

Minnesota Intercollegiate Athletic Conference



2025-26 MIAC Indoor Track & Field Season Preview

Indoor Track & Field

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BLOOMINGTON, Minn. – Minnesota Intercollegiate Athletic Conference (MIAC) track & field student-athletes are set to resume competition for the 2026 segment of the indoor season.

A handful of MIAC programs got an early jump on the season last month, with four Midwest meets during the first two weekends of December. Several MIAC competitors will return to action this weekend for the [Minnesota Open](#) at the University of Minnesota Fieldhouse on Saturday, January 10, before the indoor season kicks into high gear next weekend with meets at St. Thomas, St. Olaf, and UW-Superior on January 16-17. The first [U.S. Track & Field and Cross Country Coaches Association \(USTFCCA\) national and regional polls](#) of the season will be released the week of January 27, 2026.

The [2026 MIAC Indoor Track & Field Championships](#) are set to be hosted February 26-28 on the campus of Carleton College in Northfield. The pentathlon and heptathlon competitions will kick off the meet on Thursday, February 26, followed by individual events and relays throughout the rest of that Friday and Saturday. Tickets for the 2026 MIAC Indoor Track & Field Championships will go on sale in mid-February. Of note, no ticket will be required for the Thursday afternoon pentathlon and heptathlon events; however, tickets will be required for the full days of competition on Friday and Saturday of the conference championships.

Following the championship meet, MIAC teams are scheduled to head to La Crosse, Wisconsin, and Waverly, Iowa, for Final Qualifier competitions hosted by UW-La Crosse and Wartburg on March 6-7. The top competitors in NCAA Division III will then head to Birmingham, Alabama, for the [2026 NCAA Division III Indoor Track & Field Championships](#) on March 13-14.

2025 MIAC CHAMPIONSHIP RESULTS

Men's Indoor Track & Field

Bethel (169)*
St. Olaf (115)
Saint John's (109)
Concordia (74.5)
Macalester (70)
St. Scholastica (59)
Gustavus (54.5)
Hamline (49)
Carleton (46)
Augsburg (23)
Saint Mary's (11)

*MIAC Champion

Women's Indoor Track & Field

Bethel (140.25)*
St. Olaf (107.25)
Concordia (103)
Gustavus (95.5)
Saint Benedict (94.25)
Carleton (78.25)
Macalester (52)
Saint Mary's (32.5)
Hamline (30)
St. Scholastica (25)
Augsburg (22)

RULE CHANGES

The NCAA Playing Rules Oversight Panel (PROP) [approved a slate of eleven rule changes for track & field in 2024, which were put into effect for the 2025 and 2026 seasons.](#)

MIAC SPORTS NETWORK

The [MIAC Sports Network](#), powered by Hudl, launched in August 2023 and will be back again as the streaming home of all MIAC-hosted games, events, and championships. The MIAC Sports Network is available on the web (<https://miacsportsnetwork.com/>) along with streaming apps for television and mobile devices, including Android TV, Apple TV, Amazon Fire TV, Roku (TV), iOS, Android (mobile), and Amazon Fire Tablet. The app can be found and installed free of charge by searching for the MIAC Sports Network.

MIAC APP

The MIAC mobile app remains free to fans and can be downloaded on both the Apple App Store and the Google Play Store for Android devices. The app includes news and links to follow scores and stats in real time.

AWARD WATCH

All-Conference honorees for men's and women's indoor track & field will be determined at the 2026 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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