

2022 MIAC Women's Indoor Track & Field Championship Preview

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BLOOMINGTON, Minn. – The 2022 Minnesota Intercollegiate Athletic Conference (MIAC) Indoor Track & Field Championships are set to begin on Thursday. Twelve women's teams from around the MIAC will compete in the three-day meet held Thursday-Saturday at Carleton College in Northfield, Minn.

| [2022 MIAC Indoor Track & Field Championships](#) | [Video](#)
| [Real-Time Results](#) |

The MIAC Indoor Track & Field Championships begin Thursday with the multi-event competitions. The women's pentathlon starts at 2:00 p.m. with the men's heptathlon beginning 20 minutes later. The heptathlon finishes up Friday morning at 10:00 a.m., with Friday's field events set to start at 4:00 p.m. and track to follow at 4:30 p.m. Saturday's final session starts with 11:45 a.m. field events and 1:00 p.m. track events. Saturday's final set of events - the women's and men's 4x400 relay - will begin at 4:10 p.m.



FOLLOW THE ACTION

Due to space limitations inside the Recreation Center and the large number of teams participating, there will not be spectators allowed at the 2022 Indoor Track & Field Championships, per Carleton College campus policy. [Live video streaming](#) will be provided free of charge.

The MIAC has a [homepage](#) dedicated to the 2022 Indoor Track & Field Championships, complete with [the event schedule](#), entries, heat sheets, and links to follow the action via [webcast](#) and [real-time results](#). Results and recaps of the Championships will be made available throughout the event.

| [CHAMPIONSHIP SCHEDULE](#) | [MEET PROGRAM](#) | [PENTATHLON PROGRAM](#) | [WOMEN'S PERFORMANCE LIST](#) |

HANDING OUT THE HARDWARE

MIAC championship plaques will be presented to the first-place women's and men's teams at the conclusion of the meet on Saturday afternoon. The conference is guaranteed to crown two new indoor track & field champions this year, as the University of St. Thomas - which departed for NCAA Division I last July - had won all 36 men's indoor championships in conference history, as well as 33 of the 36 women's titles, including 21 in a row from 2000-2020. Concordia College is the only other program to have earned an indoor team championship since the conference began sponsorship of indoor track & field in 1985; the Cobbers won MIAC women's titles in 1988, 1998, and 1999.

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 Honorable Mention.

Individual awards will be voted on by coaches following the meet and will be announced - along with the complete list of All-Conference and honorable mention recipients - next week.

POLL TALK

Gustavus is the highest-ranked MIAC women's team in the latest U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) [Track & Field Top 25 Rating Index](#), released on February 22. The Gusties are ranked 17th in the latest national poll, while Saint Benedict came in at No. 21 this week.

Bethel, meanwhile, leads all MIAC women's teams in the latest [USTFCCCA North Region Rankings](#), with the Royals landing at No. 6 in the region in the February 21 balloting. Four MIAC teams are ranked in the top-10, with Bethel at No. 6, Carleton at No. 7, Gustavus at No. 8, and Saint Benedict at No. 10.

NATIONAL NOTABLES

Bethel junior **[Jessica Lillard](#)** (Prior Lake, Minn.) ranks 23rd in NCAA Division III for the pole vault with a season-best mark of 3.58m (11-09.00).

Bethel sophomore **[AnnaGrace Nelson](#)** (Cambridge, Minn. | Cambridge-Isanti) ranks 23rd in NCAA Division III for the pentathlon this season with a score of 2,964.

Bethel junior **[Kelsie Sealock](#)** (Plymouth, Minn. | Osseo) ranks third in NCAA Division III for the 60-meter hurdles with a time of 8.70 this season.

The Royals' 4x400 relay team of **Hannah Sankey** (Plover, Wis. | Stevens Point Area), **Sarah Stellmach** (Mahtomedi, Minn.), **Mikayla Turek** (Orange City, Iowa | Unity Christian), and **Kelsie Sealock** (Plymouth, Minn. | Osseo) boast the nation's eighth-fastest time in the event this season at 3:55.26.

Carleton sophomore **Katherine Geist** (Crookston, Minn.) ranks 23rd in D-III with an 800-meter time of 2:15.89 this season.

Carleton junior runner **Clara Mayfield** (Manhattan, Kan.) ranks among NCAA Division III's top-seven in three events this winter, with the nation's third-fastest 3000-meter time (9:35.77), sixth-fastest mile time (4:53.68), and seventh-fastest 5000-meter time (16:57.86).

Concordia senior **Cayle Hovland** (Willmar, Minn.) ranks 20th in the D-III for the shot put with a season-best distance of 13.16m (43-02.25).

Concordia junior **Allyson Kangas** (Dilworth, Minn. | Park Christian) owns the 16th-best shot put mark in D-III this season at 13.24m (43-05.25).

Concordia sophomore **Peyton Selle** (Dickinson, N.D.) ranks 24th in NCAA Division III for the pentathlon this season with a score of 2,962.

Gustavus senior **Elizabeth Donnelly** (Langley, Wash. | South Whidbey) ranks fourth in Division III in the 800-meter run this season with a time of 2:11.97.

Gustavus sophomore **Birgen Nelson** (Edina, Minn.) has the fastest 60 hurdle time in Division III this season at 8.60.

Gustavus junior **Annika Poe** (Big Lake, Minn.) ranks 12th in Division III for the shot put with a distance of 13.69m (44-11.00).

Hamline senior **Jailyn Robinson** (St. Paul, Minn. | Eagan) has the 18th-best long jump distance in D-III this season at 5.59m (18-04.25).

Hamline senior **Jenneel Rodney** (Mountain Lake, Minn.) ranks 13th in Division III in the weight throw this season with a mark of 17.04m (55-11.00).

Hamline junior **Jen Valley** (Forest Lake, Minn.) ranks 20th in Division III for the long jump with a season-best leap of 5.58m (18.03.75).

Saint Benedict senior **Stephanie Pickthorn** (Cottonwood, Minn. | Lakeview) ranks 25th in D-III for the pentathlon with a score of 2,944 this season.

Saint Benedict sophomore **Fiona Smith** (Dhahran, Saudi Arabia) is second in D-III this season for the 5000-meter run with a time of 16:42.91. Her 3000-meter time ranks fourth at 9:37.36, while her mile time is seventh in D-III at 4:55.30.

St. Olaf senior **Ellen Mickelson** (Coon Rapids, Minn. | Blaine) ranks 10th in Division III for the mile this season with a time of 4:59.76.

DEFENDING THE CROWN

Despite the cancellation of the 2021 conference championships due to COVID-19, a handful of reigning MIAC champions will be back in competition to defend titles won in 2020.

Bethel junior **Kelsie Sealock** (Plymouth, Minn. | Osseo) ran the 60-meter hurdles in 8.78 to win the event at the 2020 MIAC Indoor Championships.

The Royals return three-fourths of the 4x200 relay team that won the conference title in 1:45.32 two years ago. **Hannah Sankey** (Plover, Wis. | Stevens Point Area) opened the race while **Britta Nordberg** (Big Lake, Minn.) followed and **Kelsie Sealock** (Plymouth, Minn. | Osseo) closed.

Bethel also returns half of the 4x400 relay team that won the 2020 championship in a record time of 3:55.37. **Hannah Sankey** (Plover, Wis. | Stevens Point Area) ran the first leg of that race and **Mikayla Turek** (Orange City, Iowa | Unity Christian) ran the third.

Carleton junior runner **Clara Mayfield** (Manhattan, Kan.) won both the 3000-meter and 5000-meter runs at the 2020 MIAC Indoor Championships. Her 3000-meter time was 9:55.92 while her 5000-meter mark was 16:16.38.

Gustavus won the 2020 MIAC championship in the distance medley relay. **Birgen Nelson** (Edina, Minn.) and **Elizabeth Donnelly** (Langley, Wash. | South Whidbey) ran the middle segments to help the Gusties win in 12:37.70.

St. Olaf junior **Annika Muller** (Minnetonka, Minn.) earned the triple jump crown in 2020 with a finals mark of 11.12 (36-05.75).

AROUND THE MIAC

Augsburg sophomore **Brianna Parsons** (Oakdale, Minn. | North St. Paul) clocked in at 8.20 in the 60-meter dash at the Gopher Classic on 2/5. That time ranks 10th in the MIAC heading into this year's conference meet.

Bethel first-year **Sarah Stellmach** (Mahtomedi, Minn.) came away with the MIAC's top 60-meter time this season at the University of Minnesota's Snowshoe Open on 2/18 with a time of 7.87. Stellmach also holds the MIAC's fifth-fastest 200-meter time at 26.81 and ran the second leg of the 4x400 relay that leads the conference at 3:55.26.

Carleton first-year **Nayeli Williams** (Minneapolis, Minn. | Brooklyn Center) has three top-10 MIAC times in her debut season. She ranks third in the 60-meter hurdles thanks to a 9.25 converted time at the Meet of Hearts on 2/12, ninth in the long jump with a mark of 5.13m (16-10.00) - also at the Meet of Hearts - and 10th in the 200-meter dash with a time of 27.30 at the St. Olaf Women's Invitational on 2/18. Her 60-meter time of 8.32 clocked at the Mark Schuck Open on 1/28 ranks 15th in the conference.

Concordia sophomore **Peyton Selle** (Dickinson, N.D.) posted the MIAC's second-best high jump mark this season at the Bison Open on 2/4, clearing a distance of 1.56m (05-01.25). Selle also ranks eighth in the conference in the 60-meter hurdles with a season-best time of 9.53 at the CSB/SJU Invitational on 2/12. Her pentathlon score of 2,962 at the Bison Open remains the second-best in the MIAC this year.

Gustavus sophomore **Birgen Nelson** (Edina, Minn.) leads the MIAC in both the 60-meter hurdles (8.60) and 200-meter dash (25.94) this season. Her 60 hurdles time is the fastest in the nation and 10th-fastest all-time in D-III history. It is also tied for the fastest ever in the MIAC. Nelson also ranks fourth among conference runners in the 400 meters (59.68) and fifth in the 60-meter dash (7.95) this year, in addition to helping the Gusties to the second-fastest 4x400 relay time (4:04.59) in the MIAC this season.

Hamline senior **Alexandra Maddux** (Moorhead, Minn.) has top-10 conference times in five different events heading into the 2022 Indoor Championships. Maddux ranks second in the 600 meters (1:37.23), third in the 800 meters (2:18.31) and 1000 meters (3:00.06), and sixth in the 400 meters (1:00.09) and mile (5:10.16).

Macalester sophomore **Maria Blaesing** (Munster, Ind.) posted the fourth-fastest mile time in the MIAC this season with a 5:05.91 at the Scots' home invite on 2/4. That mark also ranks second in program history. Her 1000-meter time of 3:02.90 at the Carleton Meet of Hearts on 2/12 ranks sixth in the conference.

Saint Benedict sophomore **Fiona Smith** (Dhahran, Saudi Arabia) has top-five conference times in four different events this season. Her MIAC-leading 5000-meter time of 16:42.91 (adjusted) at the SDSU Indoor Classic is a school record, as are her mile time of 4:55.30 and her 3000-meter time of 9:37.36 - both of which rank second in the conference this season. Smith is currently fifth in the MIAC with a 1000-meter time of 3:02.37.

St. Catherine first-year **Madi Genz** (Brainerd, Minn.) ran a season-best time of 8.09 in the 60-meter dash at St. Olaf's Women's Invitational on 2/18. The time ranks eighth in the MIAC this season. Genz has placed among the top six competitors in the event at every meet she has attended this season.

Saint Mary's senior **Sydney Klausler** (Lakeville, Minn. | South) posted a trio of season-best marks at the Mark Miller Invitational on 2/18. Klausler secured the eight-best long jump distance in the conference this season with a mark of 5.17m (16-11.05), as well as the ninth-fastest 200-meter time at 27.29. She clocked in at 8.23 in the 60-meter dash, good for 11th-best in the MIAC heading into the championship meet.

St. Olaf sophomore **Ali Seaton** (Weybridge, Vt. | Middlebury Union) won the 800-meter run in 2:21.59 at the University of Minnesota's Gopher Classic on 2/5. It was her second-straight meet with a personal-best time after clocking in at 3:03.97 in the 1K at the Oles' home quad invite on 1/28. The 800-meter time ranks sixth in the conference, while the 1000-meter time remains seventh.

St. Scholastica senior **Anna Becker** (Buffalo, Minn. | Maple Lake) has a pair of top-10 MIAC throws this season. Her weight throw of 15.72m (51-07.00) at the Mark Miller Invitational on 2/18 ranks fifth in the conference, while her shot put of 11.90m (39-00.50) at the Twin Ports Invite on 1/22 ranks ninth.

FOR THE RECORD

The [MIAC Women's Indoor Track & Field Record Book](#) contains annual Conference championship information and MIAC overall and meet record-holders. The information included in the record book is based on available data and research for additional historical documents is ongoing.

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