

MIAC recognizes top 2022 Women's Indoor Track & Field performances

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BLOOMINGTON, Minn. – The Minnesota Intercollegiate Athletic Conference (MIAC) put the finishing touches on another record-breaking Indoor Track & Field Championship meet with the announcement of its annual Women's Indoor Track & Field awards on Thursday.

The top three finishers in each individual event along with 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 distinction. MIAC track & field coaches also selected individual award recipients for Outstanding Track Athlete, Outstanding Field Athlete, Outstanding Performance of the Meet, and Coach of the Year.

| [2022 MIAC Women's Indoor Track & Field All-Conference Honorees and Award Winners](#) |



Saint Benedict sophomore **Fiona Smith** was selected as the Outstanding Track Athlete while Hamline senior **Jenneel Rodney** received Outstanding Field Athlete, and Bethel junior **Kelsie Sealock** earned Outstanding Performance of the Meet honors. Bethel head coach **Andrew Rock** was celebrated by his peers as the MIAC Coach of the Year for Women's Indoor Track & Field.

Smith (So. | Dhahran, Saudi Arabia) won a pair of MIAC championships in the distance races last weekend, claiming the conference title with a 20-second margin of victory in the 5000-meter run before shattering the 35-year-old MIAC meet record in the 3,000-meter run. Smith clocked in at 17:20.20 in the 5K and won the 3K in 9:34.60 - good for the third-fastest time in NCAA Division III this season. Smith is the first CSB competitor to receive individual MIAC indoor track & field honors since London Stelten was recognized for the Outstanding Performance of the Meet in the pole vault in 2017.

Rodney (Sr. | Mountain Lake, Minn.) received Outstanding Field Athlete honors after winning the weight throw with a distance of 17.49 meters (57-04.75) last weekend. The throw ranks eighth in NCAA Division III this season and won the conference title by nearly four feet. Rodney is the first Piper to win Outstanding Field Athlete honors following the indoor meet since Becky Culp in 2013.

Sealock (Jr. | Plymouth, Minn. | Osseo) clocked the nation's top time in the 55-meter hurdles last weekend with a program, MIAC, and facility record of 7.96. That time is also the fifth-fastest in the event in NCAA Division III history. This is the second indoor championship meet in a row that Bethel has come away with the Performance of the Meet honor, as the Royals' 4x400-meter relay squad won the prize in 2020.

Rock was named MIAC Women's Indoor Track & Field Coach of the Year for the second time in his career after guiding the Royals to their first indoor conference title in program history. BU came away with ten All-Conference honors and five MIAC individual or relay championships in 2022. Rock had also previously been named MIAC Men's Coach of the Year in 2017.

In addition to the top individual award winners, conference coaches also recognized the 2022 Women's Indoor Track & Field All-MIAC Sportsmanship team, as well as the 2022 All-Conference individuals and relay teams. Complete results and recaps of the 2022 MIAC Indoor Track & Field Championships can be found on the [event homepage](#).

2022 MIAC WOMEN'S INDOOR TRACK & FIELD AWARDS

Outstanding Track Athlete: Fiona Smith, Saint Benedict (So. | Dhahran, Saudi Arabia)

Outstanding Field Athlete: Jenneel Rodney, Hamline (Sr. | Mountain Lake, Minn.)

Outstanding Performance of the Meet: Kelsie Sealock, Bethel (55-meter Hurdles)

Coach of the Year: Andrew Rock, Bethel (10th season)

2022 MIAC Women's Indoor Track & Field All-Sportsmanship Team

Name	Institution	Class	Hometown High School
Mya Bishop	Augsburg	So.	St. Paul, Minn. Highland
Britta Nordberg	Bethel	Jr.	Big Lake, Minn.
Marte Borgmann	Carleton	Jr.	Seattle, Wash. Garfield
Rachel Friberg	Concordia	Sr.	Lake Shore, Minn. Pequot Lakes
Emilia Helms-Leslie	Gustavus	Sr.	Fairbanks, Alaska Proctor Academy

Aoife Zamacona	Hamline	Sr.	St. Paul, Minn. North
Sylvia Greene	Macalester	So.	Madison, Wis. Memorial
Nora Doyle	Saint Benedict	Sr.	Chicago, Ill. Marist
Bryana Leverentz	St. Catherine	Sr.	Andover, Minn.
Sydney Klausler	Saint Mary's	Sr.	Lakeville, Minn. South
Rebekah Salfer	St. Olaf	Jr.	Elmwood Park, Wis. Shoreland Lutheran
McKenzie Williams	St. Scholastica	So.	Blaine, Minn.

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