

# 2008 MIAC Women's Outdoor Track & Field Awards

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St. Paul, Minn. -- The 2008 Minnesota Intercollegiate Athletic Conference (MIAC) Outdoor Track & Field Championships came to a close on Saturday evening with the St. Thomas women capturing the team title. This week, individual awards were announced and the honorees are listed below.



As part of a conference-wide sportsmanship initiative, the MIAC selected the second annual All-MIAC Sportsmanship team for Women's Outdoor Track & Field. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

## ***Outstanding Women's Track Athlete - Nikki Arola, St. Thomas***

- Arola (So., Chisholm, Minn.) claimed two MIAC individual titles by winning the 200 meters (25.91) and 400 meters (56.81 - NCAA provisional). Arola also ran on the winning 4x100 (48.47) and 4x400 relays (3:55.24) which both established NCAA provisional times.

## ***Outstanding Women's Field Athlete - Shara Guidry, St. Thomas***

- Guidry (Sr., Thief River Falls, Minn.) took home MIAC titles in both the discus and shot put. Guidry claimed the shot put title with a throw of 12.37m (40-7) and also took home top honors in the discus with throw of 43.56m (142-11). In addition to her two MIAC Championships, Guidry also took second in the hammer with an NCAA provisionals distance of 46.62m (152-11).

## ***Women's Outstanding Performance of the Meet - Lisa Brown, Gustavus***

- Brown (Jr., Lake Crystal, Minn.) claimed her third consecutive outdoor title in the javelin with a conference record distance of 48.29m (158 - 5). This distance is an NCAA automatic qualifying mark, conference meet record and currently is ranked first in the nation among NCAA Division III athletes.

## ***Women's Coach of the Year - Joe Sweeney, St. Thomas***

- Sweeney became the first active Division III coach to win 60 team championships as his Tommies rolled up a record 262 points last weekend for the MIAC Outdoor Team Title. Sweeney's teams have won 60 of a possible 78 MIAC team titles in cross country, indoor track and outdoor track in his 28 seasons. The Tommies capped an indoor and outdoor sweep for the fourth year in a row.

## **2008 All-MIAC Sportsmanship Team**

Bethel - Leah Jackson (Jr., Fridley, Minn.)

Carleton - Laura Roach (So., Lakeville, Minn.)

Concordia - Nicole Gertken (Sr., Pine River, Minn.)

Gustavus - Sari Lindeman (Sr., Cannon Falls, Minn.)

Hamline - Katie Drinane (Jr., Roseville, Minn.)

Macalester - Emily Matthews (So., Fort Collins, Colo.)

Saint Benedict - Kristin Haubrich (Sr., Shakopee, Minn.)

St. Catherine - Samantha Larson (So., Gaylord, Minn.)

Saint Mary's - Teri Heinzen (So., Marshfield, Wis.)

St. Olaf - Lisa Skildum (Sr., Arden Hills, Minn.)

St. Thomas - Jessica Taylor (Sr., Twinsburg, Ohio)

## **2008 MIAC Outdoor Track & Field Championships Website**