

2018 MIAC Women's Indoor Track & Field Championship Preview

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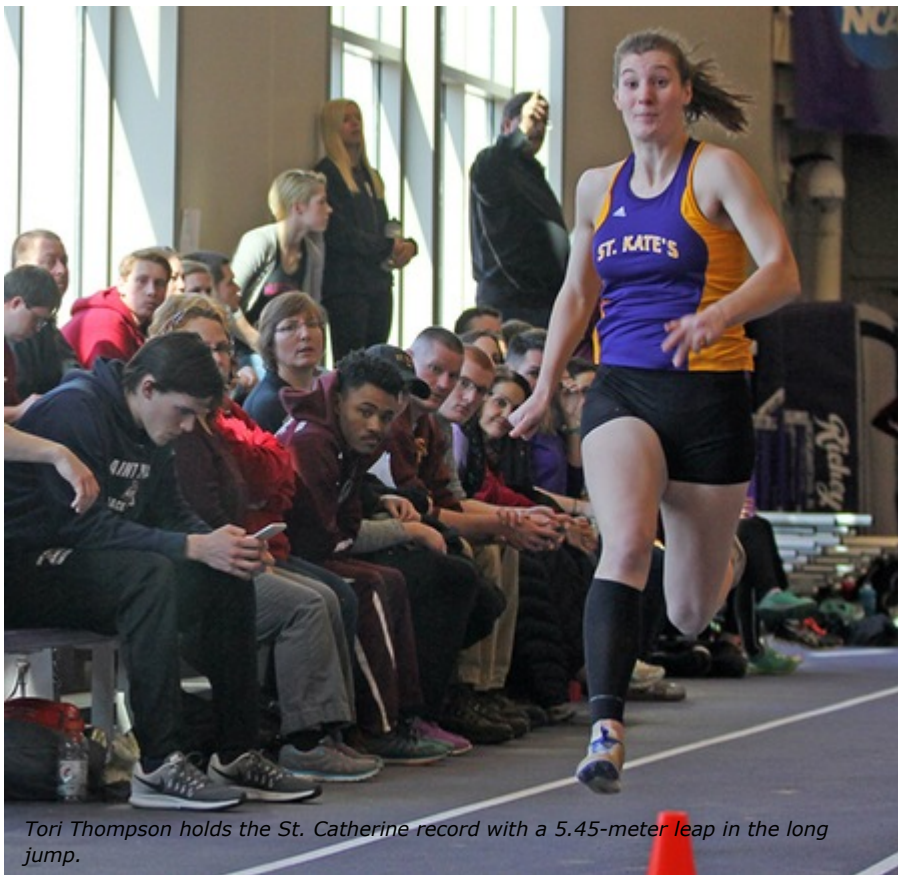
BLOOMINGTON, Minn. – The Minnesota Intercollegiate Athletic Conference (MIAC) 2018 Indoor Track and Field Championships are set to get underway on Thursday.

Twelve women's teams from around the MIAC will compete in the three-day meet held Thursday- Saturday at Macalester College in St. Paul, Minn. St. Thomas will be looking to solidify two decades of dominance with a 20th consecutive conference title and 31st overall. Concordia is the lone women's program to have topped the Tommies in the 33-year history of the meet, having claimed team honors in 1988, 1998 and 1999.

The 2018 regular season has already seen numerous standout performances and records broken. This year's Championships promise more of the same, with Conference titles, national rankings and All-MIAC honors on the line.

The MIAC Indoor Track and Field Championships begin Thursday with the multi-event competitions. The women's pentathlon starts at 2 p.m. with the men's heptathlon beginning 20 minutes later. The heptathlon finishes up Friday morning at 10 a.m., with Friday's field events set to start at 3:30 p.m. and track to follow at 4:30 p.m. Saturday's final session starts with 10:15 a.m. field events and 1 p.m. track events.

Saturday's final event begins at 4:05 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.



Tori Thompson holds the St. Catherine record with a 5.45-meter leap in the long jump.

FOLLOW THE ACTION

The MIAC has a [homepage](#) dedicated to the 2018 Indoor Championships, complete with venue and admission information, [the event schedule](#), entries, heat sheets and links to follow the action via [webcast](#) and [real-time results](#). Results, recaps, and multimedia coverage of the Championships will be available throughout the event.

KEEP AN EYE ON

Phoebe Aguiar | Jr. | Macalester

The Prairie Village, Kansas native left her competitors in the proverbial dust to start off the month, winning the 600-meter at the Hamster Invitational with a MIAC-leading time of 1:38.40 – nearly a full second faster than the next best Conference time.

Becca Dup | Jr. | Saint Mary's

Dup finished with a trio of first-place finishes at the Luther Alumni Meet to kick off the month of February, most notably breaking her own school record in the triple jump with a distance of 11.74 meters. That leap ranks seventh in all of Division III this season.

Delia Labatt | So. | Bethel

In the midst of a breakout sophomore season, Labatt most recently clocked in at 56.95 in the 400-meter, tying a personal-best and ranking fifth in Division III this season.

Jada Lewis | Fy. | Augsburg

Lewis made quite a first impression, winning the women's 60-meter dash with a 7.98 effort in her Augsburg debut last month. The first-year sprinter has since improved on that time, finishing last Saturday's U of M Parents' Day Open with a time of 7.92, tied for third-fastest in the MIAC this season.

Jordan Lutz | Sr. | St. Olaf

The Ole senior ranks first in the MIAC and ninth nationally with a season-best time of 2:16.25 in the 800-meter, which she posted two weeks ago at the UST Showcase. Lutz took second in that particular race, finishing 0.12 seconds behind a Division I runner.

Meg Mathison | So. | Carleton

One of the top distance runners in the Conference in just her second season, Mathison holds the top MIAC time of the season in the 3,000-meter run with a time of 10:10.04 posted earlier this month. The reigning MIAC Women's Cross Country Athlete of the Year currently ranks 16th in the nation in the 3,000-meter and 22nd in the mile run.

Kendall Novak | Jr. | St. Thomas

Novak had an impressive showing last Saturday at the University of Minnesota's Parents' Day Invite, where she recorded a career-best 12-2 vault, good for third place behind a pair of Gopher competitors. Her performance ranks first in the Conference and 12th in Division III this season.

Kelsey Rajewsky | So. | Concordia

One of the most improved hurlers in the Conference, Rajewsky recently set a personal best with a 37-4 ½ shot put earlier this month. The sophomore thrower now ranks fifth in the MIAC standings in the shot put and seventh in the weight throw this season.

McKayla Stowell | Jr. | Gustavus

Racing against Division II competition last week, Stowell set a new MIAC top time for the season in the 60-meter dash, clocking in at 7.76. The time earned her a second-place finish at the Maverick Invite and ranks eighth in all of Division III this season.

Megan Sundstrom | Sr. | Saint Benedict

After finishing last season ranked among the top 11 pentathlon competitors in the nation, Sundstrom will be looking to move up in the ranks with a strong showing at the MIAC Championships this year. She leads the MIAC in the event, thanks to an impressive showing at the NDSU Bison Open where she scored career bests in the high jump (1.49) and shot put (9.93).

Tori Thompson | Jr. | St. Catherine

A standout player on the St. Kate's hockey team as well, Thompson is one to watch in the long jump. The two-sport athlete holds the Wildcats' record in the event with a 5.45-meter leap, and the 5.22-meter score she posted while in the stretch run of the hockey season ranks among the top-10 in the Conference this year.

Kiana Verdugo | Sr. | Hamline

Hamline's senior throws specialist leads all MIAC competitors with a 49-7 in the weight throw this season and ranks eighth in the Conference with a shot put distance of 35-9 ½.