

# 2013 MIAC Women's Outdoor Track and Field Awards

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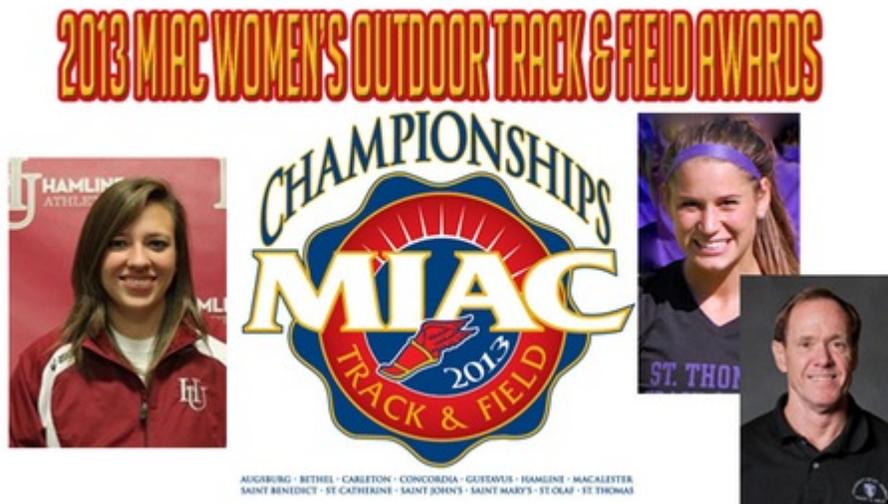
ST. PAUL, Minn. -- The 2013 Minnesota Intercollegiate Athletic Conference (MIAC) Outdoor Track and Field Championships concluded Saturday afternoon as the host school, the University of St. Thomas, claimed its ninth-straight MIAC title - and 29th in the 32-year history of the event - in its home stadium. Thursday, the Tommies continued their success, splitting the MIAC's top individual awards with a star from Hamline University.

St. Thomas senior Taylor Berg added the 2013 MIAC Outdoor Outstanding Women's Track Athlete award to her tremendous senior season, which saw her claim the top conference honor in cross country and indoor track as well. Her coach, Joe Sweeney, was voted the 2013 MIAC Outdoor Track and Field Women's Coach-of-the-Year for his work with the MIAC champs this season. And Hamline star senior Becky Culp doubled down on MIAC awards, as she was honored as the Outstanding Women's Field Athlete and with the Women's Outstanding Performance-of-the-Meet award for her MIAC meet record in the shot put.

In addition, the top three individuals in each event and the first-place relay team automatically received All-Conference honors, and the fourth- through sixth-place finishers in each open event and second- through sixth-place relay teams were named All-Conference Honorable Mention. They can be viewed in the final results from the 2013 MIAC Outdoor Track and Field Championships.

As part of a conference-wide sportsmanship initiative, the MIAC selected the seventh 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.

Complete information from the 2013 MIAC Outdoor Track and Field Championships - including results, recaps, links and more - can be found on the event's home page.



## 2013 MIAC Women's Outdoor Track and Field Awards

### *Outstanding Women's Track Athlete* - **Taylor Berg, St. Thomas**

- Berg (Sr., Eagan, Minn.) pulled off a rare trifecta as a senior, winning the MIAC Athlete-of-the-Year honor in cross country, indoor track and outdoor track. Her final honor was the result of two individual titles over the weekend on her home track. Berg won the 1,500-meter run with a time of 4:41.48, and added the 5,000-meter run title with a time of 17:55.59. The UST star and All-American is currently ranked in the top five nationally in both events. She also anchored the Tommies runner-up relay team in the 4x800-meter run, and won two All-MIAC honors and one All-MIAC Honorable Mention award.

### *Outstanding Women's Field Athlete* - **Becky Culp, Hamline**

- Culp (Sr., Lino Lakes, Minn.) closed her MIAC career with another tremendous performance at the conference outdoor meet, successfully defending a pair of throwing titles, coming in third in another, and setting a new meet record in the process. Culp's new record of 47-10 (14.58 meters) came as she defended her shot put championship, and she also won the discus for the second year in a row with a winning distance of 144-11 (44.18 meters). In addition, the Piper star earned her third All-MIAC honor of the meet by coming in third in the hammer throw with a toss of 153-7 (46.82 meters)

### *Women's Outstanding Performance-of-the-Meet* - **Becky Culp, Hamline**

- Culp (Sr., Lino Lakes, Minn.) highlighted her tremendous overall showing with a record-setting performance en route to her second-straight victory in the shot put. Culp's record-setting throw traveled a distance of 47-10 (14.58 meters) and gave her a comfortable win by nearly 21 inches. Her new record was 1.5 inches better than the previous meet record, set by another Piper, as Hamline's Misty Bahr recorded a throw of 47-8.5 (14.54 meters) in 1997. The record capped a great MIAC senior season for Culp, who was also named Indoor Outstanding Field Athlete after setting a new indoor shot put record as well.

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

- Sweeney (34th season) claimed another MIAC coaching honor after guiding his team to outdoor title No. 9 in a row, and No. 29 overall. Only three times in the 32-year history of the MIAC outdoor meet did Sweeney's Tommies finish somewhere other than first, and 2013 was no exception. St. Thomas scored 140.5 to distance itself from second-place Concordia (112.0) and the rest of the field in front of its home fans in St. Paul, Minn. In 2013, Sweeney coached the Outstanding Track Athlete in Berg, as well as five individual event champions, two first-place relay teams and 12 All-MIAC honorees.

## 2013 Women's Outdoor Track All-MIAC Sportsmanship Team

Augsburg - Ashley Carney (Sr., Lakeville, Minn.)  
Bethel - Courtney Fregeau (Jr., Andover, Minn.)  
Carleton - Haley Johnson (Jr., Golden Valley, Minn./Robbinsdale Cooper)  
Concordia - Sara Parsons (Sr., Baxter, Minn./Brainerd)  
Gustavus - Jenny Henricks (Sr., New Prague, Minn.)  
Hamline - Maria Theisen (Sr., Minneapolis, Minn./Southwest)  
Macalester - Simone Carpenter (So., Dedham, Mass.)  
Saint Benedict - Mandy Witschen (Jr., Monticello, Minn.)  
St. Catherine - Maria Rojas (Sr., Guayaquil, Ecuador/Colegio-Jefferson)  
Saint Mary's - Kim Puk (Sr., Naperville, Ill./Neuqua Valley)  
St. Olaf - Ellen Hawley (Sr., Baldwin, Wis.)  
St. Thomas - Meredith Rothstein (Sr., Hibbing, Minn./Grand Rapids)

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