes for 2019.

2019 MIAC WOMEN'S INDOOR TRACK AND FIELD AWARDS

Outstanding Track Athlete: Phoebe Aguiar | Sr. | Macalester (Prairie Village, Kan. | Shawnee Mission East)

Outstanding Field Athlete: Megan Gehrke | Fy. | St. Thomas (Faribault, Minn.)

Outstanding Performance of the Meet: Phoebe Aguiar | Sr. | Macalester | 600-Meter Run (Prairie Village, Kan. | Shawnee Mission East)

Coach of the Year: Shawn Johnson-Hipp | Hamline (25th season)

2019 MIAC Women's Indoor Track and Field All-Sportsmanship Team

Name	Institution	Class	Hometown High School
Kenna Bannister	Augsburg	Jr.	Lakefield, Minn. Jackson Country Central
AddieKay Johnson	Bethel	Sr.	Detroit Lakes, Minn.
Elsa Sandeno	Carleton	Sr.	Bellingham, Wash. Sehome
Shelby Gelinske	Concordia	Sr.	Oakes, N.D.
Sarah Anderson	Gustavus	Jr.	Roseville, Minn. Irondale
Jordan Walls	Hamline	Sr.	Lakeville, Minn. Farmington
Holly Ellingson	Macalester	Sr.	Boise, Idaho Mountain View
Claire Baker	Saint Benedict	Sr.	Maple Grove, Minn. Totino-Grace
Johna Radke	St. Catherine	Sr.	Muskego, Wis.

Kynzie Smedsrud	Saint Mary's	Sr.	Luverne, Minn.
Megan Grimes	St. Olaf	Sr.	Park Rapids, Minn.
Christine Rohlf	St. Thomas	Sr.	Davenport, Iowa Assumption

2019 MIAC Women's Track and Field All-Conference Team

Pentathlon

Place	Name	Institution	Class	Score
1.	Mackenzie Schoustra	St. Olaf	Jr.	3,425
2.	Jenna Degen	Saint Benedict	Sr.	3,326
3.	Tonya Piergies	Carleton	Sr.	2,975

Triple Jump

Place	Name	Institution	Class	Distance
1.	Elsie Lundquist	St. Catherine	So.	11.21m
2.	Grace Perrenoud	Bethel	Fy.	10.88m
3.	Abigail Van Goethe	Hamline	Jr.	10.84m

Weight Throw

Place	Name	Institution	Class	Distance
1.	Nyjah Willis	Hamline	So.	15.75m
2.	Katie Keelin	Gustavus	Jr.	15.16m
3.	Megan Gehrke	St. Thomas	Fy.	15.03m

Pole Vault

Place	Name	Institution	Class	Distance
1.	Kendall Novak	St. Thomas	Sr.	3.57m
2.	Mariah Terhaar	St. Thomas	Jr.	3.47m
3.	Jordan Sifferle	St. Thomas	Jr.	3.27m

5,000-Meter Run

Place	Name	Institution	Class	Time
1.	Morgan Pierce	Saint Benedict	Sr.	17:57.89
2.	Emma Greenlee	Carleton	So.	18:01.98
3.	Sam Schnirring	Carleton	Sr.	18:04.87

Mile Run

Place	Name	Institution	Class	Time
1.	Tierney Winter	Gustavus	Jr.	5:11.69
2.	Helen Schuda	Carleton	Jr.	5:15.07
3.	Riley McMahon	St. Catherine	So.	5:15.51

60-Meter Hurdles

Place	Name	Institution	Class	Time
1.	Gabrielle Brown	Hamline	Sr.	8.89
2.	Chelsea Smith	Saint Benedict	So.	9.28
3.	Claire Chell	St. Thomas	Fy.	9.34

400-Meter Dash

Place	Name	Institution	Class	Time
1.	Delia Labatt	Bethel	Jr.	58.05

Distance Medley Relay

Place	Name	Institution	Time
1.	Josie Blake Sara Moen Abigail Schnabel Tierney Winter	Gustavus	12:34.69

High Jump

Place	Name	Institution	Class	Distance
1.	Grace Bordson	St. Thomas	Sr.	1.70m
2.	Rachel Ohde	Saint Mary's	So.	1.65m
3.	Elsie Lundquist	St. Catherine	So.	1.1.65m

Shot Put

Place	Name	Institution	Class	Distance
1.	Megan Gehrke	St. Thomas	Fy.	13.38m
2.	Cayle Hovland	Concordia	Fy.	12.95m
3.	Jacey Scholsser	Concordia	Fy.	12.73m

Long Jump

Place	Name	Institution	Class	Distance
1.	Steph Kretlow	St. Thomas	Jr.	5.72m
2.	Jailyn Robinson	Hamline	Fy.	5.55m
3.	Tori Thompson	St. Catherine	Sr.	5.41m

60-Meter Dash

Place	Name	Institution	Class	Time
1.	Jada Lewis	Augsburg	So.	7.80
2.	Briana Berninghaus	Hamline	Jr.	7.84
3.	Jailyn Robinson	Hamline	Fy.	7.89

600-Meter Run

Place	Name	Institution	Class	Time
1.	Phoebe Aguiar	Macalester	Sr.	1:31.68#
2.	Johanna Glaaser	St. Olaf	Jr.	1:35.40
3.	Mallory Adamson	St. Thomas	Sr.	1:36.10

1,000-Meter Run

Place	Name	Institution	Class	Time
1.	Josie Herrmann	Concordia	So.	3:01.85
2.	Helen Dolan	Hamline	So.	3:02.00
3.	Abigail Schnabel	Gustavus	Sr.	3:02.19

200-Meter Dash

Place	Name	Institution	Class	Time
1.	Briana Berninghaus	Hamline	Jr.	25.51

2.	Johanna Glaaser	St. Olaf	Jr.	58.06
3.	Hannah Sankey	Bethel	So.	58.41

800-Meter Run

Place	Name	Institution	Class	Time
1.	Phoebe Aguiar	Macalester	Sr.	2:12.67#
2.	Josie Herrmann	Concordia	So.	2:17.60
3.	Helen Dolan	Hamline	So.	2:18.78

4x200-Meter Relay

Place	Name	Institution	Time
1.	Claire Chell Katelyn Marciniak Matilda McFerson Anna Smith	St. Thomas	1:43.18

2.	Matilda McFerson	St. Thomas	Jr.	25.85
3.	Claire Chell	St. Thomas	Fy.	26.03

3,000-meter Run

Place	Name	Institution	Class	Time
1.	Amanda Mosborg	Carleton	So.	10:19.25
2.	Martha Hubell	St. Thomas	Jr.	10:27.30
3.	Sara Ness	St. Thomas	Jr.	10:27.66

4x400-Meter Relay

Place	Name	Institution	Time
1.	Hannah Sankey Delia Labatt Corin McKinstrey AddieKay Johnson	Bethel	3:56.50#