

UST women eye 16th-straight title at 2015 MIAC Indoor T&F Championships

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2015 MIAC WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS PREVIEW

MOORHEAD, Minn. -- The Minnesota Intercollegiate Athletic Conference's (MIAC) attention will turn toward the north this weekend, as Concordia College in Moorhead, Minn., will host the 2015 MIAC Women's Indoor Track and Field Championships Thursday, Friday and Saturday, with the University of St. Thomas eyeing a 16th-straight conference title and the other 11 teams hoping to finally topple the Tommies.

St. Thomas extended its impressive streak to 15 MIAC Indoor championships in a row in 2014 with its 27th overall title. The only other team to hoist the MIAC indoor trophy is hosting this weekend's festivities, as Concordia has won the other three championships in the event's 30-year history, including back-to-back titles in 1998-99. A year later, St. Thomas regained the title and hasn't relinquished it since.

| [INDOOR T&F HOME PAGE](#) | [PROMO VIDEO](#) |

The Tommies separated themselves from the rest of the field with 185 points, and a 63-point margin over runner-up Saint Benedict. The Blazers, which hosted the 2014 meet, scored 122 to finish second, and Carleton's 110 points were good for third. St. Olaf (72) edged Hamline (68) by four points for fourth, and Bethel (57) wasn't far behind in sixth. Gustavus (39) emerged atop a narrow four-team fight for seventh place, just ahead of Augsburg (38), Macalester (37) and Concordia (34). St. Catherine (16) and Saint Mary's (two) claimed the final two spots in the standings.

The conference's top two individual awards will be up for grabs in 2015. Graduated sprinter Mallory Burnham set a pair of MIAC records en route to Outstanding Track Athlete honors a year ago while leading St. Thomas to the team title. Carleton's Amelia Campbell claimed the other two honors (field, performance) behind her MIAC and Division III record in the pentathlon (3,914), but an injury has limited the 2014 National Field Athlete-of-the-Year and pentathlon national champion, and she'll only compete in the shot put this weekend. St. Thomas Head Coach Joe Sweeney received the 2014 Coach-of-the-Year award for his role in his team's 15th-straight MIAC indoor title.

This year, six athletes will attempt to successfully defend seven MIAC individual event titles, starting with Saint Benedict's Allison Kosobud, who set a meet record in winning the 800-meter run and also won the 1,000-meter run in 2014 as a rookie. Concordia's Cherae Reeves also set a new MIAC meet record in the shot put, and is back to defend her title in front of the home fans. Carleton has a pair of defending champs back in Ellie Wilson (600-meter run) and Colette Celichowski (mile). Hamline's Jessica Putland is the defending champ in the weight throw, and St. Olaf's Dani Larson won her second career indoor high jump title in 2014 after also winning in 2012, and will look for her third career MIAC indoor title in the event this weekend.

Though St. Thomas graduated Burnham, the team is loaded with talent again in 2015 starting with senior sprinting twin sisters Erika and Angela Tipp. Emily Gapinski and Kayla Goeman also return in the middle distance events, Gabrielle Pepin leads the team in the distance events and the versatile Bailey Cook will try to help the team in the jumping events and hurdles.

Saint Benedict's success will likely start again with Kosobud, who has the top time in the 1K this season and also hopes to defend her 800 title. Suzi Adams and Natalie Frier will lead the Blazers in the sprinting events and Frier will also help in the hurdles. London Stelten enters with the MIAC's second-best mark in the pole vault, and Brooke Rasmussen will represent CSB in the distance events.

It's no surprise Carleton is strong in the distance events - led by Celichowski and MIAC cross country champ Ruth Steinke - after winning the MIAC title last fall. Wilson is back to lead the Knights in the sprints and Zoe Peterson and Damali Britton both hope to soar in the jumping events. Larson again leads St. Olaf as she eyes a third high jump title and further success in the multi-event competition. Mean Holmes and Jame Hoornaert will lead the Oles in the distance events, and Emma Fulton will represent St. Olaf has high hopes in the pole vault.

Hamline has a pair of stars back in MIAC champion thrower Putland and Carolyn Saulsberry, who has the MIAC's top time in the 60-hurdles. Rookie sprinter Izzy Shafer, thrower Erin Urbanowicz and pole vaulter Merina Lenz all hope to shine for the Pipers as well. Bethel graduated a talented crop of runners, but has high hopes for rookie distance star Annika Halverson and fellow distance runners Rebecca Wesley and Mollie Gillberg. Talented thrower Alyssa Solberg is expected to contribute Royal returns in the weight throw, and Jillian Krier leads the team in the sprinting events.

Gustavus hopes to improve in 2015 behind distance runner Caitlin Fermoye, who is ranked in the top four in both the 3K and 5K, and a pair of talented throwers in Sarah Swanson and Elizabeth Weiers. The Gusties are also excited for pole vaulter Kelsey Harms to take flight. Augsburg is excited for its crew of sprinters, with sophomores Callie Jones, Molly Allen and Ashley Waalen leading the team. Jones will also represent the team in the long jump, and Kayla Roberge is also back in the middle distance events.



Macalester has high hopes on the track in the first year under Head Coach Margaret Gehring. Hannah Sonsalla and Emily Diener lead the Scots in the sprinting events and Irene Gibson is the team's top runner in the middle distance events. The host school, Concordia, has a lot to be excited about beyond its home-track advantage. All-American thrower Reeves looks to add to her conference success along with fellow thrower Olivia Johnson, and a trio of versatile athletes - Rochelle Hickerson, Vanessa Johnson and Anna Skow-Anderson, could help the Cobbers in a number of different events.

St. Catherine is another team that figures to factor heavily in the sprints with All-MIAC runner Shakeela Wells-Johnson and hurdler Brittany Moore both back. Abigail Palmer will lead the Wildcats in the jumps and Shannon Strickland and Jenna McElroy will both help in the distance races. Saint Mary's enters the MIAC meet with high hopes for thrower Maya Booker and sprinter Laura Schommer, who owns the team's top time in four different races.

The 2015 MIAC Indoor Track and Field Championships begin Thursday with the multi-event competitions. The women's pentathlon ([Heat Sheet](#) - [Live Results](#)) starts at 2 p.m. with the men's heptathlon ([Heat Sheets](#) - [Live Results](#)) beginning 15 minutes later. The heptathlon finishes up Friday morning at 10:30 a.m., with Friday's field events set to start at 2 p.m. and track to follow at 4 p.m. Saturday's final session starts with 10:15 a.m. field events and 12:30 p.m. track events.

Saturday's final event begins at 3:40 p.m., and there will be a short awards ceremony following the conclusion of the meet to honor both team champions. The top three individuals in each event and the first-place relay team will automatically earn All-Conference honors, and the 4th-through-6th place finishers in each open event and 2nd-through-6th place relay teams will all be named All-Conference Honorable Mention.

The MIAC has a [home page](#) dedicated to the 2015 Indoor Championships, complete with venue and admission information, the [event schedule](#), [entries](#), [heat sheets](#) and links to follow the results live ([Men](#) - [Women](#)). Results, recaps, and multimedia coverage of the championships will be available throughout the event. There will be live results available for all events courtesy of Apple Raceberry Jam, and fans can also find entries and heat sheets on the MIAC's event page as they become available. Also, connect to the conference on its [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#) pages throughout the Championships using the hashtag #MIACITF.

Admission for the event is \$7 for adults and \$3 for students per day, with children ages 5 and under admitted free. MIAC passes will be honored. The MIAC would like to thank Concordia College and their coaches and staff for their efforts to host the event.

2015 MIAC INDOOR TRACK AND FIELD CHAMPIONSHIPS PROMOTIONAL VIDEO

MIAC WOMEN'S INDOOR TRACK AND FIELD LINKS

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TEAM-BY-TEAM PREVIEWS

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

Interim Head Coach

- Jarred Sampson (2nd season)

A Year Ago

- 7th place | 38 points

Athletes to Watch

- Kayla Roberge (SR, Mid-Distance | Sixth-place in 1000 meter run in 2014 with time of 3:01.58)
- Callie Jones (SO, Sprints/Jumps | Ranks high on the MIAC list in the 60 meter and 200 meter dashes and long jump recording several top finishes throughout the season)

- 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)
- Ashley Waalen (SO, Sprints | Set a personal record time of 8.42 in the 60 meter dash at the Indoor Championships last season)

By the Numbers

- 7/61: Roberge MIAC and national ranking in the 800 meter run.
- 3: Jones' current ranking in the MIAC in the 60 meter dash. time set by Augsburg's outdoor sprint medley relay squad of Adrienne Young, Molly Allen, Ashley Carney and Mary Klecker in 2013.
- 5: Roberge's finish in the 800 meter run at the Indoor Championships last season.

Did You Know?

- Augsburg's track and field teams participated in their annual Run-a-Thon on Dec. 6-7, 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 260 miles of running in frigid conditions.

Off the Track (and Field)

- Meghan Peyton, an assistant Track and Field as well as head cross country coach at Augsburg, finished 11th in the women's 10,000-meter run at the 2014 USA Outdoor Track and Field Championships.



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

Head coach

- Andrew Rock (3rd season)

A Year Ago

- 6th place | 28.0 points

In the 2014 NCAA Championships

- Courtney Fregeau (2014 All-American; 400m; 56.63)

Athletes to Watch

- Annika Halverson (Distance, Fr. | No. 4 in MIAC for 1000m, No. 2 in mile)
- Rebecca Wesley (Distance, Sr. | No. 6 in MIAC for 600m, No. 5 in 800m, DMR participant)
- Mollie Gillberg (Distance, Jr. | No. 9 in MIAC for 3K, No. 12 in mile, DMR participant)
- Alyssa Solberg (Throws, Sr. | No. 1 in the MIAC for weight throw, No. 16 nationwide)
- Jillian Krier (Sprints, So. | No. 2 in the MIAC for 60m, No. 9 in pole vault)

By the Numbers

- 2: Annika Halverson appeared in the 2014 NCAA Division III National Cross Country Meet this fall and she's eager to reach her second national meet in as many chances. Her time of 5:00.99 in the mile race ranks No. 23 nationwide, so look for her to drop below five minutes in this event Friday.
- 3: In her debut season with the Bethel track and field team, Erin Alpers recorded the program's third-fastest time in the 600m race. Her time of 1:38.63 is the Royals best time in this event since 2009.
- 4: The Royals have four of the top 13 competitors competing in the pole vault this weekend. Leading the way are seniors Angela Substad and KelliAnne O'Leary, who have the third and fourth best marks, respectively.

Did You Know?

- Bethel has 12 student-athletes that come into the weekend with a Top 5 mark in their respective event. The Royals have finished sixth in back-to-back years and hope this gives them an advantage when seeking improvement in 2015.

Off the Track (and Field)

- Freshman distance runner Annika Halverson moved around with her family quite a bit growing up. Halverson lived in Boston, Cheshire, England, and back in Minnesota before moving to Dar es Salaam, Tanzania at age 10. She moved back to Wayzata in her teenage years, but this summer Halverson is going back to Tanzania for the first time since living there and serving the community of Madala. Together, her and a team of others will run a clinic for children that will provide sporting activities, tea parties, and Bible study.



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

Head coach

- Donna Ricks (21st season)

A Year Ago

- Third Place | 110 points

In the 2014 NCAA Championships

- 11th place

Athletes to Watch

- Ellie Wilson (Sr. | 2014: All-MIAC [1st - 600m; 2nd - 400m], All-MIAC honorable mention [5th - 4x400m relay]; owns top-five times in the MIAC this season for 400m, 600m, and 800m; nationally ranked in 400m, 800m, and DMR)
- Ruth Steinke (Jr. | 2014: All-MIAC [2nd- mile], All-MIAC honorable mention [3rd- distance medley; 5th - 3000m; 5th- 4x400m relay]; owns top time in the MIAC for the mile [5:00.83] and 3000m [10:04.71] and ranks 21st in the nation for both events as well as part of 8th-ranked DMR)
- Colette Celichowski (Sr. | 2014: All-MIAC [1st- mile; 2nd- 1000m], All-MIAC honorable mention [5th- 4x400m relay]; ranks second in MIAC in 3000m [10:17.54] and fourth in the mile [5:08.53]; nationally ranked for 3000m and part of nationally-ranked DMR)
- Zoe Peterson (So. | 2014: All-MIAC honorable mention [5th- triple jump; 5th- 4x400m relay]; ranks in MIAC's top five for long jump, triple jump, and pentathlon)
- Damali Britton (Fy. | Ranks second in the MIAC for the long jump and third in the triple jump)

By the Numbers

- 11:58.72: Carleton's 2014 mark for the distance medley, which ranks 8th-best in Division III this season
- 6: The number of Knights that competed in the NCAA Indoor Track and Field Championships last season
- 2: Two Knights were named All-Americans last season

Did You Know?

- Amelia Campbell won the individual title in the pentathlon at the 2014 NCAA Championships.

Off the Track (and Field)

- 5 members of the Knights received individual USTFCCCA All-Academic honors: Amelia Campbell, Colette Celichowski, Emma Grisanzio, Ruth Steinke, Ellie Wilson.



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

Head coach

- Marv Roeske (20th season)

A Year Ago

- 10th place | 34.0 points

In the 2014 NCAA Championships

- Cherae Reeves finished third in the shot put at the NCAA Division III National Indoor Meet

Athletes to Watch

- Cherae Reeves (Sr.) Ranked first in the MIAC and third in the nation in the shot put; four-time All-American; MIAC Field Athlete of the Week on Feb. 5; defending MIAC champion in the shot put)
- Rochelle Hickerson (Sr. | Tied for seventh in the MIAC in the 200 meters, 14th in the 60-meter dash and tied for fifth in the long jump)
- Vanessa Johnson (Fr. | Tied for second in the MIAC in the high jump, and in the top 20 in both the long jump and 60-meter hurdles)
- Anna Skow-Anderson (Jr. | Ranked third in the pentathlon and tied for fourth in the high jump)
- Olivia Johnson (Jr. | Ranked sixth in the shot put)

By the Numbers

- 3: Concordia senior All-American Cherae Reeves has earned MIAC Field Athlete of the Week honors three times in her career.
- 18: Concordia has had at least one event win in 18 of the past 21 MIAC Indoor Conference Meets.
- 56: Concordia has earned 56 consecutive USTFCCCA All-Academic Team awards in cross country, indoor track and field and outdoor track field. Concordia has earned the team distinction every season since head coach Marv Roeske took over the track and field program in 1995 and the cross country team in 1999.

Did You Know?

- Cobber senior Rochelle Hickerson was a member of the Concordia women's soccer team which qualified for the NCAA Tournament in the fall.

Off the Track (and Field)

- Concordia had five athletes USTFCCCA All-Academic Team honors last year. The Cobbers were one of four schools in the MIAC to earn the top academic distinction handed out by the national governing body of collegiate track and field.



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

Head coach

- Dale Bahr (Sixth season)

A Year Ago

- 7th place | 39 points

Athletes to Watch

- Caitlin Fermoye (Sr., Mendota Heights, Minn.) | Distance...Finished fifth in 5,000-meter and seventh in 3,000-meter at 2014 MIAC Indoor Championships...Currently ranked third in the 3,000 (10:20.79) and fourth in the 5,000 (17:59.95)...Won the 3,000 at both the Ted Nelson Classic and Carleton Meet of Hearts, and later earned MIAC Track Athlete-of-the-Week honors for her first place finish in the 5,000 at the

Saint Ben's Invite.

- Sarah Swanson (Jr., Fairbanks, Alaska) | Throws...Finished fourth in shot put at 2014 MIAC Championships...Currently ranked fifth in the shot put (41' 7.75") and seventh in the weight throw (47' 3.75").
- Elizabeth Weiers (Sr., Le Center, Minn.) | Throws...Finished fifth in the weight throw at the 2014 MIAC Championships...Currently ranked second in the weight throw (53' 6.25")...Was named the MIAC Field Athlete-of-the-Week on Feb. 11 after winning weight throw with a school-record toss of 53-feet 6.25-inches at the Ted Nelson Classic.
- Kelsey Harms (Jr., Apple Valley, Minn.) | Pole Vault...Earned All-Conference honors last season in the pole vault with a third place performance...Currently ranks ninth in the MIAC with a height of 10-feet.

By the Numbers

- 12: The number of years beginning in 2002 that Gustavus has had at least one All-Conference performer in the pole vault. Since 2002, Gustavus has not placed a pole vaulter on the podium only once, coming in 2011.
- 20: Where Elizabeth Weier's season-best toss of 53-feet 6.25-inches in the weight throw ranks in NCAA Division III.
- 2: Where the Gustavus women's indoor track and field team finished with 107.3 points the last time the MIAC Championships were held in Moorhead in 2009. The Gusties benefitted from four individual event titles and 10 All-Conference performances at the meet.

Did You Know?

- Caitlin Fermoye broke Gustavus's school-record in the 3,000-meter run at the Carleton Meet of the Hearts on Feb. 14 with a time of 10:20.79. Her time topped the previous program standard of 10:22.38 held by Kourtney Joyce in 2006.

Off the Track (and Field)

- Junior Kelsey Harms is one of a select few student-athletes who serves as a member of the Gustavus Student-Athlete Volunteer Educators (SAVE). SAVE is a group of Gusties who are devoted to educating their fellow athletes on healthy lifestyle choices. SAVE members help other athletes make healthy choices by providing them with information, serving as a resource when they face pressures, and by leading by example.



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

Head coach

- Shawn Johnson-Hipp (21st season)

A Year Ago

- 5th place/68 points

In the 2014 NCAA Championships

- Marolyn Saulsberry ran in the 60 Meter race, missing the finals by .2 of a second.

Athletes to Watch

- Jessica Putland, Sr. Has won several meets in Shot Put (ranked 2nd in MIAC) and Weight Throw (ranked 3rd)
- Carolyn Saulsberry, Jr. Has top 60 M Hurdles time in league this year (9.18)
- Izzy Shafer, Fr., Ranked 6th in 200 meters and 9th in 60 Meters in MIAC
- Erin Urbanowicz, Sr. Ranked 3rd in Shot Put and 4th in Weight Throw in MIAC
- Merina Lenz, So. Ranked 5th in Pole Vault

By the Numbers

- 6: Two sport athletes on roster (not including those who run cross country)
- 18: first year members of team
- 41: student athletes on the team

Did You Know?

- Merina Lenz did not pole vault in high school. She took last year totally off to learn the event. Went over 10 feet her first time she ever tried it in an event.

Off the Track (and Field)

- Jessica Putland was recently accepted for a fulltime scholarship this fall at Luther Seminary.

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



Head coach

- Margaret Gehring (First season)

A Year Ago

- 9th place | 37 points

In the 2014 NCAA Championships

- Kimber Meyer placed 5th in the 3000 meter run at the NCAA Division III Championships at the University of Nebraska in Lincoln, Nebraska with a final time of 9:46.31.

Athletes to Watch

- Hannah Sonsalla (Sprinter, FY) One of the top sprinters in the MIAC with the 3rd fastest time in the 200 and 5th fastest in the 400. Hannah also runs on the 4x200 and 4x400 - both relays are ranked 3rd in MIAC).
- Emily Diener (Sprinter, Sr. | Ranked 3rd in 400m dash in the MIAC. Also a member of the 4x200 and 4x400 relays)
- Irene Gibson (Middle Distance, Sr. | One of the top runners in the 600 and 800. Runs on our 4x400. She won the 600 at MIAC Indoor Championships as a first-year and has scored in every MIAC meet since her first-year).

By the Numbers

- 14: The Macalester women's track and field roster includes athletes from 14 different states and three different countries.
- 26.61: Hannah Sonsalla posted a season-best time of 26.61 in the 200-meter dash at the U of M Parent's Day Open on Feb. 21.
- 1:00.32: Emily Diener posted a 1:00.32 finish in the 400-meter dash at the U of M Parent's Day Open, the third best time in the MIAC this season.

Did You Know?

- Margaret Gehring brings 20 years of successful coaching and higher education experience at the Division III level to her new position with the Scots after heading women's cross country and track and field programs at both Ohio Wesleyan University and the College of Saint Benedict. During that time, Gehring coached a total of 13 All-Americans and led 23 individuals to the NCAA National Championships.

Off the Track (and Field)

- The Macalester men's and women's track and field teams spent an evening at Feed My Starving Children in January. They packed 96 boxes consisting of 20,736 meals to cover 57 children for a year.

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



Head coach

- Robin Balder-Lanoue (16th season)

A Year Ago

- 2nd place | 122 points

In the 2014 NCAA Championships

- Allison Kosobud took 14th in 800-meter run, Distance medley relay team of Kosobud, Manon Gammon-Deering, Kelsie Larson and Maria Kiminski took 12th, Mandy Witschen finished 13th in pentathlon

Athletes to Watch

- Allison Kosobud (mid-distance, So. | Two-time MIAC Indoor champion, set three individual records as a first year in indoor season, has top time in MIAC in 1,000 this season)
- Suzi Adams (sprints, Jr | All-MIAC Honorable mention in 2014 indoor, in top 10 in MIAC in 60 and top 15 in 200)
- Natalie Frier (Sprints/Hurdles, FY | Top-10 time in MIAC in 60 hurdles, top 10 in CSB indoor history in 60 hurdles and 60-meter dash)
- London Stelten (Pole vault, So. | Has second-best mark in MIAC, is in top 10 in CSB indoor history)
- Brooke Rasmussen (Distance, FY | Top-10 time in MIAC in 5,000 and top 15 in 3,000-meter runs)

By the Numbers

- 10: Athletes returning who earned All-MIAC or All-MIAC Honorable Mention at least year's indoor championships.
- 25: Number of first years on the Blazers' 2015 roster.
- 13: Times and marks recorded so far in 2015 in the top-10 in CSB indoor history.

Did You Know?

- CSB set the school record for points scored at the MIAC Indoor Championships last season with 122.

Off the Track (and Field)

- Ten members of the Blazer indoor track and field team earned MIAC Academic All-Conference in 2014, and the Blazers finished with a team GPA of 3.52.

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



Head coach

- Shannon Houlihan (3rd season)

A Year Ago

- 11th place | 16 points

Athletes to Watch

- Shakeela Wells-Johnson (Sprints, So. | All-MIAC, 2014 (60m); three indoor school records; top MIAC 60m time this season; top five MIAC time 60H)
- Brittany Moore (Sprints, Jr. | All-MIAC HM, 2014 (60H); top 10 MIAC 60H time; top 10 MIAC long jump mark)
- Abigail Palmer (Jumps, So. | School record for triple jump; top 10 MIAC triple jump mark)
- Shannon Strickland (Distance, So. | Top 15 MIAC mile time, Top 40 MIAC mile time)
- Jenna McElroy (Distance, Sr. | Top 20 MIAC 5,000m time; Top 35 MIAC 3,000m time; Top 35 MIAC mile time)

By the Numbers

- 8: The Wildcats have already had eight St. Kate's Indoor Top 10 performances this season including two school records.
- 25: Shakeela Wells-Johnson already ranks in the top 25 in the nation for the 60-meter dash with the fastest MIAC time so far this season.

Off the Track (and Field)

- The Wildcats were one of 158 Division III women's programs to earn the USTFCCCA All-Academic Award for the 2014 season. They also earned 11 Academic All-MIAC honors between both indoor and outdoor seasons.



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

Head coach

- Niels Anderson (Second season)

A Year Ago

- 12th place | 2 points

Athletes to Watch

- Maya Booker (Sr., 5-6 | Has been the team's top weight thrower each of the past two seasons | Placed 7th in weight throw at 2014 MIAC Indoor Championships and 6th in hammer at MIAC Outdoor Championships)
- Laura Schommer (Jr., 5-4 | Owned team's top times in the 60, 100, 200 and 400 in 2014 | Set school record in 60 (8.14) in 2014).

By The Numbers

- 3: Saint Mary's boasted three individuals who earned MIAC post-season honors in 2014. Katie Stolz (Forest Lake, Minn.) earned First-Team All-MIAC honors with her third-place finish in the steeplechase, while Abi Osborne (Winthrop, Minn.) and Maya Booker (St. Paul, Minn.) were honorable-mention All-MIAC after placing fourth (javelin) and sixth (hammer throw), respectively, at the MIAC Outdoor Championships.
- 3.25: Maria Missurelli (Franklin, Wis.) posted a school-record height of 3.25 meters in the pole vault during the 2015 UW-Stevens Point Big Dog Invitational.
- 4: Katie Stolz (Forest Lake, Minn.) broke four Saint Mary's school records during the 2014 track season — including the steeplechase three times. Stolz set a new school record in the 5,000 with a time of 18:43.93 during the indoor season, shaved 17 seconds off her previous best with a time of 11:17.80 at the 2014 MIAC Outdoor Championships.

Did You Know?

- With her record-setting performances during the outdoor season, Katie Stolz (Forest Lake, Minn.) broke the school record in the steeplechase five times over the past two seasons.

Off the Track (and Field)

- Led by Katie Stolz (Forest Lake, Minn.)—who earned a double-double with Academic All-MIAC honors in both cross country and track and field—the Cardinal women's track and field team landed a school-best six athletes on the MIAC academic all-conference team.



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

Head coach

- Andrea Gelle (Fifth season)

A Year Ago

- 4th place | 72 points

Athletes to Watch

- Dani Larson (Sprints, Heptathlon, Senior | 2014 MIAC indoor champion in 4x400 and high jump. Also finished second in the heptathlon. Has run 57.7 in the 400, and has cleared 1.71 meters in the high jump)
- Emma Fulton (Pole Vault, Junior | 4th place at MIAC indoors in 2014. Has cleared 3.21 meters in the pole vault.)
- Megan Holmes (Distance, Senior | Finished 5th at last year's MIAC indoor championships in the mile. In 2015 she has ran 1:40.2 for 600 meter, and 5:08.6 for the mile.)
- Jamie Hoornaert (Distance, Sophomore | 10:29.45 in the 3000 meter this year, and competed at the MIAC indoor and outdoor championships in the 5000 meter.)

By the Numbers

- 2: Seniors who scored at last year's conference meet.
- 7: Number of underclassmen scoring at the 2014 indoor MIAC meet.
- 4: Consecutive years St. Olaf has placed in the top 5 at the indoor MIAC conference meet.

Did You Know?

- The team is composed of athletes from 8 different countries of the world.

Off the Track (and Field)

- St. Olaf is active in volunteer work for the community. Their effort include working at Feed my Starving Children annually, and putting on the Zoom Yah Yah! indoor marathon.



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

Head coach

- Joe Sweeney (35th season)

A Year Ago

- MIAC Champions | 188 points

In the 2014 NCAA Championships

- Tie for 14th at NCAA Indoor meet, 14 points (second, third in sprints, hurdles by Mallory Burnham)

Athletes to Watch

- Erika and Angela Tipp (Sprints, Srs., twin sisters, each 4X relay All-America)
- Emily Gapinski (Mid-Dist., Jr. | Top seed in 800, ranked 8th in nation; on DM Relay seeded fifth in nation; 2014 NCAA Outdoor qualifier in 1,500)
- Kayla Goeman (Mid-Dist, Sr., | 2014 All-America in 800; on DM Relay seeded fifth in nation)
- Gabrielle Pepin (Dist, Jr., | Top seed in 5,000, ranked 21st in nation)
- Bailey Cook (PV, Jr., | Top-4 MIAC seeds in long jump, high jump, 60 hurdles)

By the Numbers

- 20: St. Thomas performances this indoor season currently ranked in the top three in the MIAC
- 21: Different UST athletes to score points at the 2014 MIAC Indoor Championships
- 10: Consecutive years that UST women have swept MIAC Indoor/Outdoor team crowns

Did You Know?

- Coach Joe Sweeney's teams have won a remarkable 73 of a possible 94 MIAC team championships in cross country, indoor track, and outdoor track. That's the most by any coach in Division III women's sports.

Off the Track (and Field)

- St. Thomas women's track and field was a repeat honoree on the 2014 All-Academic Team selected by the USTFCCCA. The Tommies rank in the top 20 percent of team recipients with their excellent 3.48 grade-point average. Five Toms received the USTFCCCA's All-Academic individual honors with a 3.30 or higher plus elite running or field performances.

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