

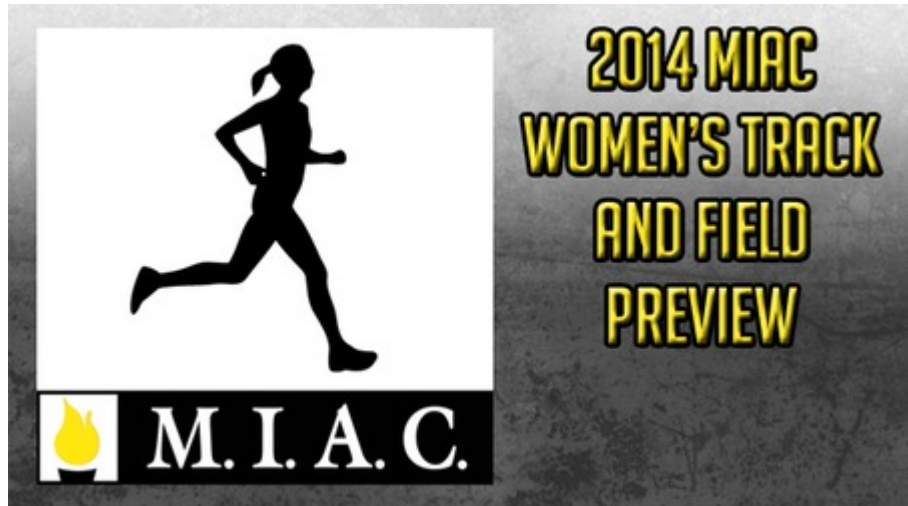
2014 MIAC Women's Track and Field Preview

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2014 MIAC WOMEN'S TRACK AND FIELD CONFERENCE PREVIEW

ST. PAUL, Minn. -- A year ago, the University of St. Thomas women's track team swept the Minnesota Intercollegiate Athletic Conference (MIAC) Indoor and Outdoor Track and Field championships, which was nothing new considering the Tommies have won 26 of 29 indoor titles and 29 of 32 outdoor titles in an impressive run of success. But, as the 2014 track and field season rapidly approaches, UST's top contenders around the league enter the new season with hope of ending their reign.



Head Coach Joe Sweeney and his St. Thomas team have certainly been a track and field dynasty over the past three-plus decades. This year, they'll look for their 15th-straight indoor conference crown, and will try to extend their outdoor championship streak to an even 10. The leading contenders to take down the Tommies are 2013's indoor runner-up St. Olaf and outdoor runner-up Concordia, as well as Saint Benedict, Gustavus and cross country-champ Carleton. Bethel and Hamline could also be in the mix near the top of the standings, and Augsburg, Saint Mary's and St. Catherine also aspire to ascend the conference standings in 2014.

The Tommies grabbed their 14th-straight indoor title a year ago on St. Olaf's track by scoring 180 points and nearly outscoring the rest of the field by triple digits. The host Oles came in second with 83 points to lead a crowded group of evenly-matched teams. Saint Benedict was third at 81, just two points back of St. Olaf, and Gustavus (75), Carleton (74) and Bethel (73) made for a close contest for spots two through six. Concordia (58) edged Macalester (52) and Hamline (51) for seventh, and Augsburg wasn't far behind that trio in 10th with 45 points. Saint Mary's (7) and St. Catherine (0) rounded out the final two spots.

In addition, the MIAC Indoor meet had numerous records fall a year ago. St. Thomas' Taylor Berg set a new meet record in the 1,000-meter run (2:52.37). St. Olaf's Emma Lee thrilled the home crowd with a record in the 5,000-meter run (17:14.31). Hamline's Becky Culp set a new shot put record (47-3.5) and Gustavus' Allyson Voss soared to new heights in the pole vault (12-4.5).

The outdoor meet was a little closer in 2013, though it ended with the Tommies celebrating on their home track. UST claimed its ninth-straight title with 140.5 point and a 28.5-point victory over runner-up Concordia (112). The Oles were just eight points behind the Cobbers with 104, and the Blazers also hit triple digits with an even 100. Hamline finished out the top five with 93.5 points. Gustavus (83) came in sixth, Carleton was seventh (73) and Bethel (47.5) beat out Macalester (47) for eighth by a half-point. Augsburg (39.5), St. Catherine (13.5) and Saint Mary's (6) rounded out the rest of the standings.

Culp and Voss both worked their way into the record books at the MIAC Outdoor Championship as well. Culp added the outdoor shot put record to her stellar season (47-10) and Voss grabbed the outdoor pole vault record as well (12-5.5), besting the old mark by a quarter-inch.

With the 2014 season set to start, the top question remains whether or not St. Thomas will win titles No. 15 and No. 10 in a row and continue their dominance. Or will one of the contenders rise up and find a way to take down UST? Last season was filled with individual highlights and record-breaking performances as well, and with a lot of talent back the record book could be in danger of changing once again.

WHAT'S NEW?

It was an offseason of change for many of the MIAC track and field programs, resulting in one new head coach and a pair of interim assignments. Saint Mary's welcomes new coach Niels Anderson, who replaces the departed Shawn McMahon. Anderson comes to SMU from nearby La Crosse, Wis., after a successful stint coaching the La Crosse Central high school squads.

There were also mid-season changes at Augsburg and Macalester, with a pair of longtime coaches moving on and assistants stepping in to lead in the interim. Both Dennis Barker and Augsburg and Martin Peper at Macalester recently announced their resignations after long, successful tenures at their respective posts. Peper and Barker had both spent 20 seasons with their respective teams. At Macalester, head cross country coaches Betsy Emerson and Matt Haugen have stepped in to lead the track programs, and former assistant Jarred Sampson has taken over for the Auggies, so even though their roles are new, these coaches will be familiar faces around the MIAC track facilities.

St. Thomas' Joe Sweeney is the longest-tenured coach in the conference as he begins his 34th season leading the Tommies. Carleton's Donna Ricks and Hamline's Shawn Johnson-Hipp are both beginning their 21st seasons at their respective schools, and Concordia's Marv Roeske enters his 19th season with the Cobbers.

WHO'S BACK?

St. Thomas has to say goodbye to Berg who ended her outstanding career in record-setting and All-American fashion last spring, but Sweeney's team has tons of talent coming back. Senior Emily Van Heel is one of the league's most decorated sprinters and jumpers, twin

sprinters Erika and Angela Tipp also return and distance runner Erin Statz also helps the hopes remain sky-high in St. Paul.

The Oles - after finishing second (indoor) and third (outdoor) - also return tons of talent. Junior Dani Larson has been among the MIAC's best athletes in her first two seasons and leads Head Coach Andrea Gelle's squad. Junior distance runner Jorden Johnson and senior middle-distance runner Moriah Novacinski also bolster St. Olaf's hopes, as does 2013 MIAC cross country champ, first-year runner Noelle Olson.

Concordia Head Coach Marv Roeske returns after a sabbatical to lead the Cobbers again in 2014. A year ago, thrower Cherae Reeves starred for Concordia, and runner Morgan Christian earned a pair of All-MIAC Indoor honors, and the team received outstanding contributions from jumpers Hilary Thompson and Chelsea Klemetson.

Head Coach Robin Balder-Lanoué brings back a talented, experienced squad at Saint Benedict, led by All-MIAC thrower Sam Imholte. Seniors Mandy Witschen (multi-events/hurdles) and Kelsie Larson (distance) will also lead the Blazers this season as they hope to be in title contention.

Gustavus said goodbye to record-setting pole vaulter Voss, but Head Coach Dale Bahr brings back a talented tandem of juniors in distance runner Rebecca Hare and thrower Elizabeth Weiers. Carleton will be led by a pair of super sophomores - Amelia Campbell and Ruth Steinke - and junior Colette Celichowski also returns for Head Coach Donna Ricks.

Hamline will have to replace record-setting throwers Culp and Shawny Kramer, but Marolyn Saulsberry, Hope Hertz and Hannah Toedter are all back to lead the Pipers for Johnson-Hipp. Bethel also brings back some of its top talent in Head Coach Andrew Rock's second season. Versatile Rachel Kalk, sprinter Courtney Fregeau and sprinter/jumper Steph Skoog will combine to make the Royals quite formidable in 2014.

Macalester has plenty of talent back as Emerson and Haugen take the reins. Georgia Cloepfil should be a threat in the multi-events after earning MIAC Soccer MVP honors in the fall. Sprinter Irene Gibson returns as one of the conference's best, and distance runner Anna Schmitz also has high hopes. Augsburg will be led by distance star Lauren Rice and a pair of sophomore sprinters - Kai Mason and Molly Allen - as Sampson takes over the head coaching duties this season.

Shannon Houlihan will be in her second season as St. Catherine's head coach, and she welcomes back jumper Sarah Manning, thrower Jordan Priebe and hurdler Brittany Moore to again lead the Wildcats. In his first season at Saint Mary's, Anderson will rely on distance runner Katie Stolz, thrower Maya Booker and sprinter Laura Schommer to lead the Cardinals in 2014.

CIRCLE THESE DATES

The first two dates any MIAC track and field fans will want to mark on their calendar are March 6-8 and May 9-10. Those are the days the conference will come together to crown the MIAC Indoor and Outdoor Track and Field champions, respectively. The indoor meet will be co-hosted by Saint John's and Saint Benedict at the Johnnies' indoor facility in Collegeville, Minn., while the outdoor meet will be hosted by St. Olaf in Northfield, Minn.

The first indoor event on a MIAC campus will open the season Saturday as Bethel hosts the Bethel Open. There will be plenty of great chances to catch MIAC teams in action on their home tracks at events like the St. Thomas Showcase (Jan. 24), the Carleton Open (Feb. 7), the Bethel University Invitational (Feb. 8), the Saint Ben's Quadrangular (Feb. 22) and the Macalester College Pre-MIAC Meet (Feb. 28). The outdoor schedule is still a work in progress, but will be available soon on the MIAC web site.

A CLOSER LOOK

The rest of the 2014 MIAC Women's Track and Field Preview contains MIAC Championship details, helpful links and a preview for each team submitted by their sports information director. The new MIAC web site - www.miacathletics.com - will be an outstanding source for MIAC women's cross country news, schedules, results, stats and more throughout the 2013-14 season.

This year, the [MIAC scoreboard](#) will include women's track and field events, with links to results to see how MIAC teams fared in each race throughout the season. Also, download the [MIAC mobile app](#) to have all the information with you anywhere you travel. Also, connect to the conference on its [Facebook](#), [Twitter](#) and [YouTube](#) pages for updates and interaction all season long.

2014 MIAC TRACK AND FIELD CHAMPIONSHIPS

The MIAC will crown a pair of Women's Track and Field champions in 2014 at the conference indoor and outdoor championship meets. The 2014 MIAC Women's Indoor Track and Field Championship will be held March 6-8, 2014, at Saint John's University in Collegeville, Minn. SJU and Saint Benedict will co-host the event. The 2014 MIAC Women's Outdoor Track and Field Championships will be held May 9-10, 2014, at St. Olaf College in Northfield, Minn. Each championship meet has a home page with complete information.

| *2014 MIAC Women's Track and Field Championship Pages:* [Indoor](#) - [Outdoor](#) | |

MIAC WOMEN'S TRACK AND FIELD LINKS

Indoor: | [MIAC Home Page](#) | [Schedule](#) | [Recordbook](#) | [Archives](#) |
Outdoor: | [MIAC Home Page](#) | [Schedule](#) | [Recordbook](#) | [Archives](#) |

TEAM-BY-TEAM PREVIEWS



AUGSBURG | [Auggies' women's track and field home page](#) |

Interim Head Coach

- Jarred Sampson (First season)

A Year Ago

- Indoor: 10th place (45 points)
- Outdoor: 10th place (39.5 points)

Top Returners

- Lauren Rice (JR, Distance | All-MIAC honorable mention in outdoor 10,000m (4th place, 37:50.55) and outdoor 5,000m (6th place, 18:35.21), school records in indoor 3,000m (10:24.56), indoor 5,000m (18:08.76) and outdoor 5,000m (17:51.31))
- Kai Mason (SO, Sprints/Hurdles | Set school record in indoor 60m hurdles (9.37), member of 2 All-MIAC relays in 2013)
- Molly Allen (SO, Sprints | All-MIAC honorable mention in indoor 200m (6th place, 26.99), member of 2 All-MIAC relays and 1 All-MIAC honorable mention relays in 2013)

Key Losses

- Ashley Carney (Sprints | 2-time NCAA All-American (2012 indoor 60m, 8th place; 2012 outdoor 100m, 7th place); 6 individual and 4 relay MIAC titles in career; 12 All-MIAC and 2 All-MIAC honorable mention honors in career; claimed "sprint double" in winning both 100m and 200m at MIAC outdoor championships in both 2012 and 2013, 1st MIAC athlete to accomplish the feat since Augsburg's Tonnisha Bell '06 in 2005 and 2006; 2012 MIAC Outdoor Championships Outstanding Track Athlete)

By the Numbers

- 3: School records set by Lauren Rice in 2013, setting new marks in the indoor 3,000m (10:24.56), indoor 5,000m (18:08.76) and outdoor 5,000m (17:51.31).
- 4:22.93: School record time set by Augsburg's outdoor sprint medley relay squad of Adrienne Young, Molly Allen, Ashley Carney and Mary Klecker in 2013.
- 2: MIAC titles in the last three years for the Augsburg indoor 800-meter relay at the conference meet. The 2013 Auggie foursome of Molly Allen, Kai Mason, Morgan Bialke and Ashley Carney won the league title with a time of 1:45.32.

Did You Know?

- Augsburg's track and field teams participated in their annual Run-a-Thon on Dec. 7-8, raising money for their annual spring break training and competition trip. Fifty Auggies ran in a 24-hour team relay around Murphy Square Park in the center of Augsburg's campus, completing a combined 212 miles of running in frigid conditions.

Off the Track (and Field)

- Dennis Barker, who served as Augsburg's track and field/cross country head coach for 20 seasons, announced his resignation following the cross country campaign. In his track career, Barker coached 59 MIAC event champions (individuals and relays), along with 147 All-MIAC and 126 All-MIAC Honorable Mention honorees. He guided 47 entries to NCAA Division III national championship competition, with 16 earning All-America honors. In cross country, 35 Auggies earned either All-MIAC (17) or All-MIAC Honorable Mention (18) honors under Barker's coaching, with 20 athletes earning NCAA All-Region honors and six athletes qualifying for the NCAA Division III national championships, one earning All-American honors.



BETHEL | [Royals' women's track and field home page](#) |

Head coach

- Andrew Rock (Second season)

A Year Ago

- Indoor: Sixth place | 73 points
- Outdoor: T-9th place | 5 points

In the 2013 NCAA Championships

- Rachel Kalk—Outdoor triple jump qualifier

Top Returners

- Rachel Kalk (Sprints/Hurdles/Jumps, Sr. | All-MIAC, 2013 NCAA National Qualifier)
- Courtney Fregeau (Sprints, Sr.)
- Steph Skoog (Sprints, Sr. | All-MIAC, 2013 Indoor MIAC High Jump Champion)

Key Losses

- Krista McCright (Sprints | All-MIAC)
- Abby Furlong (Hurdles)
- Jenna Diercks (Distance)

By the Numbers

- 11.69: Rachel Kalk set a new school record in the triple jump competition last year at the UW-La Crosse Last Chance NCAA Qualifier with a mark of 11.69 meters, which propelled her into her first NCAA National Meet. Kalk jumped 11.40 meters in the 2013 NCAA Meet in La Crosse, Wis., which helped her finish No. 15 overall.
- 49.39: Bethel's quartet of relay runners were invited to the prestigious 2013 Drake Relays, where Krista McCright, Courtney Fregeau, Ashley Quick, and Rachel Kalk achieved a time of 49.39 seconds in the 4x100-meter dash.
- 10: The Royals finished sixth at the 2013 MIAC Indoor Track and Field meet, however, the team was just 10 points behind the second-place team. Coming into the final day in third place as a team, Steph Skoog led the squad with a first-place finish in the high jump.

Did You Know?

- The members on this year's Bethel University women's track and field roster have set 18 school records, including both indoor and outdoor seasons. In 2013 alone, six records were broken, including three in each season. Ashley Magelssen has individually or with a relay team set nine records in her career with the Royals.

Off the Track (and Field)

- Between both the indoor and outdoor seasons, Bethel University's women's track and field squad received seven Academic All-Conference accolades following the 2013 campaigns. To be eligible, recipients had to maintain a 3.5 GPA and place in the Top 8 or an individual event or Top 3 in a relay event at the MIAC Championships.



CARLETON | [Knights' women's track and field home page](#) |

Head coach

- Donna Ricks (21st season)

A Year Ago

- Indoor: Fifth place | 74 points
- Outdoor: Seventh place | 73 points

Top Returners

- Amelia Campbell (So. | Indoor — 2013: All-MIAC [2nd – pentathlon; 2nd – 60m hurdles] and All-MIAC honorable mention [6th – 4x200 relay]... Outdoor — 2013: All-MIAC [2nd – long jump; 3rd – heptathlon] and All-MIAC honorable mention [4x400 relay])
- Ruth Steinke (So. | Indoor — 2013: All-MIAC [3rd – mile; 3rd – 3000m] and All-MIAC honorable mention [2nd – distance medley relay]... Outdoor — 2013: MIAC Champion [steeplechase and 4x800 relay])
- Colette Celichowski (Jr. | Indoor — 2013: All-MIAC [2nd – mile] and all-MIAC honorable mention [2nd – distance medley relay; 5th – 3000m]... Outdoor — 2013: MIAC Champion [4x800 relay]; All-MIAC [2nd – 1500m]... Outdoor — 2012: MIAC Champion [4x800 relay] and All-MIAC honorable mention [4th – 1500m])

Key Losses

- Haley Johnson (Indoor — 2013: All-MIAC [2nd – 1000m; 3rd – 800m] and All-MIAC honorable mention [4x400 relay]... Indoor — 2012: MIAC Champion [1000m] and All-MIAC honorable mention [4th – 800m]... Outdoor — 2013: MIAC Champion [4x800 relay]; All-MIAC [2nd – 800m]... Outdoor — 2012: All-MIAC honorable mention [6th – 1500m])
- Sarah Trautman (Indoor — 2013: All-MIAC honorable mention [2nd – distance medley relay]... Indoor — 2012: All-MIAC honorable mention [4th – mile; 5th – 1000m]... Outdoor — 2013: MIAC Champion [4x800 relay])

By the Numbers

- 7: The program has turned in seven national title performances, the most recent being Kelly Lovett's crown in the javelin at the 2011 NCAA Championships.
- 17: Carleton track and field athletes earned a total of 17 All-MIAC awards last season, including two conference titles (steeplechase and 4x800 relay).

Did You Know?

- Carleton established a new school record of 9:13.43 in winning the 4x800 meter relay at the 2013 MIAC Outdoor Championships. This was the Knights' second straight conference title in the event.

Off the Track (and Field)

- Colette Celichowski, Amelia Campbell, and Ruth Steinke were named as USTFCCCA All-Academic honorees.



CONCORDIA | [Cobbers' women's track and field home page](#) |

Head Coach

- Marv Roeske (19th season)

A Year Ago

- Indoor: Seventh place | 58 points
- Outdoor: Second place | 112 points

Full Concordia preview coming soon.

GUSTAVUS | [Gusties' women's track and field home page](#) |



Head coach

- Dale Bahr (Fifth season)

A Year Ago

- Indoor: Fourth place | 75 points
- Outdoor: Sixth place | 81.5 points

Top Returners

- Rebecca Hare (Distance, Jr.) | Two-time all-conference runner at the 2013 MIAC Indoor championships, placing second in the 3000-meter run (10:25.30) and third in the 5000-meter run (18:17.63).
- Elizabeth Weiers (Throws, Jr.) | Finished second in the hammer throw with a toss of 153' 11" at the 2013 MIAC Outdoor Championship.

Key Losses

- Lauren Rothschilder (Jumps) | Two-time all-conference performer at 2013 MIAC Outdoor Championships, taking third in both the long jump (17-8.25) and triple jump (36-11.5).
- Ally Voss (Pole Vault) | The most decorated pole vaulter in program history...Won both the MIAC indoor and outdoor pole vault title in 2013.

By the Numbers

- 164' 10": The school record hammer throw distance recorded by Elizabeth Weiers last season at the UW-La Crosse NCAA Track and Field Qualifier on May 16. Earlier that season, Weiers broke April Felt's 1999 school record of 160-feet two-inches in the hammer throw at the MSU Twilight Meet on April 30.
- 1: The number of times Gustavus has finished outside the top three at the MIAC Outdoor Championships over the past ten seasons. The Gusties have missed the podium just four times over the last 20 years.

Did You Know?

- Pole vault specialist Ally Voss earned both an NCAA Postgraduate Scholarship and a spot on the CoSIDA Academic All-America Team last season. Her teammate and fellow senior Beth Hauer, was also a recipient of an NCAA Postgraduate Scholarship and was named to the CoSIDA Academic All-America Division III Track and Field/Cross Country Team.

Off the Track (and Field)

- The Gustavus men's and women's track and field teams will take part in this year's Jump Rope for Heart campaign in February. The Gustie athletes will be involved in the event with both North and South Elementary Schools located in St. Peter. Jump Rope for Heart is a campaign aimed at raising awareness and funding for heart disease and heart related issues.



HAMLIN | [Pipers' women's track and field home page](#) |

Head coach

- Shawn Johnson-Hipp (21st season)

A Year Ago

- Indoor: Ninth place | 51 points
- Outdoor: Fifth place | 93.5 points

In the 2013 NCAA Championships

- Indoor: Becky Culp 5th (Shot Put); Shawny Kramer 5th (Weight Throw)
- Outdoor: Becky Culp 1st (Discus), 5th (Shot Put); Shawny Kramer 15th (Hammer Throw)

Top Returners

- Marolyn Saulsberry (Sprints, Sophomore; 3rd 100M- school recordholder, 4th, 400 M Hurdles Outdoors)
- Hope Hertz (Sprints, Senior, 6th 200 M Hurdles Outdoors)
- Hannah Toedter (4th, Steeplechase Outdoors)

Key Losses

- Becky Culp, NCAA champ (Discus), Two-time Outstanding Field Athlete MIAC meets, 5 All-American honors
- Shawny Kramer MIAC Outdoor Champ (Hammer)
- Maria Theisen (3rd, 1500 M Outdoors)

By the Numbers

- 6: new school records set last year
- 10: returners who scored points in either the MIAC indoor or outdoor meets last year
- 93.5: the number of points HU recorded at MIAC outdoor meet in 2013, a school record

Did You Know?

- Twin sisters Marolyn and Carolyn Saulsberry run against each other in the 100 Hurdles.

Off the Track (and Field)

- The team took some Saturdays last fall to rake leaves for the residents around Hamline Methodist Church who were unable to do so themselves.

MACALESTER | [Scots' women's track and field home page](#) |



Head coaches

- Betsy Emerson (First year) | Matt Haugen (First year)

A Year Ago

- Indoor: Eighth place | 52 points
- Outdoor: Ninth place | 47 points

Top Returners

- Georgia Cloepfil (Jr., multi-events | MIAC women's soccer MVP, 4th in MIAC heptathlon as soph.)
- Irene Gibson (Jr., Sprints, won MIAC 600 dash as frosh)
- Anna Schmitz (Sr., 3k / 5k)

Key Losses

- Rachel Gunsalus (Distance | sixth MIAC outdoor 10k)
- Kate Rochat (Jumps | MIAC indoor long jump champ '13, third indoor triple, sixth outdoor triple)

By the Numbers

- 17-2: Producing one of several Mac school records last winter's conference meet, Kate Rochat came from behind to win on her last jump, claiming her first conference title after several near misses with a final-round mark of 5.23 meters (17-2).
- 1:45.32: clocking turned in by the 4x200 relay team at last year's MIAC indoor meet - the same as first-place Augsburg, but came up 4/1000-second behind the Auggies in a photo finish. Running one lap each were Shasta Webb, Erin Ortiz, Daiga Kravale and Ana Armitage

Did You Know?

- Macalester sophomore distance runner Sarah Jonathan (Guilford, Conn.) is the great-great granddaughter of former U.S. President (1909-13) and Supreme Court Chief Justice William Howard Taft.

Off the Track (and Field)

- Macalester College's men's and women's track & field teams earned 2013 All-Academic Team honors by the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA). Macalester's women's squad turned in a composite 3.47 GPA, which was tied for 23rd highest among the 148 teams nationally to gain this award.

SAINT BENEDICT | [Blazers women's track and field home page](#) |



Head coach

- Robin Balder-Lanoue (15th season)

A Year Ago

- Indoor: Third place | 81 points
- Outdoor: Fourth place | 100 points

Top Returners

- Sam Imholte (Throws, Sr. | All-MIAC indoors and Honorable Mention outdoors, top-eight outdoors in all four throws)
- Mandy Witschen (Multi/Hurdles, Sr. | 3rd in Pent., 4th in Hept., All-MIAC outside in the 400H)
- Kelsie Larson (Distance, Sr. | Mile record holder, All-MIAC)

Key Losses

- Erin Sand (Sprints | All-MIAC)
- Anna Williams (Distance | All-MIAC)
- Megan Smith (Distance | All-MIAC)

By the Numbers

- 100: Points scored by the Blazers to place fourth at the MIAC Outdoor Championships. It marked the first 100-point score for the fourth place team.
- 2: Points separating CSB from second place at the indoor championships. The Blazers were third with 81, while St. Olaf was second with 83.

Did You Know?

- Kendra Coleman in the javelin (37.27), Sam Imholte in the discus (39.14m), Kelsie Larson in the indoor mile (5:12.73) and Mandy Witschen in the 400 hurdles (1:03.91) all return as current CSB record holders.

Off the Track (and Field)

- Blazer track and field was well represented on the Academic All-MIAC team, with nine representatives each from the indoor and outdoor seasons.



ST. CATHERINE | [Wildcats' women's track and field home page](#) |

Head coach

- Shannon Houlihan (Second season)

A Year Ago

- Indoor: 12th place | 0 points
- Outdoor: 11th place | 13.5 points

Top Returners

- Sarah Manning (Jumps, Jr. | All-MIAC Honorable Mention 2013 in high jump (5th place), olds second best mark (1.62) in school history)
- Jordan Priebe (Throws, Sr. | All-MIAC Honorable Mention 2013 in hammer throw (8th place) for 3rd-best mark (42.17) in school history)
- Brittany Moore (Hurdles, So. | Holds top-five performance in school history in 100 meter dash and 60 and 100 hurdles)

Key Losses

- Faith Berg (Throws | All-MIAC Honorable Mention 2013 in discus (5th place), 4th-best mark in school history (40.40) in discus)
- Stephanie Meschke (Throws | All-MIAC Honorable Mention 2013 in javelin (8th place), school record holder in javelin (35.43) set in 2012)
- Kelsey Eder (Sprints, Hurdles | Member of 6th-place 4 x100 relay team in 2013, MIAC Champion in 2011 with 4 x 400 relay team)

By the Numbers

- 10: Ten Wildcat track and field student-athletes return for the 2014 season after placing at least once on a top-10 performance list in either indoor or outdoor events.
- 27: The Wildcats had 27 (17 indoor and 10 outdoor) times or marks that made one of the program's top-10 performance lists.

Did You Know?

- Ailee Larson returns for the Wildcats in distance events after competing at the NCAA Cross Country Championship this fall. She did not compete last track season as she was studying abroad, but in 2012 she was honorable mention in both indoor and outdoor 4 x 400 relays and honorable mention in the outdoor 800 meter run.

Off the Track (and Field)

- Four Wildcats – Faith Berg, Stephanie Meschke, Sarah Manning and Haley Tsuji – earned Academic All-MIAC honors for the outdoor season which is the most for the team since 2011.



SAINT MARY'S | [Cardinals' women's track and field home page](#) |

Head coach

- Niels Anderson (First season)

A Year Ago

- Indoor: 11th place | 7 points
- Outdoor: 12th place | 6 points

Top Returners

- Katie Stolz (Jr., 5-5 | Set school record in the steeplechase at 2013 Phil Esten Challenge; 7th in steeplechase at 2013 MIAC Outdoor Championships; SMU's top cross country runner in every meet in 2013).
- Maya Booker (Jr., 5-6 | Has been the team's top weight thrower; Placed fifth in hammer throw at 2013 MIAC Outdoor Championships (44.80 meters).
- Laura Schommer (Jr., 5-4 | Owned team's top times in the 600 and 200 during the 2013 indoor season).

By The Numbers

- 1: Katie Stolz (Forest Lake, Minn.) broke the school's 3,000 steeplechase record twice in 2013. The then-sophomore clocked a school-record time of 11:47.49 to place fourth in the women's 3,000 steeplechase at the Phil Esten Challenge on April 21 in La Crosse, Wis., then followed that up with a new-record time of 11:42.42 in the season-ending UW-L Last Chance Meet on May 16.
- 4: Coco Booker (St. Paul, Minn.) closed out her stellar collegiate career by place fourth in the shot put at the MIAC Indoor Championships, uncorking a toss of 12.56 meters.
- 5: Maya Booker (St. Paul, Minn.) posted a season-best toss of 44.80 meters to place fifth at the MIAC Outdoor Championships in 2013.

Did You Know?

- Prior to his arrival at Saint Mary's, first-year head coach Niels Anderson guided his La Crosse (Wis.) Central teams to conference, regional and sectional championships, while also earning Mississippi Valley Conference Coach of the Year honors in 2010, 2011 and 2012, and District 3 Coach of the Year accolades in 2012.

Off The Track (and Field)

- The Cardinals were among those women's teams who earned 2013 All-Academic Team honors by the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA).

ST. OLAF | [Oles' women's track and field home page](#) |

**Head coach**

- Andrea Gelle (Fourth season)

A Year Ago

- Indoor: Second place | 83.0 points
- Outdoor: Third place | 104.0 points

In the 2013 NCAA Championships

- NCAA postseason results – Dani Larson qualified for NCAA Championships in the 400m hurdles and high jump.

Larson was seventh in the high jump, earning All-America honors. Emma Lee and Becca Bevans both qualified for the NCAAs in the 10K. Lee finished sixth, earning All-America honors.

Top Returners

- Dani Larson (Junior; Combined Events | Outdoor MIAC Champion in the 2013 400m hurdles and high jump. Finished second in the 2013 MIAC Heptathlon. Finished third in both the high jump and 400m at MIAC Indoor Championships 2013. Earned two All-America honors at 2012 NCAA Indoor Championships. Earned MIAC's outstanding performance award after winning the 2012 pentathlon. MIAC Champion in the Indoor 2012 high jump and pentathlon. School record holder in the 400m hurdles, indoor high jump, and pentathlon.)
- Jordan Johnson (Junior | Finished fourth in the 5K at the 2013 Outdoor MIAC Championships. Placed second at the 2013 MIAC Cross Country Championships and fourth at the 2013 Central Region Championships. Earned All-America honors finishing ninth at the 2012 NCAA Cross Country Championships.)
- Moriah Novacinski (Senior; Middle Distance; Team Captain | Finished third in the 1000m and fourth in the 800m at Indoor MIAC Championships 2013. 2011 MIAC 1000m Champion, 2011 & 2012 MIAC DMR Champion and record holder. St. Olaf record in the DMR. Ranks in the top ten St. Olaf all-time lists in the indoor 800m, 1000m, and mile. Ran on the St. Olaf Women's national cross country team at both the 2012 and 2013 NCAA Championships.)

By the Numbers

- 2: Dani Larson broke two school records in the 2013 Outdoor Season. She claimed her titles with a time of 61.78 in the 400m hurdles and clearing of 1.69m in the high jump.
- 3: Three of the Oles seven that competed at 2013 NCAA Cross Country Championships were first year athletes. Noelle Olson, Allison Trezona, and Grace Wilson will also be competing in the track & field season.

Did You Know?

- St. Olaf Assistant Coach Becky Ruud is the school record holder in five events between the indoor and outdoor seasons.

Off the Track (and Field)

- St. Olaf had 13 women track and field student-athletes earn Academic All-MIAC honors in the 2013 indoor and outdoor seasons.

**ST. THOMAS** | [Tommies' women's track and field home page](#) |**Head coach**

- Joe Sweeney (34th season)

A Year Ago

- Indoor: First place | 180 points
- Outdoor: First place | 140.5 points

In the 2013 NCAA Championships

- Indoor, 18th place, 11 points
- Outdoor: Ninth place, 16 points

Top Returners

- Emily Van Heel (Senior, sprinter-jumper, 9X All-America, 19-time MIAC champ)
- Erika and Angela Tipp (Juniors, twin sprinters, each 3X relay All-America)
- Erin Statz (Junior, distance, 2012 CC All-America, 2013 Indoor T&F relay All-America)

Key Losses

- Taylor Berg (Grad., Distance, 8X All-America; 3rd fastest 1,500 in D-III history)
- Katie Ryan (Grad, 5X top-5 MIAC meet placer)

By the Numbers

- 31: Consecutive seasons that UST has had a women's or men's relay team reach the finals at outdoor nationals
- 9: Consecutive years that St. Thomas women have swept MIAC indoor/outdoor team titles
- 63: Number of athletes expected on 2014 UST women's roster

Did You Know?

- Senior sprinter-jumper Emily Van Heel, who hails from Swanville, Minn., population 345, is a candidate for Academic All-America with a 3.58 gpa in Mathematics; nine All-America honors; and 19 relay or individual victories in her first six MIAC Championship meets.

Off the Track (and Field)

- The Tommies received the USTFCCA team academic honor last summer, and ranked among the top 15 teams nationally with a team grade-point average of 3.51.
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| MIAC Women's Track and Field Home Pages: [Indoor](#) - [Outdoor](#) |