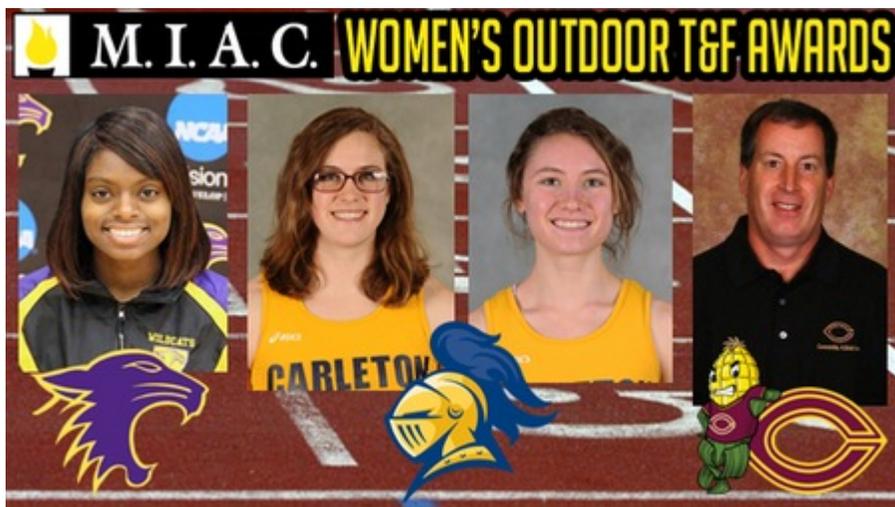


MIAC Women's Outdoor T&F Awards honor top performers from outstanding meet

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BLOOMINGTON, Minn. -- The 2015 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Outdoor Track and Field Championships featured outstanding performances from each of the conference's 12 teams, so it was fitting that individuals from three different institutions claimed the top individual honors Thursday when the conference announced the 2015 MIAC Women's Outdoor Track and Field Awards.

St. Catherine's Shakeela Wells-Johnson was named the Outstanding Track Athlete for her sprinting success. Carleton teammates added to their MIAC trophy cases as Amelia Campbell was named the Outstanding Field Athlete for the second-straight season, and Ruth Steinke's Steeplechase performance was voted the Outstanding Performance-of-the-Meet. Concordia also got into the awards act, with Marv Roeske receiving the MIAC Coach-of-the-Year honor.



The individual honors are accompanied by the announcement of the All-Conference selections and All-Conference Honorable Mention team, which are automatically determined based on performance, and one member of each team was selected to the All-Sportsmanship Team. The top individual awards were voted on by the 12 women's indoor track and field head coaches.

Well-Johnson (So., St. Paul, Minn. / Harding) starred for St. Catherine at the MIAC outdoor meet with a conference title in the 100-meter dash and a runner-up finish in the 100-meter hurdles. She won the 100 with a time of 12.12 seconds and just missed out on a title in the 100-hurdles as her time of 14.66 seconds was the runner-up by 0.07 seconds. Both her times rank in the top 27 nationally in 2015. Well-Johnson earned All-Conference honors in both events, and added an Honorable Mention award in the 4x100-meter relay, as she anchored the Wildcats to a fifth-place finish with a time of 50.34 seconds.

Campbell (Jr., Sturgeon Bay, Wis.) was voted the Outstanding Field Athlete for the second-straight season thanks to her all-around excellence. She successfully defended her heptathlon title with a score of 4,970 to win by a margin of 460 points. The defending national champion in the event, Campbell's score ranks second in Division III This season. She also finished second in the long jump with a distance of 17-3.5 feet (5.27 meters) and fifth in the javelin with a throw of 120-0 feet (36.58 meters) to earn two All-MIAC honors and an Honorable Mention award.

Steinke (Jr., Lima, N.Y. / Honeoye Falls-Lima) captured her second major MIAC honor of the year thanks to her standout performance in the 3,000-meter steeplechase. Not only did the Knights' star claim the MIAC title, but she also set a new meet record with her time of 10:37.58 and recorded the third-fastest time in Division III this season. The previous record was 10:46.23, and had stood since 2010, so Steinke's time bettered the conference meet record by nearly nine seconds. Steinke's Performance-of-the-Meet award caps a great season, that included the MIAC's cross country champion and Athlete-of-the-Year honor in the fall.

Roeske (20th season) earned his fourth MIAC coaching honor thanks to his team's second-place finish at the 2015 Outdoor Championships. He was also named the MIAC Outdoor Coach-of-the-Year in 2004 and the Women's Track and Field Coach-of-the-Year in 1998 and 1999. This spring, Roeske's team racked up 129.5 points to finish ahead of everyone except champion St. Thomas (148), and the Cobbers held more than a 20-point edge on the rest of the field. Roeske's student-athletes captured four individual MIAC event titles and they turned in 12 All-Conference performances.

In addition to the top individual award-winners, the MIAC also recognized the 2015 Women's Outdoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2015 MIAC Women's Outdoor Track and Field All-Conference individuals and relay teams. The top three finishers in each individual event and each first-place relay team received All-MIAC honors. Individuals that finished 4-6 and relay teams that finished 2-6 received All-Conference Honorable Mention honors and can be found in the [final results](#).

Fans can re-live all the action of the 2015 MIAC Outdoor Track and Field Championships online. The [event home page](#) has complete results, recaps, videos and more from an exciting weekend.

2015 MIAC WOMEN'S OUTDOOR TRACK AND FIELD AWARDS

2015 Individual Awards

Outstanding Track Athlete

Shakeela Wells-Johnson, St. Catherine
(So., St. Paul, Minn. / Harding)

Outstanding Field Athlete

Amelia Campbell, Carleton (Jr., Sturgeon Bay, Wis.)

Outstanding Performance-of-the-Meet

Ruth Steinke, Carleton, 3,000-meter steeplechase
(Jr., Lima, N.Y. / Honeoye Falls-Lima)

Coach-of-the-Year

Marv Roeske, Concordia (20th season)

2015 All-MIAC Sportsmanship Team

Augsburg - Elizabeth Hickey (Fy., St. Paul, Minn. / Cretin Derham Hall)

Bethel - Paige Thielen (Jr., Mora, Minn.)

Carleton - Aurora Janes (Sr., Ambler, Pa. / Upper Dublin)

Concordia - Ingrid Floersheim (Jr., Little Falls, Minn.)

Gustavus - Kaylee Maxon (Sr., New Richmond, Minn. / NRHEG)

Hamline - Megan Culp (Sr., Lino Lakes, Minn.)

Macalester - Simone Carpenter (Sr., Dedham, Mass.)

Saint Benedict - Manon Gammon-Deering (Sr., Little Falls, Minn.)

St. Catherine - Megan Pohlmann (So., Grey Eagle, Minn. / Long Prairie-Grey Eagle)

Saint Mary's - Laura Schommer (Sr., Hutchinson, Minn.)

St. Olaf - Morghen Philippi (Jr., Dubuque, Iowa / Hempstead)

St. Thomas - Olivia Khauv (Sr., Monticello, Minn.)

2015 All-Conference Team

100-meter dash

1. Shakeela Wells-Johnson, St. Catherine, 12.12
2. Callie Jones, Augsburg, 12.15
3. Rochelle Hickerson, Concordia, 12.29

200-meter dash

1. Hannah Lundstrom, Concordia, 25.68
2. Abby Stets, St. Olaf, 26.06
3. Erika Tipp, St. Thomas, 26.21

400-meter dash

1. Angela Tipp, St. Thomas, 56.39
2. Abby Stets, St. Olaf, 56.94
3. Hannah Lundstrom, Concordia, 57.43

800-meter run

1. Kayla Goeman, St. Thomas, 2:12.37
2. Carly Barton, St. Thomas, 2:13.52
3. Olivia Dengel, Saint Benedict, 2:13.88

1,500-meter run

1. Emily Gapinski, St. Thomas, 4:34.18
2. Colette Celichowski, Carleton, 4:37.22
3. Annika Halverson, Bethel, 4:37.59

5,000-meter run

1. Melissa Engstrom, St. Thomas, 18:01.38
2. Morghen Philippi, St. Olaf, 18:02.26
3. Amy Waananen, St. Olaf, 18:05.53

10,000-meter run

1. Mollie Gillberg, Bethel, 37:16.08
2. Caitlin Fermoye, Gustavus, 37:22.51
3. Brooke Rasmussen, Saint Benedict, 37:34.85

100-meter hurdles

1. Carolyn Saulsberry, Hamline, 14.59
2. Shakeela Wells-Johnson, St. Catherine, 14.66
3. Amelia Campbell, Carleton, 14.80

400-meter hurdles

1. Dani Larson, St. Olaf, 1:03.09
2. Emma Russ, Carleton, 1:03.79
3. Emma Peterson, Concordia, 1:04.33

3,000-meter steeplechase

1. Ruth Steinke, Carleton, 10:37.58
2. Piper Bain, St. Olaf, 11:08.53
3. Jenna O'Donnell, Saint Benedict, 11:22.01

4x100-meter relay

1. St. Thomas, 48.68
(Erika Tipp, Megan Maki, Katie Murray, Angela Tipp)

4x400-meter relay

1. St. Olaf, 3:53.29
(Abby Stets, Suzie Hoops, Madison VanWylen, Dani Larson)

3,200-meter relay

1. Saint Benedict, 9:18.91
(Olivia Dengel, Manon Gammon-Deering, Jenna O'Donnell, Allison Kosobud)

Long Jump

1. Rochelle Hickerson, Concordia, 5.45m
2. Amelia Campbell, Carleton, 5.27m
3. Bailey Cook, St. Thomas, 5.23m

Triple Jump

1. Carolyn Saulsberry, Hamline, 11.82m
2. Damali Britton, Carleton, 11.36m
3. AnnA Wagner, Saint Benedict, 11.13m

Shot Put

1. Cherae Reeves, Concordia, 14.18m
2. Jessica Putland, Hamline, 13.64m
3. Olivia Johnson, Concordia, 13.21m

Discus

1. Hillary Birchem, Concordia, 47.91m
2. Genevieve Gates, St. Thomas, 40.81m
3. Jerri Koltveit, Hamline, 39.97m

Javelin

1. Alyssa Besch, St. Catherine, 41.17m
2. Mikayla Forness, Concordia, 39.56m
3. Cherae Reeves, Concordia, 38.92m

Hammer throw

1. Elizabeth Weiers, Gustavus, 51.45m
2. Erin Urbanowicz, Hamline, 50.99m
3. Jessica Putland, Hamline, 47.75m

High Jump

1. Dani Larson, St. Olaf, 1.64m
2. Emma Peterson, Concordia, 1.61m
2. Bailey Cook, St. Thomas, 1.61m

Pole Vault

1. London Stelten, Saint Benedict, 3.53m
2. Maria Missurelli, Saint Mary's, 3.30m
3. Angela Substad, Bethel, 3.20m

Heptathlon

1. Amelia Campbell, Carleton, 4970 points
2. Dani Larson, St. Olaf, 4510 points
3. Mikayla Forness, Concordia, 4275 points