

Minnesota Intercollegiate Athletic Conference



MIAC announces 2023 Women's Outdoor Track & Field awards
 Women's Outdoor Track & Field
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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 event received All-MIAC honors, while individuals that finished 4-6 received All-Conference Honorable Mention distinction. MIAC track & field coaches also selected individual award recipients for Track Athlete of the Year, Field Athlete of the Year, Rookie of the Year, and Coach of the Year.

Gustavus senior **Birgen Nelson** was selected as the Track Athlete of the Year, while Macalester senior **Journey Amundson** received Field Athlete of the Year honors. Bethel first-year **Nora Wilhelm** was selected Rookie of the Year and Gustavus head coach **Aaron Lund** was recognized as MIAC Coach of the Year for Women's Outdoor Track & Field.

Nelson (Sr. | Edina, Minn.) earned her second straight Outdoor Track Athlete of the Year honor after collecting four first-place finishes for the Gusties at the 2023 MIAC Outdoor Championships. Nelson clocked the second-fastest all-conditions time in NCAA Division III history to win the 100-meter hurdles in 13.37. Nelson's time of 11.71 in the 100-meter dash is the fourth fastest in NCAA Division III this season, while her 400-hurdles mark is a new program record and ranks second-fastest in the nation this spring. Nelson also ran on the Gusties' 4x100-meter relay team that broke the facility, program, and conference record with a time of 47.15. Nelson is the first athlete to repeat as MIAC Women's Outdoor Track Athlete of the Year since Nikki Arola of St. Thomas did so in 2008 and 2009.

Amundson (Sr. | Iron River, Wis. | Northwestern) was named Field Athlete of the Year after winning both the triple and long jumps at the 2023 MIAC Outdoor Championships. Amundson's PR in the long jump set a new program record of 5.54 meters (18' 2.25"), besting the previous mark set in 1988. She also locked down the triple jump with a distance of 11.92 meters (39' 1.25"), setting a new facility record in the process. Amundson is Macalester's first athlete on-record to receive MIAC Outdoor Field Athlete of the Year honors. She is the first Scot to receive individual outdoor honors since Phoebe Aguiar earned Outstanding Performance of the Meet accolades in 2019.

Wilhelm (Fy. | Maplewood, Minn. | Concordia Academy) received Rookie of the Year honors after winning the discus and placing fourth in the shot put at the 2023 MIAC Outdoor Championships. Wilhelm threw a personal best distance of 41.37 meters (135' 8") to capture the event title in the discus, a mark that ranks third-best in program history. She also logged a mark of 12.45 meters (40' 10.25") to earn honorable mention distinction in the shot put. Wilhelm is the inaugural MIAC Rookie of the Year recipient for women's outdoor track & field.

Lund (fourth season) was named MIAC Women's Outdoor Track & Field Coach of the Year for the second consecutive season after guiding the Gusties to a repeat outdoor track & field championship. In Lund's fourth season at the helm, Gustavus came away with eleven All-Conference spots and six MIAC titles. Lund is the first repeat recipient of the MIAC Women's Outdoor Track & Field Coach of the Year award since St. Thomas' Joe Sweeney won two in a row in 2013 and 2014.

In addition to the top individual award winners, the 2023 All-Conference individuals and relay teams were also announced. Complete results and recaps of the 2023 MIAC Outdoor Track & Field Championships can be found on the [event homepage](#).

2023 MIAC WOMEN'S OUTDOOR TRACK & FIELD AWARDS

2023 MIAC Women's Outdoor Track Athlete of the Year

| Name | Institution | Class | Hometown High School | Previous Selections |
|---------------|-------------|-------|------------------------|---------------------|
| Birgen Nelson | Gustavus | Sr. | Edina, Minn. | 2022 |

2023 MIAC Women's Outdoor Field Athlete of the Year

| Name | Institution | Class | Hometown High School | Previous Selections |
|------------------|-------------|-------|---------------------------------|---------------------|
| Journey Amundson | Macalester | Sr. | Iron River, Wis. Northwestern | -- |

2023 MIAC Women's Outdoor Track & Field Rookie of the Year

| Name | Institution | Class | Hometown High School |
|--------------|-------------|-------|--------------------------------------|
| Nora Wilhelm | Bethel | Fy. | Maplewood, Minn. Concordia Academy |

2023 MIAC Women's Outdoor Track & Field Coach of the Year

| Name | Institution | Previous Selections |
|------------|-------------|---------------------|
| Aaron Lund | Gustavus | 2022 |

ALL-CONFERENCE INDIVIDUALS

100-Meter Dash

1. Birgen Nelson, GAC..... 11.71
2. Jireh Babalola, BU..... 11.93
3. Sarah Stellmach, BU..... 11.94

200-Meter Dash

1. Sarah Stellmach, BU..... 24.60
2. Kate Carlson, GAC..... 24.93
3. Jireh Babalola, BU..... 25.19

400-Meter Dash

1. Megan Geraets, GAC..... 58.14
2. Allison Hookom, AUG..... 58.48
3. Karla Kroschel, STO..... 58.56

800-Meter Run

1. Alexandra Maddux, HU..... 2:11.89
2. Mary Blanchard, CAR..... 2:12.16
3. Annessa Ihde, BU..... 2:15.58

1500-Meter Run

1. Fiona Smith, CSB..... 4:34.40
2. Christine Albrecht, STO..... 4:38.20
3. Mary Blanchard, CAR..... 4:39.22

5000-Meter Run

1. Fiona Smith, CSB..... 16:19.98
2. Clara Mayfield, CAR..... 16:30.91
3. Alison Bode, STO..... 17:07.99

10000-Meter Run

1. Fiona Smith, CSB..... 34:31.92
2. Clara Mayfield, CAR..... 34:35.64
3. Alison Bode, STO..... 36:17.82

100-Meter Hurdles

1. Birgen Nelson, GAC..... 13.37
2. Kelsie Sealock, BU..... 13.61
3. Rebekah Salfer, STO..... 14.83

400-Meter Hurdles

1. Birgen Nelson, GAC..... 59.87
2. Lauren Berg, CSB..... 1:03.52
3. Rebekah Salfer, STO..... 1:04.04

3000-Meter Steeplechase

1. Christine Albrecht, STO..... 10:37.35
2. Sophie McManus, CAR..... 11:07.85
3. Josie Harms, BU..... 11:16.80

High Jump

1. Glasha Hovey, BU..... 1.59m
2. Ally Rakow, GAC..... 1.56m
3. Ellie Selisker, CSB..... 1.56m

Pole Vault

1. Julia Cordes, STO..... 3.20m
2. Jessica Lillard, BU..... 3.20m
3. Caitlin Salfer, CSB..... 3.20m

Long Jump

1. Journey Amundson, MAC..... 5.54m
2. Annika Muller, STO..... 5.53m
3. Ellie Selisker, CSB..... 5.50m

Triple Jump

1. Journey Amundson, MAC..... 11.92m
2. Madi Kes, GAC..... 11.88m
3. Ellie Hernes, BU..... 11.39m

Shot Put

1. Annika Poe, GAC..... 14.90m
2. Aleah Keske, STO..... 12.70m
3. Kelley Brennan, GAC..... 12.49m

Discus Throw

1. Nora Wilhelm, BU..... 41.37m
2. Annika Poe, GAC..... 40.61m
3. Madison Reed, HU..... 39.68m

Hammer Throw

1. Lily Beneke, CSS..... 55.16m
2. Allyson Kangas, CON..... 49.73m
3. Samantha Kubes, SMU..... 48.67m

Javelin Throw

1. Bryana Leverentz, SCU..... 41.10m
2. Peyton Selle, CCM..... 38.34m
3. Sarah Beth Hobby, MAC..... 38.15m

Heptathlon

1. Justus Floren, CSB..... 4409
2. Peyton Selle, CON..... 4343
3. Rebekah Salfer, STO..... 4329

ALL-CONFERENCE RELAYS

4x100-Meter Relay

1. Gustavus..... 47.15
Danielle Miller
Birgen Nelson

- Megan Geraets
Kate Carlson
2. Saint Benedict..... 49.27
Myah Nelson
Tiana Johnson
Hailey Johnson
Kate Gallagher
3. Concordia..... 49.36
Maddie Guler
Emily Rengo
Kyla Nygaard
Mary Wunderlich

4x400-Meter Relay

1. Saint Benedict..... 3:57.18
Sidela Nygua
Lauren Berg
Emerson Knapp
Ella Young
2. Carleton..... 3:58.19
Lara Erickson
Jocelyn Ferguson
Mary Blanchard
Hadley Twichell
3. Bethel..... 3:58.47
Makenna Brown
Morgan Dean
Abbie Swenson
Hailey Gregg

4x800-Meter Relay

1. Hamline..... 9:29.31
Lucy Hoelscher
Lindsey Bernardy
Katie Danielzuk
Alexandra Maddux
2. St. Olaf..... 9:35.49
Ella Landis
Sophie Call
Jules Fromm
Sophie Abernethy
3. Carleton..... 9:39.60
Sadie Ray Smith
Nell Schafer
Libby Rowland
Sophie McManus

HONORABLE MENTION INDIVIDUALS

100-Meter Dash

4. Kate Carlson, GAC..... 12.05
5. Kate Gallagher, CSB..... 12.45
6. Makayla Stinson, SCU..... 12.48

200-Meter Dash

4. Megan Geraets, GAC..... 25.29
5. Emily Rengo, CCM..... 26.08
6. Karla Kroschel, STO..... 26.20

400-Meter Dash

4. Lindsey Bernardy, HU..... 59.01
5. Jocelyn Ferguson, CAR..... 59.14
6. Hailey Gregg, BU..... 59.35

800-Meter Run

4. Lara Erickson, CAR..... 2:17.32
5. Drew Frolek, CCM..... 2:17.87
6. Ellie Sholing, CSS..... 2:19.45

1500-Meter Run

4. Hannah Preisser, CAR..... 4:42.31
5. Annessa Ihde, BU..... 4:43.07
6. Ella Landis, STO..... 4:47.18

5000-Meter Run

4. Hannah Preisser, CAR..... 17:17.52
5. Sofia Carlson, STO..... 17:50.80
6. Phoebe Ward, CAR..... 17:52.84

10000-Meter Run

4. Sofia Carlson, STO..... 37:28.52
5. Lauren Walda, STO..... 38:11.40
6. Evelyn Villalobos, GAC..... 38:13.78

100-Meter Hurdles

4. Danielle Miller, GAC..... 15.03
5. Lauren Dimler, GAC..... 15.27
6. Gabby Bodin, SCU..... 15.29

400-Meter Hurdles

4. McKenzie Williams, CSS..... 1:04.87
5. Makenna Huetten, GAC..... 1:05.15
6. Lauren Rocheford, GAC..... 1:06.12

3000-Meter Steeplechase

4. Grace Moeller, STO..... 11:20.98
5. Keiley Maahs, CSB..... 11:29.32
6. Emily Rugloski, CCM..... 11:32.35

High Jump

4. Erin Beer, GAC..... 1.51m
5. Justus Floren, CSB..... 1.51m
6. Grace Blanchette, CAR..... 1.51m

Pole Vault

| | |
|------------------------------|-------|
| 4. Melanie Roberts, STO..... | 3.00m |
| 5. Jenna Bunker, GAC..... | 3.00m |
| 6. Grace Pierson, HU..... | 2.85m |

Long Jump

| | |
|----------------------------|-------|
| 4. Madi Kes, GAC..... | 5.44m |
| 5. Lili Guy, GAC..... | 5.41m |
| 6. Justus Floren, CSB..... | 5.40m |

Triple Jump

| | |
|------------------------------|--------|
| 4. CC Cesare, AUG..... | 11.31m |
| 5. Annika Muller, STO..... | 11.22m |
| 6. Reilee Schepper, SCU..... | 11.03m |

Shot Put

| | |
|-----------------------------|--------|
| 4. Nora Wilhelm, BU..... | 12.45m |
| 5. Sydney Jackman, SMU..... | 12.34m |
| 6. Molly Meyers, HU..... | 12.08m |

Discus Throw

| | |
|------------------------------|--------|
| 4. Aleah Keske, STO..... | 38.53m |
| 5. Maggie Beckmann, CSB..... | 38.25m |
| 6. Jade Hunt, HU..... | 37.72m |

Hammer Throw

| | |
|------------------------------|--------|
| 4. Maggie Beckmann, CSB..... | 46.46m |
| 5. Lexi Brainer, HU..... | 46.37m |
| 6. Madison Reed, HU..... | 45.60m |

Javelin Throw

| | |
|-----------------------------|--------|
| 4. Justus Floren, CSB..... | 36.75m |
| 5. Regan Anderson, CCM..... | 34.73m |
| 6. Abbie Swenson, BU..... | 34.62m |

Heptathlon

| | |
|-------------------------------|------|
| 4. Grace Blanchette, CAR..... | 4192 |
| 5. Sarah Beth Hobby, MAC..... | 3866 |
| 6. Ellie Selisker, CSB..... | 3689 |

HONORABLE MENTION RELAYS**4x100-Meter Relay**

| | |
|-----------------------|-------|
| 4. St. Catherine..... | 49.67 |
| Claire Nichols | |
| Makayla Stinson | |
| Erin Doyle | |
| Reilee Schepper | |
| 5. St. Olaf..... | 49.78 |
| Ruth Pfeiffer | |
| Zoe Matre | |
| Ququ Holman | |
| Karla Kroschel | |
| 6. Carleton..... | 50.31 |
| Riley Roberts | |
| Jocelyn Feguson | |
| Bianca Lott | |
| Hadley Twichell | |

4x400-Meter Relay

| | |
|-------------------|---------|
| 4. Concordia..... | 3:59.27 |
| Maddie Guler | |
| Meg Shercliffe | |
| Kyla Nygaard | |
| Drew Frolek | |
| 5. Hamline..... | 4:00.93 |
| Lucy Hoelscher | |
| Alexandra Maddux | |
| Ashley Grabau | |
| Lindsey Bernardy | |
| 6. St. Olaf..... | 4:02.46 |
| Ruth Pfeiffer | |
| Rebekah Salfer | |
| Olivia Edstrom | |
| Emma Storbakken | |

4x800-Meter Relay

| | |
|------------------------|---------|
| 4. Saint Benedict..... | 9:43.64 |
| Lauren Berg | |
| Kalli Smith | |
| Brooke Verkinnes | |
| Ella Young | |
| 5. Bethel..... | 9:47.21 |
| Evie Hage | |
| Anna Cargill | |
| Esther Nelson | |
| Ruby Gernandt | |
| 6. Macalester..... | 9:49.58 |
| Hadley Wilkins | |
| Anna Warren | |
| Sky Theodosopolous | |
| Mara Pirone | |