

St. Thomas duo, Carleton's Campbell sweep 2016 MIAC Women's Outdoor T&F Awards

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BLOOMINGTON, Minn. -- The 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Women's Outdoor Track and Field Championships marked the final conference meet for a pair of the MIAC's most decorated athletes in recent memory and, Thursday, St. Thomas' Emily Gapinski and Carleton's Amelia Campbell each capped their career with more individual honors as the league announced the recipients of the 2016 MIAC Women's Outdoor Track and Field Awards.

Gapinski (Sr., Sheboygan, Wis. / North) was named the MIAC Outstanding Track Athlete, while Campbell (Sr., Sturgeon Bay, Wis.) claimed both the Outstanding Field Athlete and Outstanding Performance of the Meet awards. The two added these most recent honors to an impressive list of conference awards throughout their decorated indoor and outdoor careers - this is Gapinski's fourth major MIAC honor, and the two for Campbell put her total up to seven. Gapinski's coach - the Tommies' Joe Sweeney - was the other major award-winner, as his peers voted him Coach-of-the-Year for his role in UST's 12th-straight MIAC outdoor title.



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.

Gapinski capped her conference-meet career with another outstanding performance in the middle-distance events to lead her team to a decisive conference championship. Saturday, she won her third-straight MIAC outdoor 1,500-meter run championship, as she pulled away over the final lap and finished with a time of 4:44.38. About an hour later, she pulled off an impressive double-win, as she recovered in time to not only win the 800-meter title, but she set a new Clemens Stadium record with a time of 2:13.73. Gapinski's outdoor Outstanding Track Athlete award is her third, as she won the same honor following the 2015 and 2016 Indoor Championships, and she also received the 2016 Indoor Outstanding Performance-of-the-Meet honor as well.

Campbell's brilliance spanned two weekends and resulted in another major awards haul for the senior. She was named Outstanding Field Athlete and received the Outstanding Performance-of-the-Meet award for her dominant win in the heptathlon. Campbell scored 5,058 points to win her third-straight MIAC heptathlon title. Her point total ranks No. 1 in the nation in Division III this season, and it's the second-best point total in MIAC Championships history, behind only her mark of 5,132 in 2014. She won by nearly 500 points, and is the only MIAC woman to ever score more than 5,000 in the event.

However, her Outstanding Field Athlete honor includes much more than the multi-event title, as she was named All-Conference in five different events. Campbell helped the Carleton 4x400-meter relay team finish first with a time of 3:56.86, she was the runner-up in both the high jump (5-4.25) and the 100-meter hurdles (14.42) and she finished third in the long jump with a mark of 17-11.75. Campbell actually tied for the best mark in the high jump, but finished second due to the number of attempts. The Outstanding Field Athlete award is the third such outdoor honor in a row for Campbell, and she also won the Performance honor in 2014. At the 2014 Indoor Championships, she also won the same two honors, giving her a total of seven major MIAC awards in her career.

Sweeney was voted the Coach-of-the-Year by his peers after his team ran away with a 12th-straight MIAC title, and a 32nd overall championship in the 35-year history of the meet. St. Thomas scored a total of 191.3 points, and held a 91.3-point margin of victory over runner-up Carleton. Sweeney coached Gapinski to Outstanding Track Athlete honors, and guided Tommie athletes to six total MIAC titles (five individual, one relay). He also coached his squad to a total of 14 All-MIAC performances (13 individual, one relay). This is Sweeney's fourth Outdoor Coach-of-the-Year award in the past six seasons, and he has won numerous MIAC honors in both indoor and outdoor track and field as well as cross country in his 36 seasons coaching at St. Thomas.

In addition to the top individual award-winners, the MIAC also recognized the 2016 Women's Outdoor Track and Field All-MIAC Sportsmanship team. Also listed below are the 2016 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 2016 MIAC Outdoor Track and Field Championships online. The [event home page](#) has complete results, recaps, photos and more from an exciting weekend.

2016 MIAC WOMEN'S OUTDOOR TRACK AND FIELD AWARDS

2016 Individual Awards**Outstanding Track Athlete**

Emily Gapinski, St. Thomas (Sr., Sheboygan, Wis. / North)

Outstanding Field Athlete

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

Outstanding Performance-of-the-Meet

Amelia Campbell, Carleton, Pentathlon, (Sr., Sturgeon Bay, Wis.)

Coach-of-the-Year

Joe Sweeney, St. Thomas (36th Season)

2016 All-Conference Team**2016 All-MIAC Sportsmanship Team**

Augsburg - Emma Blom (Jr., Culver, Minn. / South Ridge)

Bethel - Nicole Balzer (Jr., Shoreview, Minn. / Mounds View)

Carleton - Kayla McKinsey (Sr., North Easton, Mass. / Oliver Ames)

Concordia - Jenna Stilwell (Fy., Jamestown, N.D.)

Gustavus - Jordan Schwakopf (Fy., New Prague, Minn.)

Hamline - Brianna Baker (Sr., White Bear Lake, Minn.)

Macalester - Erin Porter (Sr., Aztec, N.M.)

Saint Benedict - Suzi Adams (Sr., Crystal, Minn. / Robbinsdale

Armstrong)

St. Catherine - Dani Breault (Sr., Anoka, Minn.)

Saint Mary's - Maria Missurelli (So., Franklin, Wis. / St. Thomas More)

St. Olaf - Emma Fulton (Sr., Billings, Mont.)

St. Thomas - Hayley Schuchard (Sr., Sartell, Minn.)

Hammer

1. Allison Mellin, St. Thomas, 144-1
2. Sarah Swanson, Gustavus, 143-0
3. Amanda Passaglia, Bethel, 141-2

Long Jump

1. Tori Thompson, St. Catherine, 18-5.75
2. Callie Jones, Augsburg, 18-3
3. Amelia Campbell, Carleton, 17-11.75

Discus

1. Gabby Koel, Hamline, 130-11
2. Ashley Thompson, Concordia, 128-6
3. Tresa Reuter, Concordia, 125-9

High Jump

1. Bailey Cook, St. Thomas, 5-4.25
2. Amelia Campbell, Carleton, 5-4.25
3. Grace Bordson, St. Thomas, 5-3

10,000-Meter Run

1. Marit Sonnesyn, Gustavus, 37:36.90
2. Mollie Gillberg, Bethel, 37:43.43
3. Alex Fossum, St. Thomas, 37:43.48

4x800-Meter Relay

1. St. Thomas, 9:25.28
(Megan Terukina, Ali Glassbrenner, Kayla Janto, Aimee Junget)

Javelin

1. Mikayla Forness, Concordia, 152-9
2. Megan Pohlmann, St. Catherine, 139-6
3. Alyssa Besch, St. Catherine, 136-11

Triple Jump

1. Carolyn Saulsberry, Hamline, 37-1.75
2. Anna Wagner, Saint Benedict, 36-9.75
3. Leah Koll, Saint Benedict, 35-9.25

Pole Vault

1. London Stelten, Saint Benedict, 11-3.75
2. Maria Missurelli, Saint Mary's, 10-10
3. Emma Fulton, St. Olaf, 10-4

Shot Put

1. Olivia Johnson, Concordia, 46-6.75
2. Sarah Swanson, Gustavus, 42-10.75
3. Libby Lange, St. Thomas, 41-7.75

3,000-meter Steeplechase

1. Ruth Steinke, Carleton, 10:47.02
2. Sarah Jonathan, Macalester, 10:49.66
3. Mata Agre, Gustavus, 11:38.58

4x100-Meter Relay

1. Bethel, 48.64
(Jillian Krier, AddieKay Johnson, Danielle Peterson, Hanna Frekot)

1,500-Meter Run

1. Emily Gapinski, St. Thomas, 4:44.38
2. Aimee Junget, St. Thomas, 4:45.69
3. Kayla Janto, St. Thomas, 4:45.89

100-Meter Hurdles

1. Carolyn Saulsberry, Hamline, 14.16
2. Amelia Campbell, Carleton, 14.42
3. Brielle Bierman, St. Thomas, 14.59

400-Meter Dash

1. Reilly Simon, Carleton, 56.63
2. Abby Stets, St. Olaf, 58.02
3. AddieKay Johnson, Bethel, 58.93

100-Meter Dash

1. Callie Jones, Augsburg, 12.44
2. Kara Komoto, Macalester, 12.487
3. Shakeela Wells-Johnson, St. Catherine, 12.492

800-Meter Run

1. Emily Gapinski, St. Thomas, 2:13.73
2. Hannah Helstad, St. Thomas, 2:15.15
3. Allison Kosobud, Saint Benedict, 2:15.63

400-Meter Hurdles

1. Summer Ellefson, St. Thomas, 65.07
2. Megan Sundstrom, Saint Benedict, 65.21
3. Brielle Bierman, St. Thomas, 65.71

200-Meter Dash

1. Abby Stets, St. Olaf, 25.39
2. AddieKay Johnson, Bethel, 25.66
3. Hannah Sonsalla, Macalester, 25.76

5,000-Meter Run

1. Marit Sonnesyn, Gustavus, 18:05.00
2. Mollie Gillberg, Bethel, 18:06.11
3. Sally Donovan, Carleton, 18:13.71

4x400-Meter Relay

1. Carleton, 3:56.86
(Kayla McKinsey, Emma Russ, Amelia Campbell, Reilly Simon)

Heptathlon

1. Amelia Campbell, Carleton, 5,058
2. Mikayla Forness, Concordia, 4,580
3. Madison VanWynen, St. Olaf, 4,329