

## 2025-26 MIAC Women's Track & Field Regional and National Awards

### 2026 USTFCCCA Women's Outdoor All-America

Name	Institution	Class	Event	Team	Previous Honors
Hannah Bingham	Bethel	So.	4x400 Relay	First Team	--
Madi Pelowski	Bethel	Sr.	4x400 Relay	First Team	--
Ashley Slaybaugh	Bethel	Fy.	4x400 Relay	First Team	--
Anna Speratos	Bethel	Sr.	Hammer	First Team	2025 (2T)
Shalom Sulungaine	Bethel	Jr.	400 Meters	First Team	2025
Shalom Sulungaine	Bethel	Jr.	4x400 Relay	First Team	--
Ava Loftness	Gustavus	Fy.	Triple Jump	First Team	--
Nora Larsen	Bethel	Sr.	Shot Put	Second Team	--
Hannah Preisser	Carleton	Sr.	10000 Meters	Second Team	--
Chloe Mueffelmann	Concordia	So.	Shot Put	Second Team	--
Molly Liston	Gustavus	Sr.	10000 Meters	Second Team	--
Lauren Berg	Saint Benedict	Sr.	400-Meter Hurdles	Second Team	--
Mya Slavin	Saint Mary's	So.	800 Meters	Second Team	--
Cora DenHartog	St. Olaf	Fy.	4x400 Relay	Second Team	--
Izzi Jaeckle	St. Olaf	So.	4x400 Relay	Second Team	--
Ellie Semple	St. Olaf	Fy.	4x400 Relay	Second Team	--
Claire Stein	St. Olaf	Fy.	4x400 Relay	Second Team	--
Ella Stritesky	St. Scholastica	Sr.	Hammer	Second Team	2025 (2T)

### 2026 USTFCCCA Women's Indoor All-America

Name	Institution	Class	Event	Team	Previous Honors
Shalom Sulungaine	Bethel	Jr.	400 Meters	First Team	--
Ariella Rogahn-Press	Macalester	So.	400 Meters	First Team	--
Anna Speratos	Bethel	Sr.	Weight Throw	Second Team	--
Hannah Preisser	Carleton	Sr.	5000 Meters	Second Team	2025 (1T)
Lauren Pearson	Concordia	Fy.	Pentathlon	Second Team	--
Ariella Rogahn-Press	Macalester	So.	200 Meters	Second Team	2025 (1T)

### 2026 USTFCCCA Women's Outdoor Track North Region Coach of the Year

Name	Institution	Previous Selections
Marv Roeske	Concordia	2004

**2026 USTFCCA Women's Indoor Track North Region Coach of the Year**

<b>Name</b>	<b>Institution</b>	<b>Previous Selections</b>
Marv Roeske	Concordia	1998

**2026 USTFCCA Women's Outdoor All-North Region**

<b>Name</b>	<b>Institution</b>	<b>Class</b>	<b>Event</b>	<b>Previous Honors</b>
Hannah Bingham	Bethel	So.	4x400 Relay	--
Ellie Hernes	Bethel	Sr.	Triple Jump	--
Raina Kaping	Bethel	Jr.	4x100 Relay	--
Nora Larsen	Bethel	Sr.	Shot Put	--
Autumn Maki	Bethel	So.	4x100 Relay	--
Alethia Olson-Skog	Bethel	Fy.	4x100 Relay	--
Ella Paulson	Bethel	So.	4x100 Relay	--
Madi Pelowski	Bethel	Sr.	400 Meters	--
Madi Pelowski	Bethel	Sr.	4x400 Relay	--
Ashley Slaybaugh	Bethel	Fy.	4x400 Relay	--
Anna Speratos	Bethel	Sr.	Hammer	--
Shalom Sulungaine	Bethel	Jr.	400 Meters	2025
Shalom Sulungaine	Bethel	Jr.	4x400 Relay	2024   2025
Michaela Zenz	Bethel	Fy.	100-Meter Hurdles	--
Amelia Campbell	Carleton	Fy.	Steeplechase	--
Hannah Preisser	Carleton	Sr.	5000 Meters	--
Hannah Preisser	Carleton	Sr.	10000 Meters	2023   2024
Lauren Tittel	Carleton	Fy.	800 Meters	--
Lauren Tittel	Carleton	Fy.	1500 Meters	--
Josie Brown	Concordia	So.	400-Meter Hurdles	--
Josie Brown	Concordia	So.	4x400 Relay	--
Kaia Gack	Concordia	So.	Javelin	--
Genevieve Gruba	Concordia	Jr.	Javelin	2024   2025
Kelyn Henry-Perlich	Concordia	So.	Steeplechase	--
Chloe Mueffelmann	Concordia	So.	Shot Put	--
Kyla Nygaard	Concordia	Sr.	800 Meters	2025
Kyla Nygaard	Concordia	Sr.	4x400 Relay	--

Lauren Pearson	Concordia	Fy.	High Jump	--
Lauren Pearson	Concordia	Fy.	Heptathlon	--
Emily Rengo	Concordia	Sr.	4x400 Relay	--
Lauren Selle	Concordia	Fy.	High Jump	--
Emma Warner	Concordia	So.	4x400 Relay	--
Kayla Kajer	Gustavus	So.	High Jump	--
Molly Liston	Gustavus	Sr.	10000 Meters	--
Ava Loftness	Gustavus	Fy.	Triple Jump	--
Arabella Sutch	Gustavus	So.	Shot Put	--
Ariella Rogahn-Press	Macalester	So.	400 Meters	2025
Lauren Berg	Saint Benedict	Sr.	400-Meter Hurdles	--
Mary Kenney	Saint Benedict	Sr.	Steeplechase	--
McKenzie Munson	Saint Mary's	Sr.	4x100 Relay	--
Samantha Munson	Saint Mary's	Sr.	4x100 Relay	--
Joscelyn Saamanen	Saint Mary's	Fy.	4x100 Relay	--
Mya Slavin	Saint Mary's	So.	800 Meters	--
Mya Slavin	Saint Mary's	So.	1500 Meters	--
Zari Young	Saint Mary's	So.	4x100 Relay	--
Cora DenHartog	St. Olaf	Fy.	800 Meters	--
Cora DenHartog	St. Olaf	Fy.	4x400 Relay	--
Izzi Jaeckle	St. Olaf	So.	400 Meters	--
Izzi Jaeckle	St. Olaf	So.	4x400 Relay	--
Abigale Lindquist	St. Olaf	So.	Steeplechase	--
Ellie Semple	St. Olaf	Fy.	4x400 Relay	--
Claire Stein	St. Olaf	Fy.	400-Meter Hurdles	--
Claire Stein	St. Olaf	Fy.	Heptathlon	--
Claire Stein	St. Olaf	Fy.	4x400 Relay	--
Isabel Wyatt	St. Olaf	Sr.	800 Meters	2025
Ella Stritesky	St. Scholastica	Sr.	Hammer	--

### 2026 USTFCCA Women's Indoor All-North Region

Name	Institution	Class	Event	Previous Selections
Allison Hookom	Augsburg	Sr.	400 Meters	2023   2024   2025
Hannah Bingham	Bethel	So.	4x400 Relay	--

Ellie Hernes	Bethel	Sr.	Triple Jump	--
Nora Lorasen	Bethel	Sr.	Shot Put	--
Alethia Olson-Skog	Bethel	Fy.	60 Meters	--
Madi Pelowski	Bethel	Sr.	4x400 Relay	--
Ashley Slaybaugh	Bethel	Fy.	4x400 Relay	--
Anna Speratos	Bethel	Sr.	Weight Throw	--
Shalom Sulungaine	Bethel	Jr.	400 Meters	--
Shalom Sulungaine	Bethel	So.	4x400 Relay	2024   2025
Hannah Preisser	Carleton	Sr.	5000 Meters	2025
Lauren Tittel	Carleton	Fy.	3000 Meters	--
Claire Vukovics	Carleton	Fy	3000 Meters	--
Londyn Ames	Concordia	Jr.	Distance Medley Relay	--
Josie Brown	Concordia	Fy.	4x400 Relay	--
Josie Brown	Concordia	Fy.	Distance Medley Relay	--
Kelyn Henry-Perlich	Concordia	So.	Distance Meley Relay	--
Kyla Nygaard	Concordia	Sr.	800 Meters	--
Kyla Nygaard	Concordia	Sr.	4x400 Relay	--
Kyla Nygaard	Concordia	Sr.	Distance Medley Relay	--
Lauren Pearson	Concordia	Fy.	4x400 Relay	--
Lauren Pearson	Concordia	Fy.	Pentathlon	--
Emily Rengo	Concordia	Sr.	4x400 Relay	--
Molly Liston	Gustavus	Sr.	5000 Meters	--
Lexi Brainer	Hamline	Sr.	Shot Put	--
Lexi Brainer	Hamline	Sr.	Weight Throw	--
Kate Fox	Macalester	So.	Distance Medley Relay	--
Kate Fox	Macalester	So.	Mile	--
Aubrey Jensen	Macalester	Fy.	Distance Medley Relay	--
Kyra Morris	Macalester	So.	Distance Medley Relay	--
Tessa Myatt	Macalester	Jr.	Pentathlon	--
Hadley Wilkins	Macalester	Sr.	Distance Medley Relay	--
Ariella Rogahn-Press	Macalester	So.	200 Meters	2025
Ariella Rogahn-Press	Macalester	So.	400 Meters	2025
Juslene Chea	Saint Benedict	Fy.	60-Meter Hurdles	--

Samantha Munson	Saint Mary's	Sr.	200 Meters	--
Mya Slavin	Saint Mary's	So.	Mile	--
Zari Young	Saint Mary's	So.	60 Meters	--
Ashlyn Jore	St. Olaf	Sr.	Long Jump	--
Ella Landis	St. Olaf	Sr.	Distance Medley Relay	--
Nora Mickelson	St. Olaf	Jr.	Distance Medley Relay	--
Grace Moeller	St. Olaf	Sr.	Distance Medley Relay	--
Claire Stein	St. Olaf	Fy.	Pentathlon	--
Alice Wagner-Hemstad	St. Olaf	So.	Distance Medley Relay	--
Lauren Walda	St. Olaf	Sr.	5000 Meters	--
Annika Walsh	St. Olaf	Fy.	High Jump	--
Isabel Wyatt	St. Olaf	Sr.	800 Meters	2025

**2025-26 CSC Academic All-America Women's Cross Country/Track & Field**

Name	Institution	Class	Hometown   High School	Team	Previous Selections
------	-------------	-------	------------------------	------	---------------------

Name	Institution	Class	Hometown   High School	Previous Selections
------	-------------	-------	------------------------	---------------------

Name	Institution	Class	Hometown   High School	Previous Selections
------	-------------	-------	------------------------	---------------------