

2000 MIAC Outdoor Track & Field Awards

Women

Sandy Helquist of Carleton was selected Women's MIAC Outdoor Track and Field Most Outstanding Athlete for her performance at the MIAC outdoor championship. Helquist won the MIAC Heptathlon May 4-5 with an NCAA automatic qualifying performance of 4365 points. The Carleton Knight followed up at the MIAC championship May 12-13 with a victory in the 400 (58.33), a second-place finish in the 200 (25.50), an eighth-place finish in the long jump (4.94 meters, 16 feet-2.5 inches) and ran a leg of Carleton's second-place 400 meter relay. Also receiving top votes were Hamline's April Felt who was a triple champion in the hammer (48.74m, NCAA automatic), shot put (13.30, NCAA automatic), and discus (44.10, NCAA provisional), and Macalester's Liz Connors who was a double champion in the 5000 (18:27.23) and 3000 (10:32.78) and led off the Scots second-place 3200 relay.

Concordia's Sara Grineski was picked for the MIAC Most Outstanding Performance for her performance in the 100 hurdles (14.27). Grineski finished first among five MIAC 100 hurdlers that all broke the MIAC meet record and qualified automatically for the NCAA championship. Also receiving votes for Most Outstanding Performance were Felt's performance in the hammer and Helquist's performance in the heptathlon.

Men

St. John's Distance Runner John Krueger was selected Men's MIAC Outdoor Track and Field Most Outstanding Athlete for his double champion performance in the 5000 (15:20.08) and 10000 (32:50.30). Also receiving top votes were Macalester's Eric Klinker who was a double champion in the 100 hurdles (14.47, meet record, NCAA automatic) and the 400 hurdles (54.17) and led off the fifth-place Scots' 1600 relay, and St. Thomas' Roman Cress who was a double champion in the 100 (10.59 finals, 10.53 prelims-ties meet record, NCAA automatic) and 200 (21.47, NCAA automatic) and anchored the Tommies' 400 meter relay to a first-place finish.

MIAC coaches picked Tommie Greg Kaiser's meet record and NCAA automatic qualifying throw in the javelin (63.24, 207 feet-6 inches) as the men's Most Outstanding Performance of the championship. Also receiving top votes were Klinker's effort in the 100 hurdles and Concordia's Adam Strainer's performance in the decathlon (6747 points, NCAA automatic).

MIAC TRACK & FIELD COACH OF THE YEAR

Coaches Joe Sweeney and Steve Mathre of St. Thomas were selected MIAC Women's and Men's Coaches of the Year respectively. The St. Thomas women and men swept both the MIAC indoor and outdoor championships.