

# MIAC recognizes top 2022 Women's Outdoor Track & Field performances

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**BLOOMINGTON, Minn.** – The Minnesota Intercollegiate Athletic Conference (MIAC) put the finishing touches on another record-breaking Outdoor Track & Field Championship meet with the announcement of its annual Women's Outdoor Track & Field awards on Thursday.

The top three finishers in each individual event along with 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 distinction. MIAC track & field coaches also selected individual award recipients for Outstanding Track Athlete, Outstanding Field Athlete, Performance of the Meet, and Coach of the Year.

| [2022 MIAC Women's Outdoor Track & Field All-Conference Honorees and Award Winners](#) |



*Birgen Nelson (left) and Annika Poe were named Outstanding Track and Field Athletes, respectively.*

After winning the first outdoor title in program history, Gustavus swept the individual awards as Gustie junior sprinter **Birgen Nelson** was selected as the Outstanding Track Athlete and earned Performance of the Meet honors for her record-breaking performance in the 100-meter hurdles, while junior thrower **Annika Poe** received Outstanding Field Athlete and head coach **Aaron Lund** was recognized as MIAC Coach of the Year for Women's Outdoor Track & Field.

Nelson (Jr. | Edina, Minn.) won both the 100- and 400-meter hurdle titles at the 2022 MIAC Outdoor Track & Field Championships. Her time of 13.71 in the 100 hurdles is a new program, facility, and conference record, and ranks first in NCAA Division III this season, while her 400-meter hurdles time of 1:00.64 set a new program and facility mark while ranking third in the country this year. Nelson's performance in the 100-meter hurdles was selected by MIAC coaches as the Outstanding Performance of the Meet, while her showing in the 400-meter hurdles came in second place on the ballot. Nelson is the first Gustie to receive MIAC Outstanding Track Athlete honors in women's track & field since Erica Stone won back-to-back honors in 1998 and 1999.

Poe (Jr. | Big Lake, Minn.) won a pair of MIAC titles at the 2022 Outdoor Track & Field Championships, taking home top honors in the shot put and discus. Poe's margin of victory in the discus was more than three meters at 41.44, while her shot put set a new facility record of 14.31 meters - good for seventh-best in NCAA Division III this season. Poe is the third Gustie since 2011 and the second in the last three seasons to receive MIAC Outstanding Field Athlete honors in women's outdoor track & field.

Lund was named MIAC Women's Outdoor Track & Field Coach of the Year for the first time after guiding the Gusties to their first-ever outdoor track & field championship. In Lund's third season at the helm, Gustavus came away with nine individual All-Conference honorees - six of whom earned individual conference titles - along with a pair of conference champion relay squads.

In addition to the top individual award winners, conference coaches also recognized the 2022 Women's Outdoor Track & Field All-MIAC Sportsmanship team, as well as the 2022 All-Conference individuals and relay teams. Complete results and recaps of the 2022 MIAC Outdoor Track & Field Championships can be found on the [event homepage](#).

## 2022 MIAC WOMEN'S OUTDOOR TRACK & FIELD AWARDS

### 2022 MIAC Women's Outdoor Track & Field Outstanding Track Athlete

Name	Institution	Class	Hometown   High School	Previous Selections
Birgen Nelson	Gustavus	Jr.	Edina, Minn.	--

### 2022 MIAC Women's Outdoor Track & Field Outstanding Field Athlete

Name	Institution	Class	Hometown   High School	Previous Selections
Annika Poe	Gustavus	Jr.	Big Lake, Minn.	--

### 2022 MIAC Women's Outdoor Track & Field Performance of the Meet

Name	Institution	Class	Hometown   High School	Event	Previous Selections
Birgen Nelson	Gustavus	Jr.	Edina, Minn.	100-meter Hurdles	--

### 2022 MIAC Women's Outdoor Track & Field Coach of the Year

<b>Name</b>	<b>Institution</b>	<b>Previous Selections</b>
Aaron Lund	Gustavus	--

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**2022 MIAC Women's Outdoor Track & Field All-Sportsmanship Team**

<b>Name</b>	<b>Institution</b>	<b>Class</b>	<b>Hometown   High School</b>
Jordan Terry	Augsburg	Sr.	Shakopee, Minn.
Jessica Lilland	Bethel	Jr.	Prior Lake, Minn.
Eve Farrell	Carleton	Sr.	Mahtomedi, Minn.
Emily White	Concordia	Sr.	Litchfield, Minn.
Mackinzee Miest	Gustavus	Sr.	Saint James, Minn.
Madison Fiecke	Hamline	Sr.	Winsted, Minn.   Howard Lake-Waverly-Winsted
Journey Amundson	Macalester	Jr.	Iron River, Wis.   Northwester
Nora Doyle	Saint Benedict	Sr.	Chicago, Ill.   Marist
Gabby Bodin	St. Catherine	So.	Minneapolis, Minn.   Osseo
Nathalie Freire	Saint Mary's	Sr.	Bloomington, Minn.   Jefferson
Seneca Norvell	St. Olaf	Jr.	Minneapolis, Minn.   Washburn
Lily Beneke	St. Scholastica	So.	Green Isle, Minn.   Sibley East

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