

2005 MIAC Outdoor Track & Field Awards

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Women

Brigid Power and **Kristal Grigsby**, both from St. Thomas, were selected MIAC Women's Most Outstanding Track Athlete and Most Outstanding Field Athlete, respectively for their performances at the outdoor championship May 13-14. Power won her seventh and eighth career MIAC championships as she swept the 800 (2:17.79) and 1,500 (4:42.2). Grigsby had a hand in four victories and now has 11 MIAC championship in her last two seasons (indoors and outdoors). Her Saturday triple jump victory is a meet-record (distance of 38-0 1-4) and helped her sweep the long, high and triple jumps. She also anchored the winning 4x400 relay as well as scored with an eighth in the 100 (13.28) and a sixth in the 200 (26.52).

The award for MIAC Women's Most Outstanding Performance also went to *Grigsby* of St. Thomas for her meet record performance in the long jump. Other receiving votes included Anshley Dingles of Saint Mary's (1st / Heptathlon), Molly Bauman of St. Thomas (1st / 400 hurdles), and the Macalester 4x800 relay team (1st / Koby Hagen, Anna Shamey, Allison Woerpel, Emily Stafford / meet record).

Men

Dan Bucy of Carleton and **Peter Allen** of Saint John's were selected MIAC Men's Most Outstanding Track and Field Athletes, respectively. Bucy won the 10,000 meter run in 32:07.13 on Friday, and returned on Saturday to place first in the 3,000 meter steeplechase for the third consecutive year (both of which he has provisionally qualified for the NCAA Championships). Allen won the long jump with a mark of 22-5 3/4 (6.85m) and placed second in the triple jump.

The award for MIAC Men's Most Outstanding Performances goes to **John Dahlin** of Augsburg and **Nick Myran** of Concordia. Dahlin's performance in the hammer throw with a distance of 174-6, an NCAA provisional distance earned him a share of the honor. Myran placed first in the 1500 with an NCAA provisional time of 3:54.62. Mike Leither of Saint John's (1st / 400m hurdles) also received high votes for performance of the meet.

MEET HIGHLIGHTS

The MIAC Indoor Track & Field Championship was held May 13-14 at Macalester College. St. Thomas women won eight events to claim the MIAC women's track and field championships, taking its 19th title in 21 years. Saint John's ended a five-year hold on the title by St. Thomas men, beating UST 172 ½ to 165 to win its first title since 1999.

MIAC TRACK & FIELD COACHES OF THE YEAR

Joe Sweeney of St. Thomas and **Tim Miles** of Saint John's were selected women's and men's MIAC Outdoor Coaches of the Year respectively. Sweeney's Tommies reclaimed the team championship after a one year hiatus. Mile's receives this award for the second consecutive year. His Johnnies were crowned MIAC team champions for the first time since 1999.