

2023-24 MIAC Women’s Track & Field Regional and National Awards

2024 USTFCCCA Women's North Region Outdoor Track Athlete of the Year

Name	Institution	Class	Previous Selections
Fiona Smith	Saint Benedict	Sr.	2023

2024 USTFCCCA Women's North Region Indoor Track Athlete of the Year

Name	Institution	Class	Previous Selections
Fiona Smith	Saint Benedict	Sr.	--

2024 USTFCCCA Women's North Region Outdoor Coach of the Year

Name	Institution	Previous Selections
Andrew Rock	Bethel	--

2024 USTFCCCA Women's Outdoor All-America

Name	Institution	Class	Event	Team	Previous Honors
Kelsie Sealock	Bethel	Sr.	100-Meter Hurdles	First Team	2021 2022 2023
Kelsie Sealock	Bethel	Sr.	400-Meter Hurdles	First Team	--
Fiona Smith	Saint Benedict	Sr.	5000 Meters	First Team	2021 2022 2023
Fiona Smith	Saint Benedict	Sr.	10000 Meters	First Team	2022 2023
Lily Beneke	St. Scholastica	Jr.	Hammer	First Team	2023
Annessa Ihde	Bethel	Sr.	800 Meters	Second Team	--
Helen Cross	Carleton	Sr.	1500 Meters	Second Team	--
Kate Carlson	Gustavus	Jr.	100 Meters	Second Team	--
Megan Geraets	Gustavus	Jr.	200 Meters	Second Team	--
Megan Geraets	Gustavus	Jr.	Long Jump	Second Team	--
Molly Meyers	Hamline	Sr.	Shot Put	Second Team	--

2024 USTFCCCA Women's Indoor All-America

Name	Institution	Class	Event	Team	Previous Honors
Hailey Gregg	Bethel	Jr.	4x400 Relay	First Team	--
Annessa Ihde	Bethel	Sr.	800 Meters	First Team	--
Kelsie Sealock	Bethel	Sr.	60-Meter Hurdles	First Team	2023
Kelsie Sealock	Bethel	Sr.	4x400 Relay	First Team	2023
Shalom Sulungaine	Bethel	Fy.	4x400 Relay	First Team	--
Abbie Swenson	Bethel		4x400 Relay	First Team	--
Megan Geraets	Gustavus	Jr.	200 Meters	First Team	--
Fiona Smith	Saint Benedict	Sr.	3000 Meters	First Team	2023

Fiona Smith	Saint Benedict	Sr.	5000 Meters	First Team	2023
AnnaGrace Nelson	Bethel	Sr.	Pentathlon	Second Team	--
Helen Cross	Carleton	Sr.	3000 Meters	Second Team	--
Phoebe Ward	Carleton	Jr.	5000 Meters	Second Team	--
Kate Carlson	Gustavus	Jr.	200 Meters	Second Team	--
Megan Geraets	Gustavus	Jr.	Long Jump	Second Team	--
Molly Meyers	Hamline	Sr.	Shot Put	Second Team	--
Lily Beneke	St. Scholastica	Jr.	Weight Throw	Second Team	--

2024 USTFCCCA Women's Outdoor All-North Region

Name	Institution	Class	Event	Previous Honors
Jireh Babalola	Bethel	Sr.	100 Meters	--
Annessa Ihde	Bethel	Sr.	800 Meters	--
Annessa Ihde	Bethel	Sr.	1500 Meters	--
Annessa Ihde	Bethel	Sr.	4x400 Relay	2023
Kelsie Sealock	Bethel	Sr.	100-Meter Hurdles	2021 2022 2023
Kelsie Sealock	Bethel	Sr.	400-Meter Hurdles	--
Kelsie Sealock	Bethel	Sr.	4x400 Relay	2021 2022 2023
Shalom Sulungaine	Bethel	Fy.	4x400 Relay	--
Abbie Swenson	Bethel		4x400 Relay	--
Mary Blanchard	Carleton	Jr.	800 Meters	--
Mary Blanchard	Carleton	Jr.	1500 Meters	--
Helen Cross	Carleton	Sr.	1500 Meters	--
Helen Cross	Carleton	Sr.	5000 Meters	--
Sophie McManus	Carleton	Jr.	Steeplechase	--
Hannah Preisser	Carleton	Jr.	10000 Meters	2023
Genevieve Gruba	Concordia	Fy.	Javelin	--
Kate Carlson	Gustavus	Jr.	100 Meters	--
Kate Carlson	Gustavus	Jr.	200 Meters	--
Megan Geraets	Gustavus	Jr.	200 Meters	2023
Megan Geraets	Gustavus	Jr.	400 Meters	2023
Megan Geraets	Gustavus	Jr.	Long Jump	--
Madi Kes	Gustavus	Sr.	Triple Jump	2021 2023
Molly Meyers	Hamline	Sr.	Shot Put	--
Fiona Smith	Saint Benedict	Sr.	1500 Meters	2021 2022 2023
Fiona Smith	Saint Benedict	Sr.	5000 Meters	2021 2022 2023

Fiona Smith	Saint Benedict	Sr.	10000 Meters	2022 2023
Alison Bode	St. Olaf	Jr.	10000 Meters	2023
Lily Beneke	St. Scholastica	Jr.	Hammer	2022 2023

2024 USTFCCCA Women's Indoor All-North Region

Name	Institution	Class	Event	Previous Selections
Allison Hookom	Augsburg	So.	400 Meters	2023
Hailey Gregg	Bethel	Jr.	4x400 Relay	2023
Ellie Hernes	Bethel	So.	Triple Jump	--
Annessa Ihde	Bethel	Sr.	800 Meters	2021 2023
AnnaGrace Nelson	Bethel	Sr.	High Jump	--
AnnaGrace Nelson	Bethel	Sr.	Pentathlon	--
Kelsie Sealock	Bethel	Sr.	60-Meter Hurdles	2020 2021 2022 2023
Kelsie Sealock	Bethel	Sr.	4x400 Relay	2021 2022 2023
Shalom Sulungaine	Bethel	Fy.	4x400 Relay	--
Abbie Swenson	Bethel		4x400 Relay	--
Mary Blanchard	Carleton	Jr.	800 Meters	--
Helen Cross	Carleton	Sr.	3000 Meters	2023
Sophie McManus	Carleton	Jr.	5000 Meters	--
Phoebe Ward	Carleton	Jr.	3000 Meters	--
Phoebe Ward	Carleton	Jr.	5000 Meters	--
Kate Carlson	Gustavus	Jr.	60 Meters	--
Kate Carlson	Gustavus	Jr.	200 Meters	--
Megan Geraets	Gustavus	Jr.	200 Meters	--
Megan Geraets	Gustavus	Jr.	400 Meters	2022 2023
Megan Geraets	Gustavus	Jr.	Long Jump	--
Madi Kes	Gustavus	Sr.	Triple Jump	--
Ally Rakow	Gustavus	Sr.	High Jump	--
Molly Meyers	Hamline	Sr.	Shot Put	--
Diarra Chatham	Macalester	Fy.	60 Meters	--
Fiona Smith	Saint Benedict	Sr.	Mile	2021 2022 2023
Fiona Smith	Saint Benedict	Sr.	3000 Meters	2021 2022 2023
Fiona Smith	Saint Benedict	Sr.	5000 Meters	2021 2022 2023

2023-24 USTFCCCA National Athlete of the Week

Name	Institution	Class	Hometown High School	Date
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2023-12-05
Kelsie Sealock	Bethel	Sr.	Plymouth, Minn. Wayzata	2024-02-06
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2024-04-02
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2024-04-29

2024 USTFCCA Women's Indoor Track & Field National Scholar-Athlete of the Year

Name	Institution	Class	Previous Selections
Fiona Smith	Saint Benedict	Sr.	2023

2023-24 CSC Academic All-America Team Member of the Year Women's Cross Country/Track & Field

Name	Institution	Class	Previous Selections
Fiona Smith	Saint Benedict	Sr.	--

2023-24 CSC Academic All-America Women's Cross Country/Track & Field

Name	Institution	Class	Team	Previous Selections
Fiona Smith	Saint Benedict	Sr.	First Team	2022 (2T) 2023 (1T)

2023-24 CSC Academic All-District Women's Cross Country/Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
Allison Hookom	Augsburg	So.	Andover, Minn. Anoka	--
Mary Blanchard	Carleton	Sr.	Grinnell, Iowa	2023
Neenah Bosman	Carleton	Sr.	Hugo, Minn. White Bear Lake	--
Helen Cross	Carleton	Sr.	Nederland, Colo.	2023
Sophie McManus	Carleton	Jr.	McCall, Idaho McCall-Donnelly	2023
Hannah Preisser	Carleton	So.	Chapel Hill, N.C. Carrboro	--
Drew Frolek	Concordia	Jr.	Lidgerwood, N.D.	2023
Maddie Guler	Concordia	Sr.	Pelican Rapids, Minn.	2023
Jenna Kalevik	Concordia	Jr.	Otsego, Minn. Rogers	--
Emily Rengo	Concordia	So.	Esko, Minn.	--
Meg Shercliffe	Concordia	Sr.	Alexandria, Minn.	--
Kelley Brennan	Gustavus	Jr.	Shakopee, Minn.	--
Kate Carlson	Gustavus	Jr.	Inver Grove Heights, Minn. Simley	--
Megan Geraets	Gustavus	Jr.	Mankato, Minn. East	2023
Madi Kes	Gustavus	Sr.	Jordan, Minn.	--

Danielle Miller	Gustavus	Sr.	Waconia, Minn.	2023
Molly Meyers	Hamline	So.	Marshfield, Wis.	--
Sarah Beth Hobby	Macalester	Sr.	South Pittsburg, Tenn. St. Andrew's-Sewanee School	2023
Penelope Hunter	Macalester	Sr.	Granville, Ohio	--
Jaylyn Ahlberg	Saint Benedict	So.	Shoreview, Minn. Mounds View	--
Kate Gallagher	Saint Benedict	Sr.	Fargo, N.D.	2023
Ellie Selisker	Saint Benedict	Sr.	Baxter, Minn. Brainerd	--
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2022 2023
Sophie Abernethy	St. Olaf	Jr.	Arvada, Colo. Standley Lake	--
Alison Bode	St. Olaf	Jr.	Minneapolis, Minn. Southwest	2023
Grace Moeller	St. Olaf	So.	Lake Crystal, Minn. Wellcome Memorial	--
Lauren Walda	St. Olaf	So.	Fort Wayne, Ind. South Side	--
Isabel Wyatt	St. Olaf	So.	Minneapolis, Minn. Southwest	--
Lily Beneke	St. Scholastica	Sr.	Green Isle, Minn. Sibley East	--
Allison Hendrickson	St. Scholastica	Gr.	Becker, Minn.	--

2023-24 USTFCCA All-Academic Women's Track & Field

Name	Institution	Class	Hometown High School	Previous Selections
Allison Hookom	Augsburg	So.	Andover, Minn. Anoka	--
Hailey Gregg	Bethel	Jr.	Colorado Springs, Colo. Air Academy	2023
Ellie Hernes	Bethel	So.	Fairmont, Minn.	2023
Annessa Ihde	Bethel	Sr.	Appleton, Wis. North	2021 2022 2023
AnnaGrace Nelson	Bethel	Sr.	Cambridge, Minn. Cambridge-Isanti	--
Emily Pearson	Bethel	Fy.	New Ulm, Minn.	--
Kelsie Sealock	Bethel	Gr.	Plymouth, Minn. Osseo	2020 2021 2022 2023
Shalom Sulungaine	Bethel	Fy.	Blaine, Minn.	--
Abbie Swenson	Bethel	Sr.	Woodbury, Minn. New Life Academy	--
Mary Blanchard	Carleton	Sr.	Grinnell, Iowa	2023
Helen Cross	Carleton	Sr.	Nederland, Colo.	2023
Sophie McManus	Carleton	Jr.	McCall, Idaho McCall-Donnelly	2023

Hannah Preisser	Carleton	So.	Chapel Hill, N.C. Carrboro	2023
Phoebe Ward	Carleton	Sr.	Dobbs Ferry, N.Y.	--
Genevieve Gruba	Concordia	Fy.	Enderlin, N.D.	--
Jenna Kalevik	Concordia	Jr.	Otsego, Minn. Rogers	--
Peyton Selle	Concordia	Sr.	Dickinson, N.D.	2021 2022 2023
Kelley Brennan	Gustavus	Jr.	Shakopee, Minn.	--
Kate Carlson	Gustavus	Jr.	Inver Grove Heights, Minn. Simley	2023
Megan Geraets	Gustavus	Jr.	Mankato, Minn. East	2023
Sydney Hauger	Gustavus	Sr.	Springfield, Minn.	--
Madi Kes	Gustavus	Sr.	Jordan, Minn.	2021 2022 2023
McKenzie Luetmer	Gustavus	Fy.	Glenwood, Minn. Minnewaska	--
Ally Rakow	Gustavus	Sr.	Bloomington, Minn. Jefferson	--
Jade Hunt	Hamline	Jr.	St. Paul, Minn. Tartan	--
Molly Meyers	Hamline	So.	Marshfield, Wis.	--
Diarra Chatham	Macalester	Fy.	Woodbury, Minn. East Ridge	--
Sarah Beth Hobby	Macalester	Sr.	South Pittsburg, Tenn. St. Andrew's-Sewanee School	2023
Jaylyn Ahlberg	Saint Benedict	So.	Shoreview, Minn. Mounds View	--
Lauren Berg	Saint Benedict	So.	Bemidji, Minn.	2023
Justus Floren	Saint Benedict	Jr.	Sauk Rapids, Minn. Sauk Rapids-Rice	2023
Ellie Selisker	Saint Benedict	Sr.	Baxter, Minn. Brainerd	--
Fiona Smith	Saint Benedict	Sr.	Dhahran, Saudi Arabia	2021 2022 2023
Samantha Kubes	Saint Mary's	Sr.	New Prague, Minn.	2023
Alison Bode	St. Olaf	Jr.	Minneapolis, Minn. Southwest	2022 2023
Isabel Wyatt	St. Olaf	So.	Minneapolis, Minn. Southwest	--
Lily Beneke	St. Scholastica	Sr.	Green Isle, Minn. Sibley East	2022 2023
Allison Hendrickson	St. Scholastica	Gr.	Becker, Minn.	--