

# UST women eye 17th-straight title at 2016 MIAC Indoor T&F Championships

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## 2016 MIAC WOMEN'S INDOOR TRACK AND FIELD CHAMPIONSHIPS PREVIEW

NORTHFIELD, Minn. -- The 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Indoor Track and Field Championships begin Thursday at Carleton College in Northfield, Minn., with the University of St. Thomas hoping to continue its remarkable run at the top and claim a 17th-straight conference title.

The Tommies have won each of the 16 MIAC indoor championships since 2000, and 29 titles in the meet's 31-year history. Concordia (1988, 1998, 1999) is the only other conference team to claim the championship.

UST's latest title came in decisive fashion as the team ran out to a 108 points and a 56-point lead after Friday's events, and finished with 199.7 points and a remarkable 112.7-point margin of victory in 2015.

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

Bethel was the 2015 runner-up with the best finish in school history, as it scored 87 points to edge Carleton (84) by three in a heated battle for second place. Hamline (79) finished fourth, just ahead of fifth-place St. Olaf (72.5), with Saint Benedict and Concordia tied for sixth with 69 points apiece. Macalester (40) was eighth, Gustavus (29.5) finished ninth, St. Catherine (23.3) rounded out the top 10 and Augsburg (18) and Saint Mary's (nine) completed the 2015 MIAC indoor standings.

On the eve of the 2016 MIAC meet, the USTFCCCA national and regional rankings both point to the Tommies as the favorite once again, as UST is ranked No. 9 in the nation and No. 3 in the Central Region. Carleton (No. 6), Saint Benedict (No. 9) and Concordia (No. 10) all join the Tommies in the Region top 10, with all 12 MIAC teams ranked in the Central's top 25. Hamline is 13th, Bethel is 15th, St. Olaf, Augsburg and Gustavus are 17-19, respectively, and St. Catherine (23), Saint Mary's (24) and Macalester (25) also appear in the Central Region top 25.

The Tommies had more to cheer about at the national championships in 2015, as the UST distance medley relay team captured the Division III title, as did Concordia senior Cherae Reeves in the shot put. This year, St. Thomas welcomes back Emily Gapinski, who was a member of that championship relay squad and the MIAC's 2015 Indoor Women's Track Athlete-of-the-Year. She returns as the defending champion in the 1,000-meter and one-mile runs, and is seeded first in the MIAC in both events once again. Bethel's Andrew Rock was voted Coach-of-the-Year in 2015 after guiding the Royals to their best-ever second-place finish.

Three other student-athletes return to defend a total of four MIAC titles in their respective events. Hamline's Carolyn Saulsberry won both the hurdles and the triple jump a year ago, and she's seeded first in each event in 2016. Carleton's Ruth Steinke is back to delight the hometown fans, as she's seeded first with her eyes on a second-straight title in the 3,000-meter run. Augsburg's Callie Jones was victorious in the 60-meter dash in 2015, and she has the top time in the 55-meter dash to lead this year's field.

With only five events including defending champions, the door is open for a host of new winners to cross the finish line in 2016. Concordia's Hannah Lundstrom has the fastest time in both the 200- and 400-meter dash, and St. Thomas' Aimee Junget leads both the 600- and 800-meter run fields. Bethel distance runner Mollie Gillberg will headline the 5,000-meter run field with the MIAC's top time. In the relays, the Tommies have the top time in all three events and won the 4x400 title a year ago, while St. Olaf is the defending 200 champ and Saint Ben's won the DMR in 2015.

In the field, UST's Bailey Cook enters the pentathlon with the best score thus far in 2016, and teammate Allison Mellin is seeded first in the weight throw. Bethel rookie Hannah Frekot has the conference's top mark in the long jump, and Concordia's Vanessa Johnson enters the MIAC meet atop the high jump leader board. Gustavus' Sarah Swanson has the league's best throw in the shot put, and Saint Benedict's London Stelten and Saint Mary's Maria Missurelli have both cleared the pole vault bar at a MIAC best 10-10 this season.

In addition to the defending champs and top seeds in each event, there are plenty of other athletes-to-watch throughout the 2016 MIAC Indoor Championships. In addition to Jones, Augsburg has a pair of talented juniors back in thrower Kali Kuusisto and distance runner Taybri Irving. Bethel has junior Jillian Krier back in the sprints and sophomore Erin Alpers coming on strong in the middle distance events. The host school hopes to have plenty to cheer about, as Carleton has versatile star Amelia Campbell and standout jumper Damali Britton back in addition to Steinke.

Concordia has high hopes for another Johnson - Olivia - who is seeded second in the shot put. Gustavus also has a pair of top-three seeded athletes alongside Swanson, with Lydia Hayes in the 1,000 and Mallory Butchko in the pole vault. Hamline hopes to own the hurdles, with Gabrielle Brown teaming up with Saulsberry and Jordan Walls hopes to give the Pipers an All-MIAC performance in the pole vault. Macalester is excited about a pair of Hannahs - Sonsalla and Pollard-Garber - in the sprinting events, and Sarah Jonathan leads the Scots in the distance races.



Saint Benedict hopes junior star Allison Kosobud can return to MIAC championship and All-Conference form in the middle distance events, and Anna Wagner hopes to boost the Blazers' point total in the jumping events. St. Catherine has returning Outdoor Track Athlete-of-the-Year Shakeela Wells-Johnson back to lead the team in the sprinting events, and the Wildcats also have fellow sprinter Brittany Moore and distance runner Rachel Hall back in the lineup.

Saint Mary's field hopes are led by Missurelli in the pole vault, and 5k runner Paige Scherneck and Alicia Berkenes (800) both hope to lead the Cardinals on the track. St. Olaf heads across town to the conference meet with thrower Michaela Bolden, versatile athlete Madison Van Wylen and middle distance runner Suzie Hoops hoping to lead the Oles to another top-five finish.

The 2016 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 Sheet - 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 4 p.m. and track to follow at 4:30 p.m. Saturday's final session starts with 11:45 a.m. field events and 1 p.m. track events.

Saturday's final event begins at 4:15 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 2016 Indoor Championships, complete with a [promotional video](#), venue and admission information, the [event schedule](#), entries ([Men - Women](#)), heat sheets ([Men - Women](#)) 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 \$8 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 Carleton College and their coaches and staff for their efforts to host the event.

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## 2016 MIAC INDOOR TRACK AND FIELD CHAMPIONSHIPS PROMOTIONAL VIDEO

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## MIAC WOMEN'S INDOOR TRACK AND FIELD LINKS

| [Website](#) | [Composite Schedule](#) | [MIAC Performance Lists](#) | [News](#) | [Athletes-of-the-Week](#) | [Season Preview](#) | [Recordbook](#) | [Archives](#) | [Team Pages](#) |

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## TEAM-BY-TEAM PREVIEWS

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

#### Head coach

- Emily Hackert (1st season)

#### A Year Ago

- 11th place | 18 points

#### Athletes to Watch

- Callie Jones (Sprints/Jumps, JR | 2015 60-meter dash champion; Top-ranked MIAC 60-meter dash sprinter (7.88), 6th in the 200-meter dash (26.79) and second in the long jump (5.31m) in 2016)
- Kali Kuusisto (Throws, JR | Ranked third in the MIAC in the weight throw (14.54m))

- Taybri Irving (Distance, JR | Time of 18:03.37 in the 5,000-meter run is third-best in the MIAC this season)
- Mary Cornelius (Mid-Distance, JR | Top-15 MIAC ranking in both the 800-meter run and the mile)

#### By the Numbers

- 14.85m: Kuusisto's weight throw distance at the Minnesota Parents Day Open (47-feet-8.5) is the third-best in the MIAC this season.
- 3: Jones is ranked in the top-six in the MIAC in three events: 60-meter dash (No. 1), long jump (No. 2), 200-meter dash (No. 6).
- 7.88: The number of seconds it took Jones to cross the finish line at the Minnesota Parents Day Open in the 60-meter dash to earn her the top ranking in the MIAC.

#### Did You Know?

- Augsburg has at least one student-athlete ranked in the top-10 in seven of the 20 scored events coming into the weekend of the 2016 MIAC Indoor Championships

#### Off the Track (and Field)

- Emily Hackert was hired as Augsburg's men's and women's track and field head coach in June. She served as interim women's track and field head coach at Colby, an NCAA Division III college in Waterville, Maine, in 2015, after serving as a men's and women's track and field assistant coach there for three seasons. Prior to coming to Colby, she had served as an assistant coach at Washington and Jefferson College (Pa.) and Springfield College (Mass.).



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

#### Head coach

- Andrew Rock (4th season)

#### A Year Ago

- 2nd place | 87 points

#### In the 2015 NCAA Championships

- Annika Halverson, mile run

#### Athletes to Watch

- Hanna Frekot (Freshman | Ranked 1st in the long jump)
- Jillian Krier (Junior | Ranked 2nd in the 60-meter dash, finished 4th last year)
- Erin Alpers (Sophomore | Ranked 2nd in the 600-meter run, 3rd in the 800-meter run, 4th in the 600 last year)
- Mollie Gillberg (Senior | Ranked 2nd in the 5,000-meter run, 4th in the 3,000-meter run last year)
- AddieKay Johnson (Freshman | Ranked 3rd in the 200-meter dash, 6th in the 400-meter dash)

#### By the Numbers

- 3: Hanna Frekot's current winning streak in the long jump entering the MIAC championship meet
- 7: Returning scorers from last year's second-place squad
- 48.75: Points accounted for at last year's meet by the seven returning scorers

#### Did You Know?

- The Royals' second-place finish at last year's MIAC indoor championship was the highest finish in program history.

#### Off the Track (and Field)

- The Royals visited Feed My Starving Children earlier this year, helping to pack over 30,000 meals in two and a half hours.



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

#### Head coach

- Donna Ricks (23rd season)

#### A Year Ago

- 3rd place | 84 points

#### In the 2014 NCAA Championships

- Distance Medley Relay finished 6th, claiming All-America honors.

#### Athletes to Watch

- Amelia Campbell (Sr. | 2014 NCAA Champion in the pentathlon; missed much of the 2015 indoor season due to injury; ranked fourth in the MIAC this season for the 200-meter dash and high jump)
- Ruth Steinke (Sr. | ranked 1st in the MIAC and 6th nationally in the 5000-meter run; also ranked 2nd in the MIAC for both the mile [35th nationally] and 3000-meter run [16th nationally]; defending conference champion in the 3000-meter run and runner-up in the mile)
- Damali Britton (So. | ranks 2nd in the MIAC for the triple jump [53rd nationally] and 6th in the long jump; finished third in the triple jump last year)
- Reilly Simon (Sr. | ranked 2nd in the MIAC for the 4000-meter dash and 8th in the conference at the 200-meter distance)
- Emily Kaegi (So. | ranked 3rd in the MIAC in the 3000-meter run [65th nationally] and 13th in the conference for the mile run)

### By the Numbers

- 2: Sophomore jumper Damali Britton was selected as the MIAC Field Athlete-of-the-Week twice this season.
- 17:16.06: Ruth Steinke won the 5000-meter run at the U of Minnesota's Parents Day Open with a meet-record time of 17:16.06.
- 3,914: Amelia Campbell set the MIAC Championships record with 3,914 points en route to winning the 2014 pentathlon.

### Did You Know?

- Damali Britton holds the Carleton triple jump record with a distance of 36'4" (11.07 meters).

### Off the Track (and Field)

- The Knights were ranked 11th in Division III with a team GPA of 3.59 last season.



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

### Head coach

- Marv Roeske (21st season)

### A Year Ago

- T-6th place | 69.0 points

### In the 2015 NCAA Championships

- T-22nd place at NCAA Indoor Meet | Cherae Reeves won the national championship in the shot put

### Athletes to Watch

- Olivia Johnson (Sr. | All-MIAC Honorable Mention in the shot put in 2015; ranked second in the shot put in 2016 and owns the 25th best mark in the nation)
- Vanessa Johnson (So. | All-MIAC in the high jump in 2015; owns the top mark in the high jump in 2016 and is ranked No.11 in the high jump in Division III)
- Hannah Lundstrom (So. | All-MIAC Honorable Mention in the 200 and 400 meters in 2015; has the best time in in the MIAC in the 200 and 400 meters this year and is fourth in the 60-meter dash)
- Emma Peterson (Jr. | All-MIAC in the high jump last year; ranked third in the high jump and 12th in the triple jump this year)
- Anna Skow-Anderson (Sr. | All-MIAC in the pentathlon in 2015; ranked fourth in the pentathlon and 10th in the high jump in 2016)

### By the Numbers

- 10: Concordia has 10 athletes with marks in the top 7 of the MIAC this season.
- 21: Cobber head coach Marv Roeske is in his 21st year as head coach which is the longest stint by any coach in program history.
- 34: Of the 46 athletes on this year's roster, 34 hail from the state of Minnesota

### Did You Know?

- Cobber senior Olivia Johnson was a member of the Concordia women's basketball team that advanced to the semifinals of the MIAC playoffs this year. She participated in one meet all season and came up with the second best mark in the MIAC in the shot put. Her distance is also No. 25 in all of Division III.



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

### Head coach

- Dale Bahr (Seventh season)

### A Year Ago

- Ninth place | 29.5 points

### Athletes to Watch

- Sarah Swanson (Weight Throw, Shot Put, Sr. | Ranks first in the MIAC (12th/NCAA) in the shot put at 45-1 and second in the weight throw at 49-9.75)
- Lydia Hayes (1000-meter, So. | Ranks second in the MIAC in the 1000-meter at 3:01.47)
- Mallory Butchko (Pole Vault, Fy. | Ranks third in the MIAC in the pole vault with a height of 10-9)
- Marit Sonnesyn (3000-meter, Sr. | Ranks fifth in the MIAC in the 3000-meter at 10:25.37)

### By the Numbers

- 38: Number of student-athletes on the roster
- 12: Sarah Swanson's national rank in the shot put (45-1)

### Did You Know?

- Sophomore Lydia Hayes won the one-mile at the CSB-SJU Invite on Feb. 20 with a time of 5:25.46, which was the first time she ran the event in her collegiate career.

### Off the Track (and Field)

- Senior Kelsey Harms (Apple Valley, Minn.) is a member of a select number of student-athletes who serves for 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.

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

### **Head coach**

- Shawn Johnson-Hipp (21st season)

### **A Year Ago**

- 4th place | 79 points

### **In the 2014 NCAA Championships**

- Jessica Putland finished in 11th place in the Shot Put at the 2015 meet (44-2.5)

### **Athletes to Watch**

- Carolyn Saulsberry (Sr., Hurdles, Jumps – best TJ so far – set school record with 37-1.25 Tops in 55/60 Hurdles, 4th in Long Jump)
- Gabrielle Brown (Fr., 55/60 Hurdles, second among MIAC runners so far)
- Allyson Opps (Jr., Weights, 5th in Weight Throw)
- Jordan Walls (4th in Pole Vault)

### **By the Numbers**

- 2: AOW awards for Carolyn Saulsberry this winter (one for track, one for field)
- 3: events that Carolyn Saulsberry has best MIAC performance (55/60 Hurdles, Triple Jump)
- .26 difference in time between Carolyn Saulsberry and Gabrielle Brown in 55 M Hurdles (8.29-8.55)

### **Did You Know?**

- Hamline has 30 student-athletes who are either freshmen or sophomores on its 41-member roster.

### **Off the Track (and Field)**

- The Pipers had six student-athletes on the MIAC Academic AC team last year.
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## **MACALESTER** | [Scots' women's track and field home page](#) |



### **Head coach**

- Margaret Gehring (2nd season)

### **A Year Ago**

- 8th place | 40 points

### **Athletes to Watch**

- Hannah Sonsalla (Sprints, So. | Ranked 2nd in 200m, 4th in the 400m )
- Sarah Jonathan (Distance, Sr. | 10:43.07 3000m, 18:33.13 5000m)
- Hannah Pollard-Garber (Sprints, Sr. | 8.23 60m)
- Risa Luther (Throws, Sr. | 13.47m weight throw)
- Kara Komoto (Sprints, Jr. | Ranked 7th in 60m with a time of 8.15 s)

### **By the Numbers**

- 5: Number of times Hannah Sonsalla has won individual events (200m, 400m) this season.
- 4: Sarah Jonathan is ranked in the Top 15 for the mile, 3000m and 5000m.
- 3: Number of collegiate track and field meets Kara Komoto has participated in.

### **Did You Know?**

- Hannah Sonsalla came away with two Top 3 finishes (200m and 400m) at last MIAC Indoor Track and Field Championships.

### **Off the Track (and Field)**

- The team painted wooden toys to be donated for charity this December.
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## **SAINT BENEDICT** | [Blazers women's track and field home page](#) |



### **Head coach**

- Robin Balder Lanoue (16th season)

### **A Year Ago**

- T-6th place | 69 points

### **Athletes to Watch**

- Allison Kosobud (Mid-distance, Junior | All-MIAC in 800 (2nd), All-MIAC HM in 1,000 (4th) last season, 3rd in 1K in MIAC currently)



- Natalie Frier (Hurdles, So | All-MIAC HM 60 hurdles (5th), currently 4th in MIAC)
- Anna Wagner (Jumps, Sr | All-MIAC Triple Jump (2nd), currently 3rd in MIAC)
- London Stelten (Pole vault, Jr | All-MIAC pole vault (3rd), MIAC Champ in outdoor, currently 2nd in MIAC)
- Kiley Green (Distance, Sr | Set school record in 3K, Currently in top 10 in MIAC in mile, 3K, 5K)

### By the Numbers

- 13: The Blazers have recorded 13 marks or times in the top-10 in school history so far this season.
- 4: CSB has finished in the top five at the indoor championships four of the last five seasons, and three of those were inside the top three.
- 19: Nineteen athletes on CSB's roster are already in the school's top-10 list, and look to improve on their current marks at the conference championships.

### Did You Know?

- Kiley Green set the school record in the 3,000-meter run at St. Olaf on Feb. 26.

### Off the Track (and Field)

- CSB indoor track finished second amongst Blazer teams with a 3.51 GPA in 2014-15.

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



### Head coach

- Shannon Houlihan (4th season)

### A Year Ago

- 10th place | 23.3 points

### Athletes to Watch

- Shakeela Wells-Johnson (Hurdles/Sprints, Jr. | 2x All-MIAC in 60 meter dash in 2014 and 2015; All-MIAC Honorable mention in 4x200 meter relay in 2014; school record holder in 60 meter dash (7.80) and 200 meter dash (26.51); holds top performance in school history in 60 meter dash and 200 meter dash; holds top-10 performance in school history in 60 meter hurdles and 4x200 relay)
- Brittany Moore (Hurdles/Sprints, Sr. | All-MIAC in 60 meter hurdles in 2015; All-MIAC honorable mention in 60 meter hurdles in 2014 and 4x200 relay in 2014; holds top-five performance in school history in 60 meter dash, 60 meter hurdles, 4x200 relay, and long jump)
- Rachel Hall (Distance, Jr. | School record holder in 1000 meter race (3:02.48); holds top-10 performance in school history in 600 meter race, 800 meter race, and mile)

### By the Numbers

- 11: St. Kate's school record in the 1000 meter run stood for 11 years before Rachel Hall beat it at the Macalester Kilt Classic on February 26. Jody Brinkman set the record in 1995 at the MIAC Indoor Championships with a time of 3:02.51. Hall beat that score by .03 at the Kilt Classic and finished second in the race overall.
- 16: In addition to Hall's school record, the Wildcats have recorded 15 other top-10 times in St. Kate's history this Indoor season. Runners recorded top-10 times in the distance races, the 60 meter hurdles, and the Distance Medley Relay. Field athletes also recorded top performances in St. Kate's history in the long jump, high jump, and weight throw.

### Off the Track (and Field)

- St. Kate's Cross Country team received the United States Track and Field and Cross Country Coaches Association (USTFCCCA) 2015 All-Academic Team honor earlier this winter for their academic success throughout the cross country season. The team ended the season with a cumulative 3.475 GPA, and several of those cross country runners are on the track and field team.

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



### Head coach

- Niels Anderson (3rd season)

### A Year Ago

- 12th place | 9 points

### Athletes To Watch

- Maria Missurelli (So., 5-5, Franklin, Wis. | First-Team All-MIAC in outdoor pole vault and honorable-mention All-MIAC in indoor pole vault. ... Set school record in both indoor and outdoor pole vault, clearing 3.32 meters (indoor) and 3.36 meters (outdoor).
- Paige Scherneck (5-6, Jr., Manawa, Wis. | Qualified for conference championships in 5,000)
- Alicia Berkenes (5-6, So., Buffalo, Minn. | Qualified for conference championships in 800)

### By The Numbers

- 3: The Cardinals broke three school records during the 2015 season, two by Maria Missurelli and the other by Laura Schommer.
- 3.30/3.36: Maria Missurelli broke the school's indoor and outdoor pole vault records in 2015, clearing 3.30 indoors and 3.36 outdoors.
- 4: Becca Dup heads into her first collegiate MIAC Indoor Championships with the fourth-fastest 200 time (26.75).

### Did You Know?

- Having never long jumped competitively, Becca Dup uncorked a winning leap of 5.08m at the Luther Invitational—a mark that ranks eighth on the MIAC performance list.



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

### **Head coach**

- Katie Bretcher (1st season)

### **A Year Ago**

- 5th place | 72.5 points

### **In the 2015 NCAA Championships**

- Dani Larson was the only St. Olaf athlete at the NCAA meet last year, scoring two points for the Oles in the pentathlon and high jump.

### **Athletes to Watch**

- Michaela Bolden (Throws, Senior | Seventh in the weight throw at 2015 MIAC Championships. Has thrown 14.42 in the weight throw this year.)
- Madison Van Wylen (Sprints, Jumps, Senior | Member of the third place MIAC 4x400 meter relay last year. Finished ninth in the 400 meter dash with a 61.42. Has run 60.47 in the 400 this year)
- Suzie Hoops (Mid-Distance, Junior | Has the sixth fastest time in the MIAC this year (2:19.67) and the fifth fastest time in the 600 (1:39.09).)
- Emma Fulton (Pole Vault, Senior | Has won multiple meets this year in the pole vault, and set a career best of 3.22 meters.)
- Morghen Philippi (Distance, Senior | Finished sixth in the 5000 at the MIAC Championships last year. Has run 10:28.6 for 3000 this year and 18:12.4 in the 5000.)

### **By the Numbers**

- 15: Events in which the Oles scored points at the MIAC Championships last year.
- 13: Members of the St. Olaf team who have top-10 performances in the MIAC this season.
- 19: New members of the St. Olaf women's track team this year.

### **Did You Know?**

- Madison Van Wylen was named the MIAC athlete of the week on January 20 for her victory in the 200 meter dash at the St. Thomas Opener.

### **Off the Track (and Field)**

- The Oles host the Zoom Yah Yah! marathon which is the oldest indoor marathon in the United States each year on the upper track in Tostrud.



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

### **Head Coach**

- Joe Sweeney (36th season)

### **A Year Ago**

- Champions | 199.7 points

### **In the 2015 NCAA Championships**

- 14 points, tied for 13th place

### **Athletes to Watch**

- Emily Gapinski (Mid-D, Sr., | NCAA relay champ, NCAA outdoor 1500 runner-up)
- Bailey Cook (Multi, Sr., | seeded in top 6 in four MIAC events Pent, LJ, 55H, HJ)
- Allison Mellin (Throws, Jr., | Top-seed in weight throw)
- Aimee Junget (Mid-D, Sr., | Six career top-2 MIAC relay finishes)
- Megan Terukina (Mid-D, Sr., | NCAA relay champ, 2X Relay All-America, 3X All-MIAC)

### **By the Numbers**

- 75: of a possible 101 team championships in CC/track and field won by Coach Joe Sweeney at St. Thomas, including 16 indoor titles in row
- 10: Number of events that UST women have MIAC top-ranked season performance
- 4: Current top-15 national rankings this winter for UST senior Emily Gapinski (800, mile, 3,000, DM Relay)

### **Did You Know?**

- In five career MIAC T&F championship meets, UST senior Bailey Cook has been part of five team titles and has scored in 19 events (96 individual, 8 relay points) in jumps, hurdles and multi but has never won an MIAC individual title. Cook is seeded 17th nationally and first in the MIAC in the pentathlon.

### **Off the Track (and Field)**

- The 2015 Tommie team had a grade-point average of 3.48 and had 11 student-athletes named Academic All-MIAC.