

10-time champ St. Thomas headlines MIAC Women's Outdoor T&F Championships

Posted: May 06, 2015

[Jump to:](#) | [Video](#) | [Links](#) | [Team Previews](#) |

ST. PAUL, Minn. -- The 2015 Minnesota Intercollegiate Athletic Conference (MIAC) Outdoor Track and Field Championships will be held Friday and Saturday at Macalester College in St. Paul, Minn., and the biggest question is whether or not St. Thomas can extend its 10-year run atop the conference, or if one of the contenders can finally topple the Tommies.

In 2014, St. Thomas completed a decade of dominance with its 10th-straight MIAC Outdoor championship. In the 33-year history of the event, the Tommies have won the title 30 times, with Concordia winning twice (2004, 1999) and St. Olaf winning once (1984).

| [OUTDOOR T&F HOME PAGE](#) | [PROMO VIDEO](#) |

St. Thomas racked up 187 points last season to claim its 10th-straight outdoor title by a margin of 73 points. Carleton scored 114 to finish second and Concordia also reached triple digits with 105.3 points to round out the top three. Saint Benedict scored 92.3 points to finish fourth and Hamline (83) rounded out the top five.

Bethel finished sixth with 61.5 points. St. Olaf scored 56.5 to edge the duo of Macalester and Gustavus for seventh. The Scots and Gusties shared eighth place with identical scores of 51 points. Augsburg finished 10th with 25 points, and St. Catherine (17.3) edged Saint Mary's (14) to round out the final two spots in the 2014 outdoor standings.

The 2015 field will include eight returning individual champions in nine events, with one already successfully defending her 2014 crown. Carleton's Amelia Campbell won her second-straight heptathlon title last weekend at the multi-event championships, and she will try to add a repeat win in the long jump this weekend. There are also a trio of athletes going for a third-straight title in their event this season - St. Thomas' Kayla Goeman in the 800-meter run, Carleton's Ruth Steinke in the 3,000-meter steeplechase and St. Olaf's Dani Larson in the high jump.

St. Thomas also has a returning champ back in the 1,500-meter run in Emily Gapinski. Concordia has a pair of field event champs back with Cherae Reeves looking to add another title in the shot put in addition to her indoor national championship in March, and Olivia Johnson is back to defend her javelin title as well. Gustavus' Elizabeth Weiers will try to win a second-straight title in the hammer throw.

The list of returning individual champs is impressive, but each team is excited about their top athletes' chances this weekend. Augsburg has high hopes for sprinter/jumper Callie Jones and middle-distance runner Kayla Roberge. Bethel is excited about its prospects in the middle distance events as well, with standout rookie Annika Halverson in the 1,500 and senior Rebecca Wesley in the 800. Carleton's hopes extend beyond the talented Campbell and Steinke, with decorated runner Colette Celichowski and rookie jumper Damali Britton also ready to lead the Knights at the MIAC meet.

Reeves and Johnson a deep crop of talent in the field events for Concordia, with fellow thrower Hillary Bircham and standout jumper Rochelle Hickerson also contributing to the Cobbers' high hopes. Gustavus is excited to have Weiers back in the throws, along with pole vaulter Kelsey Harms and distance runner Caitlin Fermoye. Hamline is again strong in the throwing events with Jessica Putland and Erin Urbanowicz back, and Carolyn Saulsberry leads the Pipers in the jumps and hurdles.

The host team has plenty of talent leading the way in the sprints, as Macalester has high hopes for the speedy duo of Hannah Sonsalla and Irene Gibson. Saint Benedict is hoping for another top-four finish and will be led by standout sophomores Allison Kosobud (middle distance) and London Stelten (pole vault). St. Catherine returns one of the MIAC's top sprinters in Shakeela Wells-Johnson and also has high hopes for Brittany Moore in the sprints and jumps.

Saint Mary's will be led by thrower Maya Booker in the field events, and sprinter Laura Schommer will lead the Cardinals on the track. In addition to Larson's all-around talents, St. Olaf will lean on Jamie Hoornaert in the distance events and Abby Stets in the sprints. St. Thomas' drive for 11-straight titles is fueled by more than its middle distance stars Goeman and Gapinski, as twin sprinters Angela and Erika Tipp return for their final MIAC meet, and Gabrielle Pepin is among the nation's best in the 5K and 10K.

The 2015 MIAC Outdoor Track and Field Championships begin Friday with field events set to start at 2:30 p.m. and track to follow at 3 p.m. The meet will conclude Saturday, with field events beginning 2 p.m. and track to follow at 3 p.m. Saturday's final event begins at 6:40 p.m., and there will be a short awards ceremony following the conclusion of the meet to honor both team champions.



The top three individuals in each event and the first-place relay team will automatically earn All-Conference honors, and the 4th-through-6th place finishers in each open event and 2nd-through-6th place relay teams will all be named All-Conference Honorable Mention.

The MIAC has a [home page](#) dedicated to the 2015 Outdoor Championships, complete with venue and admission information, the [event schedule](#), entries, heat sheets and links to follow the results live (Men - Women). Results, recaps, and multimedia coverage of the championships will be available throughout the event.

There will be live results available for all events courtesy of Apple Raceberry Jam, and Macalester will also team up with the Minnesota Sports Broadcast Network to offer a live video webcast of the meet as well. Fans can connect to the conference throughout the meet on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#) using the hashtag #MIACOTF.

Admission for the event is \$7 for adults and \$3 for students per day, with children ages 5 and under admitted free. MIAC passes will be honored. The MIAC would like to thank Macalester College and their coaches and staff for their efforts to host the event.

2015 MIAC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS PROMOTIONAL VIDEO

MIAC WOMEN'S OUTDOOR TRACK AND FIELD LINKS

| [Website](#) | [Composite Schedule](#) | [MIAC Performance Lists](#) | [News](#) | [Athletes-of-the-Week](#) | [Season Preview](#) | [Recordbook](#) | [Archives](#) | [Team Pages](#) |

TEAM-BY-TEAM PREVIEWS

Jump to: | [AUG](#) | [BU](#) | [CAR](#) | [CON](#) | [GAC](#) | [HU](#) | [MAC](#) | [CSB](#) | [SCU](#) | [SMU](#) | [STO](#) | [UST](#) |



AUGSBURG | [Auggies' women's track and field home page](#) |

Head Coach

- Jarred Sampson (Interim, Second season)

A Year Ago

- 10th place | 25 points

Athletes to Watch

- Callie Jones (Sprints/Jumps, SO | 2015 Indoor 60-meter champion, currently second on the MIAC list and 33rd nationally in the 100-meter dash. Jones is also first on the MIAC list in the long jump).
- Kayla Roberge (Mid-Distance, SR | Currently fourth on the MIAC list and 25th nationally in the 800-meter run).
- Nikaylah Woody (Sprints, FY | Currently 11th on the MIAC list in the 400-meter hurdles. Woody's personal best time in the event is 1:09.76).

By the Numbers

- 60 meters: Callie Jones was the indoor conference champion in the 60-meter dash, following a great history of Auggie women who have won the 60-meter dash in previous years.
- 2:16.26: Kayla Roberge's personal record time in the 800-meter run to place her fourth on the MIAC list.
- 17-feet-3.5: Callie Jones' best long jump, catapulting her to first-place on the MIAC outdoor championships list.

Did You Know?

- The Auggie men's and women's track and field teams set another record in the teams' annual Run-a-Thon, running 260 miles in a 24-hour span to raise money for their annual spring break training and competition trip.

Off the Track (and Field)

- The men's and women's track and field teams partnered up to volunteer at Feed My Starving Children on Jan. 8, packing 21,600 meals in support of the non-profit Christian organization to help them provide meals to malnourished children.



BETHEL | [Royals' women's track and field home page](#) |

Head coach

- Andrew Rock (Third season)

A Year Ago

- 6th place | 61.5 points

In the 2014 NCAA Championships

- Courtney Fregeau (400m) – 19th (22 participants)
- 400m relay team – 9th (16 teams)

Athletes to Watch

- Annika Halverson (1500m, Fr. | No. 5 in the MIAC with a time of 4:39.32)
- Rebecca Wesley (800m, Sr. | No. 5 in the MIAC with a time of 2:15.17)
- Miriam Nordquist (Sprints / Hurdles, Fr. | No.3 in the MIAC for 100m, No. 7 in the MIAC for 200m)
- Mollie Gillberg (Distance, Jr. | No. 3 in the MIAC for 3000m steeplechase)
- Alyssa Solberg (Throws, Sr. | Top 10 in the MIAC for both the discus and hammer throw)

By the Numbers

- 2: Bethel's women's track and field squad finished the MIAC Indoor Meet in second place, which was the highest finish in program history.
- 3000: Two members of the Bethel squad are ranked among the Top 6 participants in the 3000m steeplechase. Included amongst the qualifiers are Mollie Gillberg, who is third on the honor roll, and Melody Walton, who is No. 6.
- 4:39.32: Freshman Annika Halverson was invited to the 2015 NCAA Indoor Track and Field Meet for her time in the women's 1-mile race. Right now her time of 4:39.32 ranks No. 50 nationally in the 1500m event, so be looking for her to drop a second or two this weekend.

Did You Know?

- Coming into the MIAC meet freshman Miriam Nordquist is ranked among the Top 10 performers in three different events. Nordquist is No. 3 in the 100-meter, No. 7 in the 200-meter, and No. 10 in the 100-meter hurdles.

Off the Track (and Field)

- The Bethel University track and field teams have had two very unique opportunities to serve the community throughout the school year. Amongst their service opportunities, the Royals were able to pack meals at Feed My Starving Children in Coon Rapids, Minnesota and also work in the warehouse at the San Diego Food Bank during their week in San Diego over spring break.



CARLETON | [Knights' women's track and field home page](#) |

Head coach

- Donna Ricks (22nd season)

A Year Ago

- 2nd place | 114.0 points

In the 2014 NCAA Championships

- Amelia Campbell -- national champion in heptathlon [5221 pts.] / Kao Sutton -- NCAA Champ in discus / Colette Celichowski - All-American (8th place) in 1500m

Athletes to Watch

- Amelia Campbell (Jr. | ranks No. 2 in nation in heptathlon [4970 pts.], No. 34 in high jump [1.63m], and No. 37 in 100m hurdles ... was 2014 heptathlon national champion and 2014 D-III Women's Outdoor Field Athlete-of-the-Year... in addition is two-time MIAC heptathlon champion [2014, 2015])
- Ruth Steinke (Jr.) ranks No. 2 in nation in 3000m steeplechase [10:34.06], No. 24 in the 5000m [17:24.63], and No. 27 in 1500m [4:35.91]... was 2014 All-MIAC in 3000m steeplechase... also ranks among MIAC top-5 in 1500m)

- Colette Celichowski (Sr. | ranks No. 21 in nation in 1500m [4:34.80] and No. 35 in 5000m [17:37.05]... and was 2014 All-MIAC in 1500m)
- Damali Britton (Fy.| ranks No. 33 in nation and first in the MIAC in triple jump [11.50m]... also ranks No. 3 in MIAC in long jump [5.26m])
- Emma Russ (Jr. | ranks No. 1 in MIAC in 400m hurdles [64.47]... also ranks No. 27 in MIAC in 100m)

By the Numbers

- 4,970: Number of points Amelia Campbell earned to win her second-straight MIAC heptathlon title... finishing in the top three in all seven events
- 8 : Number of events in which one or more Knights is nationally ranked (1500m, 5000m, 100h, 300 steeple, 4x400 relay, high jump, triple jump, heptathlon)
- 3: Number of Carleton runners ranked in the MIAC top-10 in the 1500m (Colette Celichowski [2nd], Ruth Steinke [3rd], Nicole Nipper [10th])

Did You Know?

- Junior distance runner Ruth Steinke has already won the MIAC cross country individual title and the indoor 3000-meter title during the 2014-15 academic year. She is the top seed in the steeplechase (No. 2 nationally) and owns top-10 times in three other events as well.

Off the Track (and Field)

- Carleton was honored with an All-Academic team Award by the USTFCCCA after posting a combined 3.59 GPA, the 4th-best mark in Division III. No MIAC squad had more Individual All-Academic award recipients than Carleton, which saw Amelia Campbell '16, Colette Celichowski '15, Emma Grisanzio '17, Ruth Steinke '16, and Ellie Wilson '16 secure individual recognition.



CONCORDIA | [Cobbers' women's track and field home page](#) |

Head coach

- Marv Roeske (20th season)

A Year Ago

- 3rd place | 105.3 points

In the 2014 NCAA Championships

- T18th place

Athletes to Watch

- Hillary Bircham (Sr. | Is ranked No.1 in the discus and No.7 in the shot put in the MIAC this season; has the fifth farthest throw in the discus in Division III this season.)
- Rochelle Hickerson (Sr. | Owns the top mark in the long jump in the MIAC this season and is also in the top 15 in the 200 meters; won the long jump at the 2015 MIAC Indoor Meet.)
- Olivia Johnson (Jr. | Owns the top mark in the javelin in the MIAC this season; also ranked second in the shot put, ninth in the discus and fifth in the hammer throw.)
- Vanessa Johnson (Fr. | Is ranked No.1 in the high jump in the MIAC this season and seventh in the 110-meter hurdles.)
- Cherae Reeves (Sr. | Is ranked No.1 in the shot put in the MIAC this year and third in the javelin; ranked sixth in Division III in the shot put; won the national championship in the shot put at the 2015 NCAA Division III national Indoor Meet.)

By the Numbers

- 5: Concordia has 5 of the top 9 marks in the discus in the MIAC this season.
- 20: Marv Roeske is in his 20th season as head coach of the Cobbers. He is third on the list of longevity among all active MIAC head coaches.
- 25: Concordia has finished in the top 6 at the MIAC Outdoor Championship Meet for 25 straight seasons.

Did You Know?

- Concordia senior Cherae Reeves became the seventh Cobber athlete to win an individual NCAA Championship when she claimed the national title in the shot put at this year's NCAA Division III National Indoor Meet.



GUSTAVUS | [Gusties' women's track and field home page](#) |

Head coach

- Dale Bahr (Sixth season)

A Year Ago

- T-8th Place | 51 points

In the 2014 NCAA Championships

- Thrower Elizabeth Weiers represented the Gustavus women's track and field team at the NCAA Championships. She placed 13th in the hammer throw with a toss of 165-feet.

Athletes to Watch

- Elizabeth Weiers (Sr. Le Center, Minn.) | Thrower...2014 MIAC Champion in hammer throw..Placed second in hammer at 2013 MIAC Outdoor Track & Field Championships...Currently ranks first in hammer with a toss of 171-feet 10-inches recorded at the Drake Alternative

on April 26...Named MIAC Thrower-of-the-Week on April 22 for her first place performance in the hammer at the Carleton Relays...Currently ranked eighth in NCAA Division III in hammer throw.

- Kelsey Harms (Jr., Apple Valley, Minn.) | Pole vault...Two-time All-Conference performer in pole vault...Placed third in 2013 and second in 2014 at MIAC Championships...Currently ranks sixth in the MIAC with a height of 10-feet 2-inches.
- Caitlin Fermoye (Sr., Mendota Heights, Minn.) | Distance...Currently ranks third in 10,000-meter run (37.38.40) and 10th in 5,000-meter run (18:25.04)...Won 5,000-meter at Lee Krough Invite on April 11.
- Kaitlin Bembenek (Jr., Prior Lake, Minn.) | Sprints...Currently ranks fifth in 400-meter dash (59.52) and eighth in 200-meter dash (26.47)...Finished second in 400-meter dash at Wartburg Select on April 3.

By the Numbers

- 11:50.06: Mata Agre's winning 3,000-meter steeplechase time at the Drake Alternative on April 25. Agre currently ranks ninth in the MIAC in the steeplechase.
- 168-feet 7-inches: Elizabeth Weier's former school record in the hammer throw. With a toss of 171-feet 10-inches at the Drake Alternative, Weiers broke her own school record and was the top Division III performer at the meet.
- 4: The number of Gustavus individuals ranked inside the top ten in the MIAC in the shot put. Sarah Swanson ranks sixth, Rachel Colter ranks eighth, Kara Helgeson ranks ninth, and Hayley Solheim ranks 10th.

Did You Know?

- Former Gustavus thrower, Melissa Ring Griffith '99, was inducted into the Gustavus Athletics Hall of Fame last fall. Ring was the first Gustie to earn All- America honors in the shot put at the NCAA indoor championships with a fourth place finish in 1999. At the NCAA outdoor championships, Melissa achieved All-America status in the shot put three times by placing eighth in 1997, fifth in 1998, and sixth in 1999.

Off the Track (and Field)

- Elizabeth Weiers earned the Elite 89 award for the 2014 NCAA Division III Track and Field Championships last season. Weiers, who majors in english, carries a perfect 4.0 cumulative grade point average. The Elite 89 is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's championships.



HAMLINE | [Pipers' women's track and field home page](#) |

Head coach

- Shawn Johnson-Hipp (21st season)

A Year Ago

- 5th place | 83 points

In the 2014 NCAA Championships

- Marolyn Saulsberry 400 Hurdles (set school record time of 1:02.40)

Athletes to Watch

- Jessica Putland, Senior – Third best throw in MIAC this spring in Hammer and Shot Put
- Erin Urbanowicz, Senior -- Second best throw in Hammer and fifth best in Shot Put
- Carolyn Saulsberry, Junior – Second best in Triple Jump and third best 100 Hurdles time
- Jerri Koltveit, Senior – Second best throw in Discus
- Gabby Koel, Sophomore – competed in Heptathlon for second straight year

By the Numbers

- 4: members of the team who play another sport (not counting cross country)
- 18: freshmen on this year's roster
- 41: athletes on this year's roster

Did You Know?

- HU freshmen Mariah Gallagher was a member of a team that finished third in the World Tug of War competition in Madison, Wis. last fall

Off the Track (and Field)

- The women's track & field served as the field workers setting up and taking down all that was needed for the annual HU Elite Meet and will also help so the same at the MSHSL Track/Field Meet in June. Both are held at Klas Field.

MACALESTER | [Scots' women's track and field home page](#) |



Head coach

- Margaret Gehring (1st season)

A Year Ago

- 8th place | 51 points

In the 2014 NCAA Championships

- Kimber Meyer placed 4th in the 5000-meter run

Athletes to Watch

- Hannah Sonsalla (Sprints, FY | Ranks 3rd in the MIAC in the 200-meter dash and was a member of the 4x100 team that broke the longstanding school record on May 2)
- Irene Gibson (Sprints, SR | 6th in the MIAC in 800-meter; won the 400-meter dash with a MIAC best time of 57.27 on May 2. This ranks her second on Macalester's all-time list)
- Erin Ortiz (Sprints, SR | Member of school-record setting, 4x100 team)
- Emily Diener (Sprints, SR | Member of school-record setting, 4x100 team)

By the Numbers

- 1: Senior Irene Gibson holds the number one spot in the MIAC in the 400-meter dash.
- 2: First year, Hannah Sonsalla holds top-four MIAC places in two events: the 100-meter dash (4th) and the 200-meter dash (3rd).

Did You Know?

- First year sprinter, Hannah Sonsalla scored more points than any other MAC track and field athlete at the 2015 MIAC Indoor Track and Field Championships and her points accounted for 35 percent of the total team points.

Off the Track (and Field)

- The women's track and field team was recently honored at the Macalester Athletics Banquet for having the top female combined team GPA. The women's track and field team combined for a 3.60 GPA.

SAINT BENEDICT | [Blazers women's track and field home page](#) |



Head coach

- Robin Balder-Lanoue (18th season)

A Year Ago

- 4th place | 92.3 points

In the 2014 NCAA Championships

- Manon Gammon-Deering 15th in 1,500-meter run; Allison Kosobud 19th in 800

Athletes to Watch

- London Stelten (Pole Vault, So. | Leads the MIAC, 35th in D3 and has 5th best mark in CSB history with 3.51 this season)
- Natalie Frier (100 hurdles, FY | Fifth-best time in MIAC and third-best time in CSB history this season at 15.33)
- Allison Kosobud (Mid-Distance, So. | Third-best time in MIAC & 26th in D3 in 800, 2:13.34; second-best in school history if she didn't already have the record)
- Anna Wagner (Jumps, Jr | Third-best mark in MIAC in TJ (10.88), 14th in HJ (1.53))
- Megan Sundstrom (Hurdles, Jumps, FY | Fifth-best time in MIAC in 400 hurdles (66.56) and fourth in TJ (10.78))

By the Numbers

- 16: Number of times or marks in the top 10 in CSB history recorded so far this season
- 28: Number of times or marks in the top 10 in the MIAC so far this season
- 25: First years on CSB's roster

Did You Know?

- Blazer junior Sam Womeldorf returned from studying abroad in Spain on Monday, April 27. On Wednesday, April 29, after not having run in a single track meet all year, she ran the 3,000-meter steeplechase at the Tommie Twilight and qualified for the MIAC Championships.

ST. CATHERINE | [Wildcats' women's track and field home page](#) |



Head coach

- Shannon Houlihan (3rd season)

A Year Ago

- 11th place | 17.3 points

Athletes to Watch

- Shakeela Wells-Johnson (Sprints, So. | All-MIAC HM, 2014 (100m); two outdoor school records; top MIAC 100m and 100H times this season; Division III top 15 for 100m)
- Brittany Moore (Sprints/Jumps, Jr. | All-MIAC HM, 2014 (100H); top 15 MIAC 100H time; top 20 MIAC long jump mark)
- Alyssa Besch (Javelin, Jr. | School record for javelin; top five MIAC javelin mark)
- Jenna McElroy (Steeple, Sr. | Top 8 MIAC finish, 2014 (steeplechase); top five MIAC steeplechase time)
- Sarah Manning (Jumps, Sr. | All-MIAC HM, 2013 (high jump); Top 8 MIAC finish, 2014 (high jump); top 20 MIAC high jump mark)

By the Numbers

- 15: The Wildcats have already had over 15 St. Kate's top 10 performances in the outdoor season.
- 15: Shakeela Wells-Johnson ranks in the top 15 in the nation in the 100-meter dash. This is the highest she has appeared on a national performance list in her two years as a Wildcat.

Did You Know?

- The St. Kate's javelin record has already been broken three times this season by two different athletes (Alyssa Besch and Megan Pohlmann).

Off the Track (and Field)

- The Wildcats were one of 158 Division III women's programs to earn the USTFCCCA All-Academic Award for the 2014 season. They also earned 11 Academic All-MIAC honors between both indoor and outdoor seasons.

SAINT MARY'S | [Cardinals' women's track and field home page](#) |



Head coach

- Niels Anderson (Second season)

A Year Ago

- 12th place | 14 points

Athletes to Watch

- Maya Booker (Sr., 5-6, St. Paul, Minn. | Has been the team's top weight thrower each of the past two seasons | Placed 7th in weight throw at 2014 MIAC Indoor Championships and 6th in hammer at MIAC Outdoor Championships)
- Laura Schommer (Jr., 5-4, Hutchinson, Minn. | Ranks in top six in MIAC in 100 (5th), 200 (5th), and 400 (6th) ... Broke the school record in the 60 at the 2015 Indoor MIAC Championships.)
- Maria Missurelli (Fr., 5-4, Franklin, Wis. | Ranks No. 2 in the MIAC in pole vault. ... Has broken the school's indoor and outdoor pole vault records this season).

By The Numbers

- 1: Maria Missurelli owns the school record in both the indoor and outdoor pole vault this season. Missurelli posted an indoor school-record height of 3.32 meters during the 2015 UW-Stevens Point Big Dog Invitational, while clearing 3.25 outdoors at the Phil Esten Challenge.
- 6: Laura Schommer ranks in the top six in the MIAC in the 100, 200 and 400 this season

Did You Know?

- Laura Schommer and Maria Missurelli each set school records at the conference's indoor championships in March, as Schommer clocked a school-record time of 8.08 in the 60-meter preliminaries, while Missurelli cleared a school-record 3.32 meters to place fourth in the pole vault.

Off the Track

- Led by Katie Stolz (Forest Lake, Minn.)—who earned a double-double with Academic All-MIAC honors in both cross country and track and field—the Cardinal women's track and field team landed a school-best six athletes on the MIAC academic all-conference team.

ST. OLAF

ST. OLAF | [Oles' women's track and field home page](#) |



Head coach

- Andrea Gelle (Fifth season)

A Year Ago

- Seventh place | 56.5 points

Athletes to Watch

- Dani Larson (Heptathlon, Senior | All-American at 2015 Indoor NCAA Championships placing seventh in the pentathlon, and 11th place in the high jump. Won the Indoor MIAC pentathlon this spring. Has the second fastest MIAC times in the 400m hurdles and second highest height in the high jump.)
- Jamie Hoornaert (Distance, Sophomore | Third in the 5000 at the MIAC Outdoor Championships last year. A top runner for the Oles in cross country this fall)
- Abby Stets (Sprints, Freshman | Fourth in the 200 and first in the 4x100m relay at the MIAC Indoor Championships this spring. Has run 57.94 for 400m and 26.06 for 200m.)
- Madison Van Wylen (Sprints, Junior | On MIAC Champion 4x100 relay along with Stets. 12.66 for 100m this spring as well as the 16th fastest time in the MIAC over the 400m distance.)

By the Numbers

- 1: MIAC Outdoor Champion last spring (Dani Larson - High jump)
- 9: Unique St. Olaf athletes who are in the top 10 in their event this year in the MIAC
- 20: New athletes this year on the St. Olaf women's track and field team

Did You Know?

- Dani Larson currently sits T-20th in Division III competition this year in the high jump. If she qualifies for the 2015 NCAA Outdoor championships, it will be her fourth NCAA Championship appearance.

Off the Track (and Field)

- The Ole track team has a variety of interests in the classroom with majors ranging from biology and chemistry to economics and political science
-



ST. THOMAS | [Tommies' women's track and field home page](#) |

Head coach

- Joe Sweeney (35th season)

A Year Ago

- MIAC Champions | 187 points

In the 2014 NCAA Championships

- 5th place | 27 points | Mallory Burnham (National Champion-100 Hurdles)

Athletes to Watch

- Erika and Angela Tipp (Sprints, Srs., twin sisters, each 5X relay All-America, Erika-1st in 200, Angela-2nd in 400, 2014 DM Relay National Champion)
- Emily Gapinski (Mid-Dist., Jr. | Top seed in 800 (6th in nation, 1500; anchored national champion DM relay team; 2014 NCAA Outdoor qualifier in 1,500)
- Kayla Goeman (Mid-Dist, Sr., | 2014 All-America in 800; Second seed in 800 (18th in nation, part of DM national champion relay)
- Gabrielle Pepin (Dist, Jr., | Top seed in both 5,000 (ninth in nation), 10,000 (sixth in nation))

By the Numbers

- 32: St. Thomas performances this outdoor season currently ranked in the top eight in the MIAC
- 7: MIAC indoor and outdoor team titles thus far for UST's senior class
- 10: Consecutive years that UST women have swept MIAC Indoor/Outdoor team crowns

Did You Know?

- Coach Joe Sweeney's teams have won a remarkable 74 of a possible 95 MIAC team championships in cross country, indoor track, and outdoor track. That's the most by any coach in Division III women's sports.

Off the Track (and Field)

- St. Thomas women's track and field was a repeat honoree on the 2014 All-Academic Team selected by the USTFCCCA. The Tommies rank in the top 20 percent of team recipients with their excellent 3.48 grade-point average. Five Toms received the USTFCCCA's All-Academic individual honors with a 3.30 or higher plus elite running or field performances.

| [MIAC Women's Outdoor Track and Field Home Page](#) |