

Minnesota Intercollegiate Athletic Conference



2023 MIAC Indoor Track & Field Season Preview
Indoor Track & Field
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BLOOMINGTON, Minn. – The indoor track & field season is now in full gear for Minnesota Intercollegiate Athletic Conference (MIAC) student-athletes.

A handful of programs got an early jump on the new season with December meets in Minneapolis, Duluth, Mankato, and Fargo, while a few more got into the action last weekend at the UST Invitational and Ole Opener. The winter grind gets fully underway on January 21 with MIAC athletes competing in four meets scheduled across Minnesota and Wisconsin. The first [U.S. Track & Field and Cross Country Coaches Association \(USTFCCCA\) national and regional polls](#) of the season are scheduled to be released the week of January 23.

The [2023 MIAC Indoor Track & Field Championships](#) are set to be hosted February 23-25 at Macalester College in St. Paul. The pentathlon and heptathlon competitions will kick off the meet on Thursday, February 23, followed by individual events and relays throughout the rest of that Friday and Saturday.

Wartburg College is slated to host a Last Chance Qualifier in Waverly, Iowa on March 3-4 before Birgminham-Southern College hosts the 2023 NCAA Division III Championships on March 10-11 in Birmingham, Ala.

2022 CHAMPIONSHIP RESULTS

MIAC Men's Indoor Track & Field

*Saint John's (185)
Concordia (139)
St. Olaf (106)
Bethel (91)
Carleton (75)
Gustavus (43)
St. Scholastica (43)
Macalester (31)
Saint Mary's (30)
Hamline (25)
Augsburg (12)
*MIAC Champion

MIAC Women's Indoor Track & Field

*Bethel (134.5)
Gustavus (125.5)
Carleton (113.5)
St. Olaf (104.5)
Saint Benedict (94)
Hamline (65)
Concordia (60)
Macalester (36)
Saint Mary's (23)
St. Scholastica (18)
St. Catherine (6)

RULE CHANGES

The NCAA Playing Rules Oversight Panel (PROP) [approved a slate of rule changes for track & field on December 1, 2022, effective for the 2023 and 2024 seasons](#). Included among the changes is the allowance for first-place ties in the vertical jumping events to better align with other field events.

NEW MIAC WEBSITE & APP

The MIAC launched a [refreshed website](#) and new [mobile app](#) this past summer through a new multi-year partnership with SIDEARM Sports. The updated website design is intended to be more user-friendly and interactive for student-athletes, parents, alumni, and fans, featuring easy access to stories, schedules, results, standings, and

championship information. The new mobile app is free to fans and can be downloaded on both the [Apple App Store](#) and the [Google Play Store](#) for Android devices. The MIAC's previous "Front Row" app will be retired and no longer update as of the 2022-23 academic year.

AWARD WATCH

All-Conference honorees for men's and women's indoor track & field will be determined at the 2023 MIAC Indoor Track & Field Championships. The top three individuals and relays in each event will be recognized as All-Conference, while finishers 4-6 in all events will receive honorable mention distinction.

In the week following the conference championships, MIAC track & field coaches will also vote for individual recipients of the Track Athlete, Field Athlete, Rookie, and Coach of the Year awards. To be eligible for Rookie of the Year honors, a student-athlete must be a true college first-year student (not a transfer from another institution or an academic sophomore/junior/senior who has not used eligibility).

Throughout the regular season, the MIAC will recognize top individual performances with the MIAC Indoor Track & Field Athlete of the Week awards. Track & Field Athlete of the Week awards will be issued throughout the academic year when at least three MIAC teams have competed in a given week and nominations for outstanding performances have been submitted.

MEN'S INDOOR TRACK & FIELD

Performance Lists: [MIAC](#) | [Division III](#)

Links: [Schedule](#) | [News](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#) | [Archives](#)

WOMEN'S INDOOR TRACK & FIELD

Performance Lists: [MIAC](#) | [Division III](#)

Links: [Schedule](#) | [News](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#) | [Archives](#)

[MIAC Track & Field Book](#)

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